

Art therapy is an arts-based discipline that uses a psychodynamic psychotherapeutic approach allowing for individuals to utilise art materials to safely express themselves. Art therapists work within a multidisciplinary team to assist individuals, groups or families across a range of diagnoses exploring difficult experiences therapeutically.



Workforce characteristics for NSW Health art therapy workforce in 2040



20
Headcount



24.3
Work hours per week



3.4%
Aboriginal workforce target



Demand is expected to grow **1.6%** (low demand scenario) to **1.9%** (high demand scenario).

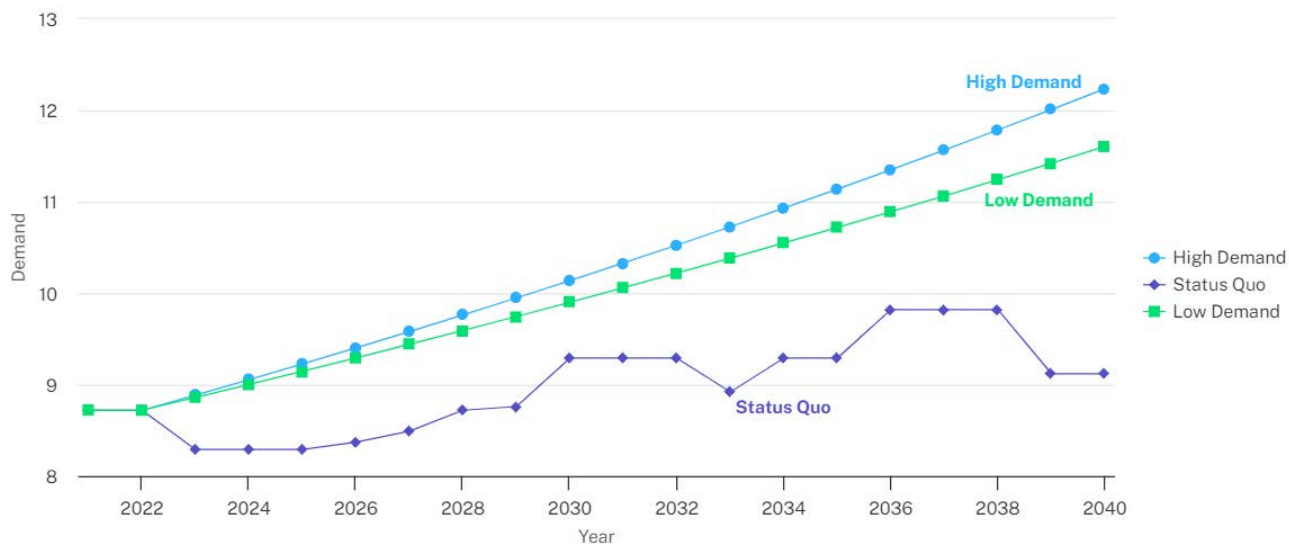
Workforce modelling indicates the need to grow the NSW art therapy workforce by around **0.1 to 0.5** new professionals per annum to meet community need in 2040 across both demand scenarios.

REASONABLE
CAREER
OPPORTUNITIES

Notes

- Data included is limited to the workforce employed under the relevant health professional award.
- LHD/SHN may engage in sessional arrangements in selected circumstances.
- Specialty health networks are not displayed geographically in the workforce distribution maps.
- Workforce that cannot be aligned to a physical location have been attributed to a pre-determined facility within each LHD/N. This may impact on Headcount shown at these facilities within the distribution map.
- NSW Health does not make any representations or warranties whether expressed or implied with respect to the accuracy and completeness of the information contained in the fact sheet.

Projected FTE growth for NSW Health art therapy workforce to 2040



Workforce characteristics for NSW Health art therapy workforce in 2021



13
Headcount



17.9
Work hours per week



49.6
Years average age



92.3%
Female



28.6%
Aged 60+



0%
Aboriginal

Metropolitan Sydney



9
Headcount



14
Work hours per week



48
Years average age



14.3%
Aged 60+

Non-Metropolitan Sydney



1
Headcount



NA
Work hours per week



NA
Years average age



NA%
Aged 60+

Art therapy junior entrant positions into NSW Health



2017

1

2018

2

2019

0

2020

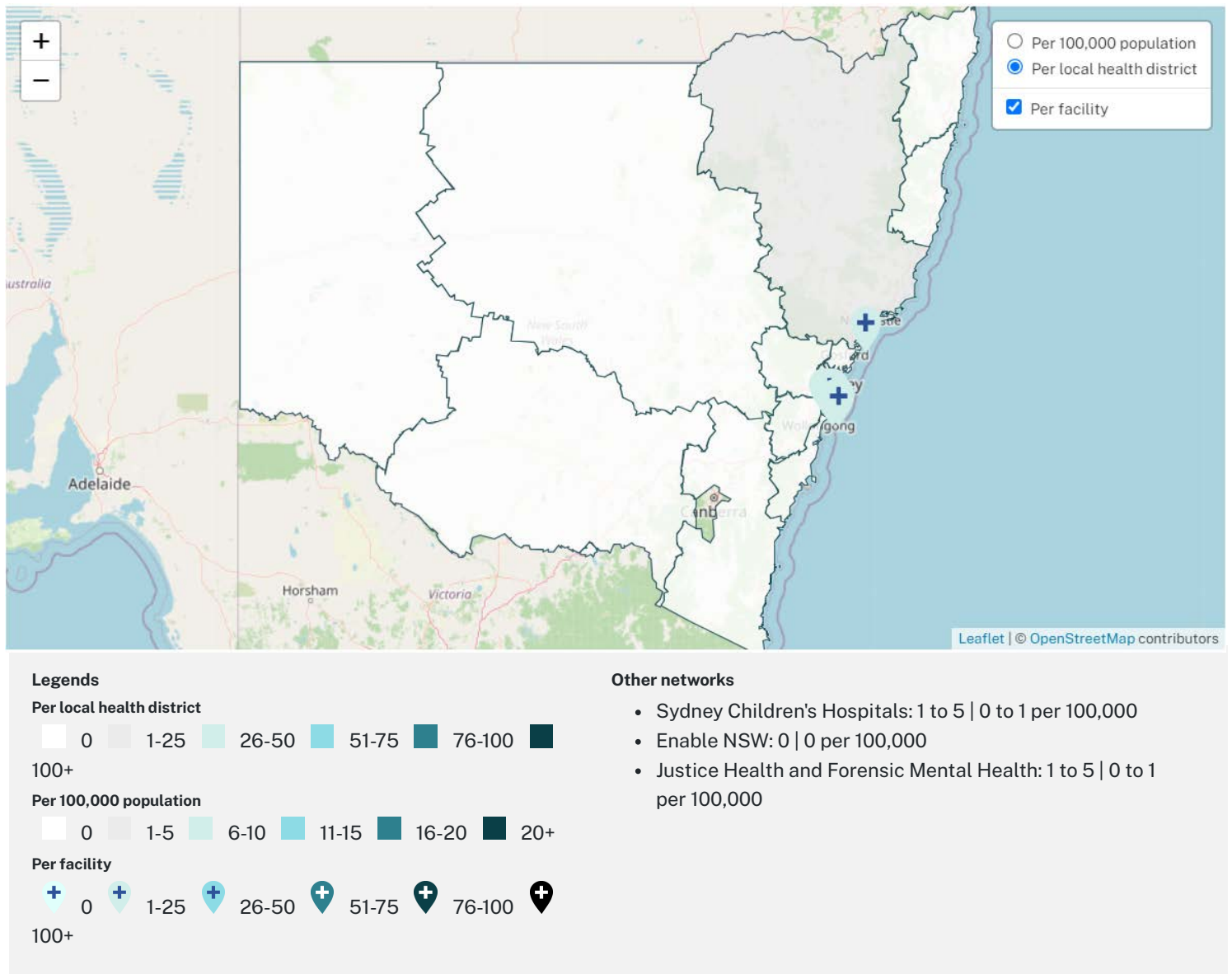
3

2021

1

Workforce distribution for NSW Health art therapy workforce in 2021

The geographic distribution of the public workforce by local health district/network, by facility and per 100,000 population.



Workforce considerations

- Service development roles and educator positions may advocate the value of the profession, improve workforce wellbeing and consequently grow and retain the art therapy workforce.
- Improvements in data capture and demand (met and unmet) is a prioritised need for the workforce.
- Population demographics and increasing complex health and social needs which includes people with histories of psycho-social distress or trauma, people with disability and people at risk of violence and harm may increase demand for art therapy workforce.
- Consideration needs to be given for the physical infrastructure and equipment to deliver art therapy services (e.g., appropriate art supplies and lighting, suitable space for therapy sessions, storage and cleaning).
- Temporary funding initiatives / positions impacts on workforce stability and influences workforce movement.
- Clinical educators and student placements are an option for developing the workforce and establishing the need for art therapy in service delivery.
- The ability to provide sustainable clinical supervision, supports and professional development for such a small workforce impacts the ability to retain and grow the workforce as needed.