

Art therapy with children and young people diploma: information pack

Qualification title: Level 6 Diploma in Art Therapy with Children and Young People

Awarded by: CPCAB (Counselling and Psychotherapy Central Awarding Body) and the British Association of Art Therapists (BAAT)

Duration: One year full-time or two years part-time

Delivered: Online to be accessible to all learners

Application deadline: 6 January 2025

Interviews: 28 January, 29 January, 11 February, 12 February 2025

Programme start date: 29 and 30 April 2025

Programme Leader: Jacqui McKoy-Lewens

Description of the qualification

The level 6 diploma, accredited by CPCAB (Counselling and Psychotherapy Central Awarding Body) is a theory-informed and practice-based course. It aims to equip art therapists with the knowledge and skills required to provide ethical and effective art therapy for children and young people (CYP).

The rising number of CYP struggling with their mental health has become an acute source of concern. Growing evidence highlights a need for accessible and effective interventions. Additionally, clinicians must work within an increasingly complex legal framework and ensure that their practice complies with statutory requirements. The course is specifically tailored to enable art therapists to meet these challenges.

This diploma is open to all UK and international art therapists qualified to MA or equivalent level. Suitably experienced overseas applicants wishing to specialise in this area are also welcome to apply.

This intensive theory-informed and practice-based programme aims to equip learners with the knowledge and skills required to provide effective, inspiring, ethical, and art-based therapeutic support to CYP. Art-based processes in practice will feature prominently in the curriculum, which will also cover artmaking techniques and activities for use within schools and other relevant, CYP-focused settings. Participants will also be required to create a visual journal as part of their learning process. Understanding the implications of the legal framework as well as organisational dynamics and their impact on working with CYP will be an integral part of the programme. The training will also focus on enabling participants to become research-aware therapists and to learn how to evaluate the efficacy of their therapeutic practice.

Training requirements

Taught seminars

Real-time attendance for online teaching days is essential. All full-time and part-time learners attend monthly, one-day online seminars (Wednesdays, 9:30am – 4:30pm, UK time) for one year. Part-time learners then spend the following year completing other programme elements.

Clinical Practice

Learners will be expected to deliver a minimum of two pieces of CYP focused clinical work during the course. CYP clients should be between the ages of 4 –18. The suitability of CYP outside of this age range should be discussed with tutor-supervisors and all potential cases should be discussed and agreed in supervision tutorials.

Learners should be able to provide art therapy to two different clients (or groups). The length of these two contracts will vary and should ideally include one time-limited piece (between 8 to 10 weeks) of work and one longer term (12 weeks or longer) during the course. However, as there are many variations across contexts, there will be some flexibility in terms of length of contract and the quality of learning will be prioritised. Part-time learners will undertake their practice experience work in the 2nd year of the programme.

Supervision of therapeutic practice

Individual one-hour monthly supervision with an experienced supervisor will be provided. This will be in the 2nd year for part-time learners to coincide with their placement practice hours.

Programme seminar dates

- Tuesday 29 April 2025
- Wednesday 30 April 2025
- Wednesday 28 May 2025
- Wednesday 25 June 2025
- Wednesday 23 July 2025
- Wednesday 24 September 2025
- Wednesday 22 October 2025
- Wednesday 19 November 2025
- Wednesday 3 December 2025
- Wednesday 21 January 2026
- Wednesday 18 February 2026
- Wednesday 18 March 2026

All seminar days will run from 9:30am - 4:30pm on Zoom.

Written requirements

- **Essay:** critiquing theoretical models of practice based around CYP (3500 - 4000 words)
- **Evaluation of practice experience:** recording, transcribing, and analysing excerpts of two practice experiences with your tutor-supervisor (2000 words)
- **Final case study:** including excerpts from transcription above (7000 - 8000 words). There will also be a verbal viva presentation based around this final case study

Additional requirements

- Pre-module reading of relevant articles and resources
- Keeping a visual journal
- Attendance at two individual tutorials for review and support of drafts of written work
- A spoken 'viva' presentation towards the end of the programme

Learning objectives

The programme addresses seven overarching learning objectives, which are described in greater detail in the programme handbook. The handbook will be accessible to participants who successfully register on the course:

The learning objectives are:

1. Work safely, legally and ethically as a CYP art therapist
2. Establish, develop and maintain the therapeutic relationship as an art therapist with CYP
3. Integrate understanding of diversity in art therapy with CYP
4. Use a coherent art therapy approach to meet the individual needs of CYP
5. Work with personal self-awareness as a CYP art therapist
6. Use theory, research and practice skills within a coherent framework for CYP
7. Monitor and maintain professional boundaries and effectiveness as a CYP art therapist

Assessment – what will be assessed and how

Learners will be required to submit an electronic portfolio to evidence their understanding of the seven core learning objectives outlined above. The portfolio will contain an index clearly specifying where the supporting evidence can be found and how it relates to the core learning outcomes. Assessments will be undertaken by seminar leaders, tutor-supervisors, self, and peers.

To successfully pass the qualification your portfolio must provide evidence gathered from the five output strands for each criterion across the seven learning outcomes. Essay written submissions should evidence knowledge of models of therapeutic practice and critical thinking. Learning objectives need to be evidenced over the lifetime of the whole programme.

The course is assessed around five main learning output strands:

- Monthly guided learning seminar sessions to introduce and underpin theoretical research
- Monthly supervision-tutorials
- Ongoing visual reflective journal (including your reflective writing)
- Practice-based, case study written submission
- Case study and reflective visual diary presentation at viva

All learners will have a mid-programme assessment to review their progress in meeting the learning objectives and identify achievements and challenges. Final assessment will include a spoken viva examination where learners will present a synopsis of their case study and reflections on their visual journal. Vivas will be held within three months post completion of the programme.

Teaching faculty

The programme leader holds overall responsibility for programme content and delivery in line with CPCAB assessment and qualification guidelines. Additional relevantly experienced visiting presenters will deliver specific specialist teaching inputs. Learners will also be supported in monthly one-to-one supervision sessions by our team of tutor-supervisors.

Programme costs

We offer this programme with full-time and part-time options and fees are priced accordingly.

Level 6 diploma	Full Time	Part Time
Total price of programme	£5370.00	£5950.00
Non-refundable deposit	£537.00	£595.00

Fees can be paid in full or in instalments. Full-time learners can pay in monthly instalments over 12 months. Part-time learners will pay monthly instalments over 24 months.

Level 6 Diploma	Full Time	Part Time
Monthly instalments for 12 or 24 months (Standing Order following deposit)	£402.75	£446.25

We offer an early bird discount if payment is made in full by **5 March 2025**.

Level 6 Diploma	Full Time	Part Time
Early Bird price (10% discount)	£4833.00	£5355.00

How to apply

Please complete the application form and email it to hello@baat.org. You can use the same address to contact us with any questions not answered below.

Frequently asked questions (FAQs)

How will the programme be delivered?

Monthly seminars will be delivered online via Zoom allowing all learners to access the programme regardless of their location. We have extensive experience in delivering popular and well received online training programmes that are creative and engaging for participants.

Will I be expected to find my own placement?

Learners will be expected to find their own placement which could be their current place of work or a setting where they deliver honorary work. The suitability of placement settings should be discussed with supervisor-tutors to ensure that they will be able to offer a good enough setting for learners to apply and demonstrate their course learning.

However, we will try to help you if you are having difficulties finding a placement and/or clients to work with. Ideally, you will need to ensure that you start at least one of the pieces of work from the beginning while you are on the programme. This can be at your current place of work or as a self-employed practitioner.

Can I get paid for my therapeutic work while on the programme?

Yes, you can charge your usual practice rates, or a reduced rate if more appropriate.

Will I be expected to find my own supervisor?

No. A tutor-supervisor will be allocated to you for the duration of the programme. They will be a suitably qualified and experienced art therapist who will be fully versed with the programme curriculum to enable you to maximise the application of learning to your work setting. Online supervision sessions can be arranged at mutually convenient times for you and your supervisor.



Will I have to pay for my tutor-supervisor?

No. The cost of supervision is included in the programme fees.

Do I need to have a certain amount of experience of working with CYP to apply?

Although it will be helpful to have had at least one or more year's experience of working with CYP, there is no minimum experience required for learners.

Will employers recognise this qualification?

Employers recognise the value of CPD endorsed by the British Association of Art Therapists, and CPCAB validates a number of highly respected programmes. This programme will serve as the equivalent of a quality kite mark for providing art therapy services for children.

Are there any financial benefits?

Yes. Learners will receive 20% discount on our CPD courses during their term as a learner.