



CTAA Code of Ethics

This Code of Ethics is developed in response to the need for those CT AA members who are required by agencies to have established ethical guidelines to be able to practice as professionals in New Zealand. It is particularly relevant for practitioners who use as their primary modality Art Therapy, Music Therapy, Drama Therapy, Movement Therapy and Dance Therapy which are hitherto referred to in this document as 'Creative Arts Therapy'; and professional practitioners as 'Creative Arts Therapist.'

This document is formed to set professional standards for all practitioners in New Zealand, but is not exclusive of any person or CT AA member who uses expressive arts, but does not consider themselves primarily or necessarily a 'Creative Arts Therapist.'

This document reflects best practice overseas and was referenced from -the following sources:

The Revised Draft Code of Ethics for New Zealand Psychologists;

New Zealand Association of Counsellors Code of Ethics;

The American Art Therapy Association Code of Ethics;

The Australian and New Zealand Art Therapy Association Code of Ethics and Standards of Professional Practice;

The Rules of New Zealand Association of Child & Adolescent Psychotherapists, Inc.

Future revision or amendments to The CT AA Code of Ethics will be considered by written proposal to the Ethics Committee.

Creative Therapies Association Code of Ethics

1.0 Principle 1: Professional Responsibilities - General

1.1 Creative Arts Therapists are expected to support and further the goals of their chosen profession by acting with integrity in such a way as to maintain the highest standards of professional practice.

1.2 Creative Arts Therapists are accountable to their clients, and to the institutions and agencies they work in, to make certain that their services are used appropriately guarding the personal dignity and individual prerogative of their clients; (for example, clients are not made the subject of an advertisement for therapy service).

1.3 Creative Arts Therapists are aware that their recommendations and actions may affect the lives of others. They are alert to personal, social, organisational, financial, political situations or pressures that might lead to misuse of their influence and should utilise supervision, personal therapy and peer review process to monitor their actions.

1.4 Creative Arts Therapists seek to maintain an awareness of how their own experiences, attitudes, culture, beliefs, values, social context, individual differences and stressors, influence their interactions, and to integrate this awareness into all aspects of their work via supervision.

1.5 Creative Arts Therapists should have appropriate self care, availing themselves of professional therapeutic help for their own personal problems especially when these might impair their clinical judgment or their overall work involvement.

1.6 Creative Arts Therapists have regular supervision and undertake regular evaluation of their work in order to ensure quality service. Creative Arts Therapists seek professional assistance to determine whether they should suspend, terminate or limit the scope of their professional activity.

1.7 Creative Arts Therapists make every effort to deliver their services with the greatest of care, recognising the parameters of their competence and only providing assessment, treatment and professional advice for which they are qualified by their education and training. They are responsible for presenting themselves as Creative Arts Therapy professionals, taking care not to misrepresent their credentials in education, experience or affiliations.

1.8 Creative Arts Therapists endeavour when possible to provide safe, adequately equipped environments to deliver their services in which the client's needs are paramount.

1.9 Creative Arts Therapists contribute to promoting the Creative Arts Therapies to the professional community of related health workers and to the general public, acting to expand Creative Arts Therapy opportunities for all appropriate client populations.

1.10 Creative Arts Therapists have a sense of propriety in personal conduct, avoiding actions associated with dishonesty, fraud, racism, or other conduct that compromises professional integrity.

1.11 Creative Arts Therapists participate in activities that advance the politics of relevant concern to the field and act to prevent misrepresentation or misuse of Creative Arts Therapy theory and practice.

1.12 Creative Arts Therapists have an interest in continuing to broaden their knowledge and skills in whichever Creative Arts Therapy discipline they practice, in order that they may keep abreast of new advances in the field and maintain their competence in professional practice.

1.13 Creative Arts Therapists, educators, and supervisors, offer accurate information and helpful professional advice on Creative Arts Therapy theory and practice. They realise their influential status in relation to students and supervisees, and respect their vulnerable positions, avoiding exploitation of their trust. Creative Arts Therapy educators also aim to protect their students and supervisees from working in a way that exceeds their training.

2.0 Principle 2: Social Justice and Responsibility to Society

2.1 Creative Arts Therapists seek to avoid or refuse to participate in practices that are disrespectful of the cultural, legal, civil or moral rights of others, and practices involving any form of discrimination.

2.2 Creative Arts Therapists are sensitive to the needs, current issues and problems of society and take account of these needs in their work.

2.3 Creative Arts Therapists practicing in New Zealand (Aotearoa) recognise that the Treaty of Waitangi sets out the basis of respect between Maori and non-Maori in this country. Creative Arts Therapists individually and collectively, seek to be informed about the meaning and implication of the Treaty of Waitangi for their work. This includes an understanding of the principles of protection and partnership with Maori.

2.4 Both non-Maori and Maori Creative Arts Therapists who work with Maori, seek advice and undertake training in the appropriate way to show respect for the dignity and needs of Maori in their practice.

2.5 Creative Arts Therapists work individually and collectively to contribute to the general welfare of society. Creative Arts Therapists should advocate policies and legislation that promote social justice, improved social conditions, and a fair share of the community resources for their clients.

3.0 Principle 3: Responsibilities to the Client

3.1 Creative Arts Therapists recognise the dignity of clients and protect the best interests, rights and well being of the clients at all times. Clients should be provided with the best possible Creative Arts Therapy services, and informed of the rights, opportunities and responsibilities associated with the therapy offered.

3.2 Creative Arts Therapists avoid discrimination against clients and their whanau on the basis of age, ethnicity, sex, sexual orientation, social class, disability, religion or political beliefs.

3.3 Creative Arts Therapists are responsible for providing clients with information about the nature of the therapeutic relationship, roles of client and therapist and their ways of working. Creative Arts Therapists maintain respect for professional boundaries between themselves and their clients and shall not engage in dual relationships with clients during the time of the professional relationship or for that period of time following during which the therapists authority could be expected to influence personal decision making (a period not less than two years). Dual relationships include personal or business relationships with clients. Sexual relations between therapists and clients are specifically prohibited. Creative Arts Therapists recognise their influential position and do not exploit the trust and dependency of clients.

3.4 Creative Arts Therapists assist clients in the therapeutic treatment process to exercise self determination in making choices and to appreciate the consequences of their choices.

3.5 When setting fees the Creative Arts Therapist should ensure that they are fair, reasonable and commensurate with the service provided.

3.6 In offering workshops/ presentations, growth groups etc. the Creative Arts Therapist takes precautions in ensuring the wellbeing of participants, by providing or, referring to therapeutic assistance when needed and having this assistance available during and following the experience.

3.7 In any work where children are involved Creative Arts Therapists recognise that the interests and welfare of children are paramount, and therefore the child's safety is given precedence over other considerations.

3.8 Creative Arts Therapists advocate for a child who is directly their client, or part of a client group, in situations where the child's safety and best interests are threatened.

4.0 Principle 4: Responsibility to Research Participants

4.1 Creative Arts Therapists respect the dignity and privacy and protect the welfare of the people or organisations participating in research.

4.2 Creative Arts Therapy researchers should report honestly, avoid actions that will violate or diminish the rights of research participants or clients, and avoid raising false hopes.

4.3 Creative Arts Therapy researchers submit their research proposals for ethical review to an appropriate group such as a Regional Health Authority Ethics Committee.

4.4 Creative Arts Therapists communicate findings of research to participants in ways that value and respect their contribution.

4.5 In research with children, Creative Arts Therapists take stringent care to achieve informed consent from guardians and assent from the child. Creative

Arts Therapists take account of the developmental immaturity of children and do not exploit or manipulate them while carrying out research.

5.0 Principle 5: Confidentiality

5.1 Creative Arts Therapists have a responsibility to honour the confidentiality of their clients and to safeguard all verbal and visual information gained through the course of therapy from undue invasion of privacy. Consideration for the client is an abiding concern for Creative Arts Therapists.

5.2 Creative Arts Therapists inform clients of their right to confidentiality and in what circumstances confidentiality will be broken. This information is discussed in an age appropriate way with child clients who are over five years of age in group sessions, individual sessions and in family sessions. Clients should be advised at the commencement of therapy under what circumstances, for what reasons, and to whom their confidentiality would be breached regarding their own or others' safety. Clients should be made aware at the time of intended disclosure of their confidentiality and be provided with the circumstances and reasons for disclosure of information and to whom the disclosure is to be made.

The exception to this would be when sincere attempts to notify the client failed or when it is impossible or impractical to seek consent to disclosure to prevent harm or injury to the person, persons, and whanau or community group.

There are limitations to the nondisclosure of personal information in particular circumstances where there is a duty to disclose. These are:

- a) Diminished capacity: where a person is judged incapable of giving consent to disclosure themselves.
- b) Children: the level of a child's emotional maturity and cognitive skills should determine the weight given to their requests and consent to disclose personal information.
- c) When the Creative Arts Therapist is compelled by law to disclose information.
- d) When a Creative Arts Therapist believes that non-disclosure may endanger a client, research participant or another person but is denied permission to disclose, the Creative Arts Therapist exercises professional judgment in deciding whether to breach confidentiality or not.

5.3 When working with young persons or other clients who are unable to give voluntary informed consent, Creative Arts Therapist must protect their interests and will regard their responsibilities as being directed to the parents, next of kin or guardians.

5.4 Creative Arts Therapists who have professional relationships with minor children (aged fifteen and under) exercise careful judgment when disclosing information obtained from children in private with parents or guardians.

5.5 Children aged sixteen years and over who have sufficient maturity in the opinion of the Creative Arts Therapist may be accorded full adult rights to confidentiality.

5.6 Creative Arts Therapists explain clearly the measures they will take to protect confidentiality when engaged in services for, or research with, individuals, families, groups or communities. Creative Arts Therapists convey to whanau, hapu / iwi groups and community members the responsibilities they themselves have for the protection of each other's confidentiality.

5.7 In circumstances where Creative Arts Therapists are requested by the courts to disclose information regarding their relationship and content of therapeutic sessions, the Therapist will treat the client's words, actions and productions and the client's comments about their productions as confidential. The therapist is free to offer their opinions formed about the client and their productions and the nature of the treatment being provided. The Creative Therapist should exercise caution with any records regarding their client and the therapeutic session may be treated by the courts as evidence supporting legal process and subject to subpoena.

5.8 Creative Arts Therapists obtain clients' permission in writing before any visual, verbal, videotaped or audio writings related to the client, are used in lectures or other public forums while also ensuring the content is accurate and unbiased. Creative Arts Therapists adequately disguise clinical and other materials to preserve client anonymity or obtain adequate and fully informed prior consent from the client or, if the client is a minor, from his or her legal guardian.

5.9 Client information received in confidence by one agent or agency is not forwarded to another without the client's written consent or written consent of the legally empowered parent or guardian if the client is a minor.

5.10 Creative Arts Therapists make every effort to provide conditions to maintain confidentiality in the storage of clients' records and art works, as well as in their disposal.

5.11 Any records of the therapeutic relationship including the reproductions of art work are to be considered professional information for use in Creative Arts Therapy. They should not be considered the property of the institution or agency in which the Creative Arts Therapist is employed.

6.0 Principle 6: Ethical Guidelines for Treatment of Client Art Work

6.1 Creative Arts Therapists shall obtain written informed consent from the client before displaying client's art in galleries, in mental health facilities, schools, publications or any public place. Creative Arts Therapists also make

certain that their clients are reasonably aware of why and how the art works will be used and of their freedom of choice in giving consent to displaying their work.

6.2 Creative Arts Therapists shall obtain written informed consent from the client, or where applicable, a legal guardian before reproducing client art work, videoing, audio recording or otherwise duplicating or permitting third party observations of art therapy sessions.

6.3 In reproducing or making public the art work produced in Creative Arts Therapy sessions, the Creative Arts Therapist protects the dignity and welfare of their clients. Art work is displayed in a manner that is respectful of the client, as well as to the profession of Creative Arts Therapy.

6.4 To ensure anonymity, when displaying or reproducing clients' art work for teaching, research or public presentations, information such as names, address, dates of hospitalisation and any other identifying details are withheld. An exception would be when clients wish their work to be acknowledged for particular purposes.

6.5 If interpreting client art, Creative Arts Therapists must exercise great care in using sound professional judgment in describing clients' work and guard against misleading other professionals and the general public. A Creative Arts Therapist's interpretation of art should be informed by the client's own interpretation or commentary on his/ her work.

6.6 After Creative Arts Therapy sessions cease, art work produced in the therapy sessions must be either returned to the client or stored in a safe and secure environment for a period of not less than seven years and not more than ten years.

7.0 Principle 7: Public Statements

7.1 In general advertising, Creative Arts Therapists accurately represent their qualifications and the services they provide, to assist potential clients in making an appropriate selection of Creative Arts Therapy services.

7.2 When advertising their services, Creative Arts Therapists do not imply that affiliation or membership with CT AA suggests certification and sponsorship by the association, or specialised professional competence.

7.3 Professional identification for advertising purposes should not include statements which are false, fraudulent, misleading, or deceptive, or which misrepresent facts by only partially revealing pertinent information.

Creative Arts Therapists should guard against including:

- a) testimonials from clients about the quality of Creative Arts Therapy services.
- b) statements comparing services to those of other professionals.

- c) statements aimed at arousing the client's fear or anxiety concerning failure to obtain the offered services.
- d) statements which directly solicit individual clients.
- e) statements intended or likely to create false expectations.

7.4 Currently (2007), CT AA has an expectation that persons using professional titles, like Art Therapist, Dance Therapist, Movement Therapist, Drama Therapist, will have specialized training, qualifications and are registered with appropriate professional bodies overseas. Those who use the title Music Therapist must be registered with the New Zealand Association of Music Therapy.

Once these formal titles are registered as representing professionals trained and specializing in a Creative Arts Therapy modality, persons who use professional titles of Art, Music, Dance, or Drama Therapist without formal qualifications to back up their practice can expect peers to make formal complaints against them either to the CTAA Ethics Committee or an affiliated registration and complaints authority.

8.0 Principle 8: Responsibility to Creative Arts Therapies Colleagues

8.1 Creative Arts Therapists promote co-operation with colleagues to further professional interests and concerns.

8.2 Creative Arts Therapists respect professional confidences about clients of colleagues.

8.3 Creative Arts Therapists are responsible for assisting their clients to obtain appropriate related professional services. They are aware of the expertise of related professionals and facilitate the client's access to the resources their colleagues offer, when it serves the best interests of their clients.

8.4 Creative Arts Therapists should not solicit the clients of other colleagues, and should avoid assuming professional responsibility for them without appropriate communication with the Creative Arts Therapist or agency concerned.

8.5 Creative Arts Therapists should seek mediation or arbitration when required to resolve matters in the interests of clients or their own professional integrity.

8.6 In conducting research, Creative Arts Therapists give due credit to colleagues who have contributed to their research efforts. Before embarking on research in an agency, organisation or institution, Creative Arts Therapists obtain formal permission from the appropriate authorities. The Creative Arts Therapist makes every effort to provide important information about the research and makes certain that colleagues and administrators on the site where the research is conducted receive recognition for any contributions they make.

8.7 Creative Arts Therapists should take action through appropriate channels against unethical conduct by their colleagues, particularly in the Creative Arts Therapy they themselves are trained in, especially where it is harmful to clients. If the ethical violation is not resolved or if it is of a serious nature the CT AA Ethics Committee should be informed.

8.8 Creative Arts Therapists found to be in violation of the Code of Ethics, are subject to expulsion from the Association. The person concerned should have the opportunity to present their case to the CT AA Ethics Committee.