



CREATIVE EXPRESSION CENTRE FOR ARTS THERAPY (CECAT)

ELIGIBILITY CRITERIA

CECAT is a statewide arts therapy, community public mental health service, located on the Graylands Campus.

Creative Arts Therapy (CAT) is an experiential psychotherapeutic approach that utilises various creative modalities within a therapeutic relationship. It is process oriented - purely expressive utilising creative processes to help consumers explore and express unconscious material often difficult to articulate in words.

The primary focus at CECAT is increasing resilience, by improving the consumer's self-understanding of thoughts, feelings and emotions through symbolic expression during the therapeutic process, guided by a trained Arts Therapist. The therapy is based on body awareness and therefore addresses trauma, emotional and physical dysregulation effectively.

All referrals are screened for suitability based on the Eligibility Criteria.

Emergency back-up or immediate medical and nursing support are not available at the Centre, and therefore some referrals may not be suitable. Please contact us with any queries or for further information.

Inclusion Criteria

Consumers who:

- have a primary mental health diagnosis and have their mental health management and care coordinated by a Psychiatrist and/or GP for the duration of their engagement with CECAT. Other referrals will be considered on a case by case basis.
- are aged 16 - 65 years.
- consent to ongoing two-way exchange of information between CECAT and their treating Psychiatrist, GP, clinicians and significant others eg. family, carers, and other health workers involved in the consumers recovery.
- are willing to make a commitment to engage and participate in the arts therapy process (individual and/or group programmes).
- can function safely within an open studio environment and can handle equipment and materials with minimal supervision.

A Referral May Not Be Suitable For Consumers Who:

- have a secondary, moderate to severe developmental or pervasive learning disorder, brain injury or other organic disorders.
- have an existing injury that could be exacerbated in a studio environment.
- are considered a current risk due to aggressive, antisocial or other disruptive behaviours, without the ability to modify behaviour or respond to limit setting.
- are actively using alcohol and other drugs which would impact on their ability to engage in the arts therapy process, unless currently receiving assistance and support to manage this issue.
- currently have an NDIS plan/package through which they could access creative arts therapies in the community.

