National Coalition of Creative Arts Therapies Associations (NCCATA)

The National Coalition of Creative Arts Therapies Associations, Inc., founded in 1979, is an alliance of professional associations dedicated to the advancement of the arts as a primary therapeutic treatment across a variety of rehabilitative, medical, community, and educational settings. NCCATA represents thousands of individual members of six creative arts therapies associations nationwide. In addition to maintaining professional credentials within their respective disciplines, many creative arts therapists hold state licenses within their disciplines or as counselors and mental health professionals. Creative arts therapists use intentional applications of the arts and creative processes to ameliorate disability and illness and optimize health and wellness. Treatment outcomes include, improving communication and expression, and increasing physical, emotional, cognitive and/or social functioning. NCCATA Member Organizations are listed below.

**American Art Therapy Association**
Art Therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship. Art Therapy, facilitated by a professional art therapist, effectively supports personal and relational treatment goals as well as community concerns. Art Therapy is used to improve cognitive and sensory-motor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress, and advance societal and ecological change. Margaret Carlock-Russo, President. [http://www.arttherapy.org/](http://www.arttherapy.org/)

**American Dance Therapy Association**
Based on the empirically supported premise that the body, mind, and spirit are interconnected, dance/movement therapy is the psychotherapeutic use of movement to further the emotional, cognitive, physical, and social integration of the individual. Dance/movement therapy is practiced in mental health, rehabilitation, medical, educational, and forensic settings, and in nursing homes, day care centers, disease prevention, private practice, and health promotion programs. Training and education occurs on the graduate level. Margaret Migliorati, President. [http://www.adta.org](http://www.adta.org)

**American Music Therapy Association**
Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. Music Therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. After assessing the strengths and needs of each client, the qualified music therapist provides the indicated treatment including creating, singing, moving to, and/or listening to music. Through musical involvement in the therapeutic context, clients' abilities are strengthened and transferred to other areas of their lives. Deb Benkowitz Williams, President. [http://www.musictherapy.org/](http://www.musictherapy.org/)
**National Association for Poetry Therapy**  
For more than 50 years, NAPT (formerly APT) has evolved as an interdisciplinary organization committed to the study and practice of language, symbol, and story in therapeutic, educational, growth, and community building capacities. The purview of poetry therapy includes journal therapy, bibliotherapy, and expressive writing. Membership includes educators, psychologists, social workers, mental health counselors, psychiatrists, and other allied helping professionals. Credentialing is administered by a separate organization, the International Federation for Bibliotherapy/Poetry Therapy (https://ifbpt.org/). NAPT sponsors the quarterly *Journal of Poetry Therapy* (established 1987, published by Routledge/Taylor&Francis). Nick Mazza, President.  
http://www.poetrytherapy.org

**North American Drama Therapy Association**  
Drama therapy is the intentional use of drama and/or theater processes to achieve therapeutic goals and has been an established health profession since 1979. Drama Therapy is an active, experiential approach to facilitating change. Through storytelling, projective play, purposeful improvisation, and performance, participants are invited to rehearse desired behaviors, practice being in relationship, expand and find flexibility between life roles, and perform the change they wish to be and see in the world. Josiah Stickels, President.  
http://www.nadta.org

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**NCCATA Member Association Annual Conferences**  
Each member association hosts an annual conference which showcases cutting edge research in their modality and provides avenues for professional development.

**American Art Therapy Association** Washington, D.C., Oct. 29-Nov. 2, 2020

**North American Drama Therapy Association** San Diego, CA, Nov. 5-8, 2020

**American Dance Therapy Association** Montreal, Quebec, Canada, Oct. 15-18, 2020

**American Music Therapy Association** Atlantic City, NJ, Nov. 18-22, 2020

**National Association for Poetry Therapy** Albuquerque, NM, April 2-5, 2020

**NCCATA Executive Committee**  
Nadya Trytan, MA, RDT/BCT, Chair  
Jody Wager, MS, BC-DMT, Chair-Elect/Secretary  
Mark Beauregard, MA, RDT-BCT, LCAT, Treasurer  

Jenni Rook, MT-BC, LCPC, Communications Coordinator

www.nccata.org