



## Quality matters

Our qualified and trained Creative Arts Therapists will ensure you feel ready and comfortable to participate, addressing any questions you have before you get started. Your safety and wellbeing are CATA's number one priority. CATA delivers a person-centered, holistic and trauma-informed service with accredited Arts Therapists for individuals and groups.

## Incorporating art-making

Processing through a virtual platform functions similarly to in-person sessions.

While not all technology and cameras are equal, participants are encouraged to show and discuss their work when and where possible. Art making materials can be sourced through many household items where there is limited or no access to traditional art materials. Our team can arrange for delivery of materials if required.

Online Creative Art Therapy is not suitable for:

- Complex psychiatric illnesses
- People requiring close and direct treatment or in-person intervention
- Serious addictions or complex mental health conditions

“Creativity is the power to act”

Ai Weiwei



**CATA** CREATIVE ART THERAPY AUSTRALIA



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“Take a Brain Break”  
Online Services

Creative Art Therapy Australia

# Online accessibility has opened up new avenues for the management of Mental Health and Wellbeing

In response to COVID-19, Creative Art Therapy Australia (CATA) has worked hard to transition Arts Therapists and participants into Online engagement.

Forced adaptation has opened up new options for service delivery in Mental Health post COVID-19. For people with social anxiety, there is added appeal of not having to travel to appointments and engage face-to-face with an Arts Therapist.

With social, work and educational disruptions due to the global COVID-19 crisis, Creative Arts Therapy has become a viable Online option to receiving Mental Health support where needed.



## Connecting

We encourage the use of headsets or earphones to improve engagement for the participants.

We make time and space for check-ins throughout sessions with all participants involved.

## Online platform

CATA uses Zoom to hold sessions using secure end-to-end encryption.

You will require a password to enter your session, whether one-on-one or group sessions.

Zoom allows for screen sharing. Participants do not need to set up an account to use Zoom.

## Advantages of Online

### A good option for remote areas

Those living in remote areas with limited access or no Mental Health practices in their geographic area would benefit from Online Creative Arts Therapy.

With the flexibility provided using Online platforms, "Take a Brain Break" offers participants living in remote areas the ability to manage their Mental Health and Wellbeing in the comfort and safety of their own home.

### Accessibility for people with physical limitations

Individuals unable to leave their home for various reasons may find "Take a Brain Break" a useful support service.

### Convenience

"Take a Brain Break" is convenient, since participants will be attending sessions Online in the comfort of their own home. Based on availability, participants schedule their sessions.

### Support is more accessible

People may feel comfortable talking to friends and family about physical health care issues but may not feel the same discussing Mental Health concerns. Online access makes it easier to work towards a healthier state of mind and wellbeing.