



2019/20

CREATIVE ART THERAPY AUSTRALIA IMPACT & GRATITUDE REPORT

www.CATA.ORG.AU

ACKNOWLEDGMENT OF COUNTRY

Creative Art Therapy Australia acknowledges the Traditional Owners and Custodians of the land on which it is situated and we pay respect to their Elders past, present and emerging. We welcome individuals of all backgrounds and respect that families we support are different in many ways. We acknowledge and respect the continuation of cultural, spiritual and educational practices of Aboriginal and Torres Strait Islander People across the nation. We recognise the strengths and resilience of Australia's First Peoples and champion reconciled, just and equitable Australia.



STATEMENT OF INCLUSION

Creative Art Therapy Australia promotes and values diversity. We are committed to providing a safe environment for all people, regardless of their age, culture, ability, gender, language, racial origin, religious belief and/or sexual identity.



"It is such a relief and a joy to see him achieve and create unique art pieces with a big grin on his face. He is much more focused, calm and is totally proud of the colourful marks he makes on the canvas."

Mother of child with chronic life-limiting condition



CONTENTS

- CATA PURPOSE4
- Vision: 4
- Mission: 4
- Values: 4
- 2019-2020 IMPACT 5
- From our CEO 6
- 2019 - 2020 Update 6
- 7
- ORGANISATIONAL IMPACT 8
- Measurable Impact 9
- FIVE YEARS OF VOLUNTEERING WITH CATA 11
- FROM OUR TEAM 12
- THE FUTURE: GOALS for the next 18 months 13
- CATA PROGRAMS 14
- DISABILITY SECTOR..... 14
- PAEDIATRIC PALLIATIVE SECTOR..... 15
- OUTREACH SERVICE 15
- EDUCATION SECTOR..... 16
- TELEHEALTH 17
- AGED CARE SECTOR 17
- Q AND A with Principal Arts Therapist 18
- PETER’s Story 19
- COLLABORATORS, Sponsors, SUPPORTERS & Educational Partners 20
- Financial RESULTS 21



CATA PURPOSE

Vision:

An inclusive world where Creative Arts Therapy empowers people.

Mission:

To provide person-centred, evidence-based Creative Arts Therapies to people living with diverse ranges of adverse physical, psychological and social life experiences.

Values:

Courage Integrity Collaboration Innovation Compassion.

Belief:

We believe:

- ❖ In the recognition of the whole human being;
- ❖ Trauma does not define a person;
- ❖ Creative Arts Therapy processes are fundamental to healing;
- ❖ Integration of experiences leads to a new way of seeing trauma;
- ❖ In empowering people into a new way of being

1,720
Creative Arts
Therapy
sessions
conducted in
2019/2020

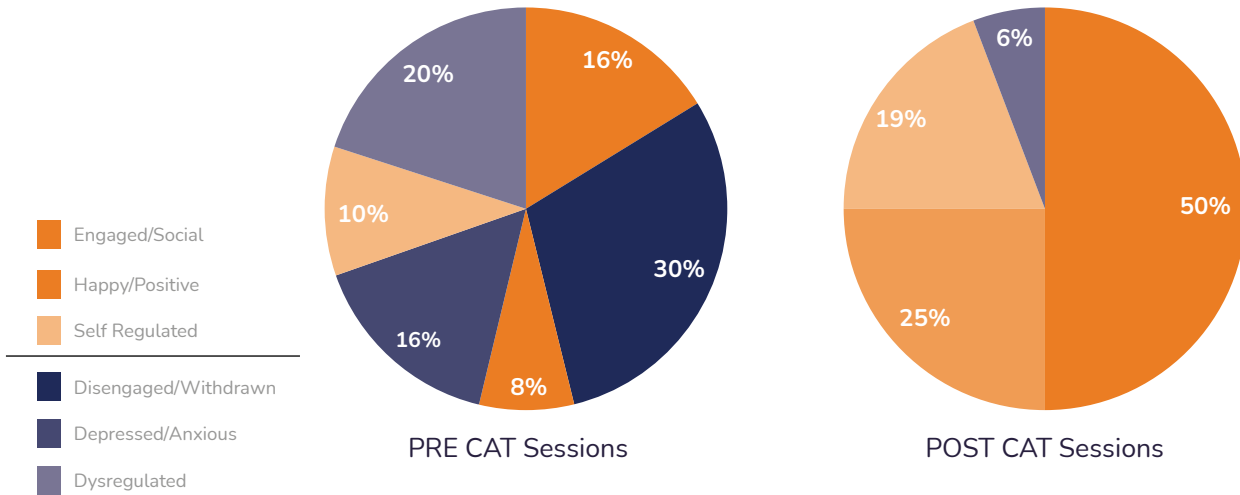
100%
Engaged and
responsive clients
after Creative Arts
Therapy with
end-of-life
children

88%
Of outreach
participants were
socially responsive
and engaged after
Creative Arts
Therapy Sessions

2019 - 2020 IMPACT

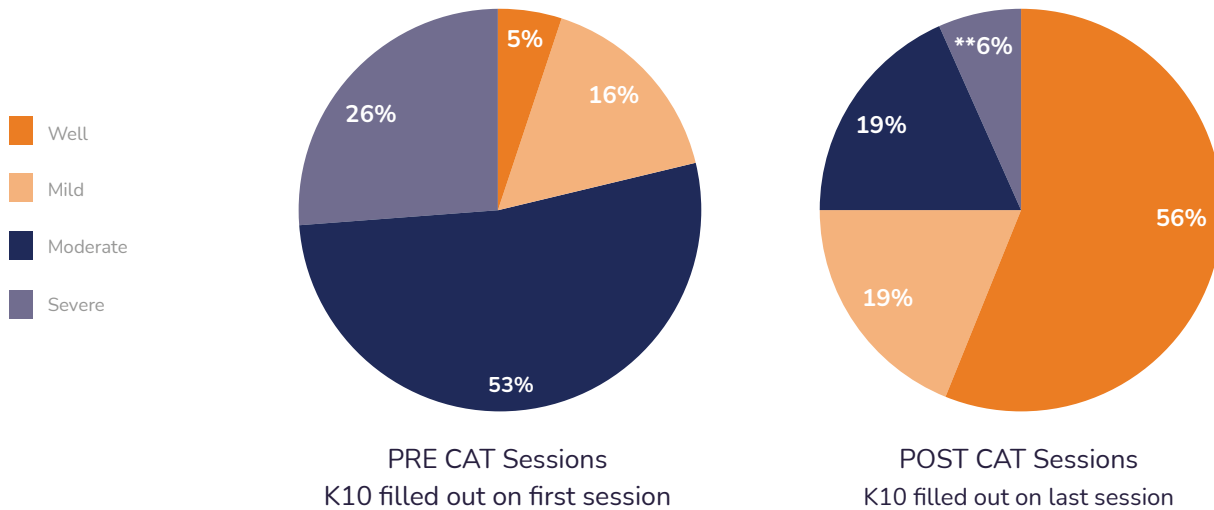
2019/2020 Outreach CAT Session Impact

Pre and Post Symptomatic & Physical Behavior & Affect



K10* Scores Comparison

Pre and Post K10* Scores of Participants in take a Brain Break Arts Therapy Service



*Kessler Psychological Distress Scale (K10)

Source: Kessler R. Professor of Health Care Policy, Harvard Medical School, Boston, USA. The Kessler Psychological Distress Scale (K10) is a simple measure of psychological distress. The K10 scale involves 10 questions about emotional states each with a five-level response scale. The measure can be used as a brief screen to identify levels of psychological distress. It is widely used by Australian GPs & Mental Health professionals.

**2 clients who remained in Severe/Moderate score were referred to additional psychological counselling.

FROM OUR CEO

2019-2020 Update


Pivoting Services to Online – COVID-19 Response

Physical burdens of restrictions and lockdowns in 2020 enabled CATA to pivot services to Technology Enabled Health for online service delivery. This service is now integral to our programs. Since telehealth delivery, CATA upscaled with additional 10 qualified Arts Therapists to meet the need. It was an opportune time to re-evaluate and advance all service delivery methods, processes, procedures and guidelines associated with service provision. Unable to utilize funds raised in 2019 for face-to-face facilitation, CATA redirected these funds to online service delivery free for all Australians.

In three months of online service delivery, CATA delivered over 500 sessions. 79% of participants engaged in our services were experiencing heightened Mental Health symptomologies due to COVID-19 and 5% were self-harming or suicidal.

Six-part webinar series for National and International Arts Therapists

CATA collaborated with Stars of Hope USA to offer an open digital forum to support Arts Therapists working in the new COVID-19 normal. The series titled “How Arts Therapists Dig Deep during Covid-19” opened a dialogue on Mental Health and Wellbeing of Arts Therapists, their clients and the impact on their professional practice. This forum attracted global thinkers from the USA, South Korea, Canada, Singapore, New Zealand and Australia. The series was vital in supporting professionals who have experienced an extraordinary influx of participants due to the pandemic.



“Students asked me if they could see CATA twice a week during their lunch times since “one lunch time isn’t enough”.

Those students were disengaged and isolated with few friends. They now feel a sense of purpose and kinship with each other”.

School Counsellor



Royal Commission Inquiry into Victoria's Mental Health Services RCVMHS

CATA campaigned and advocated for change in State Government legislation with 'Activate Arts Therapy' group led by Dr. Carla van Laar and ANVAM (Australian National Veteran Arts Museum). We collectively lobbied for changes to be made to the Victorian Mental Health Act, particularly to the narrow definition of Mental Health Practitioner. The inclusion for Arts Therapists as a highly skilled and valued workforce in Victoria's Mental Health System was recommended. The final RCVMHS report revokes the existing Act and names the industry amongst the professions to be employed in the new Mental Health system. Without recognition through local legislation and funding schemes, professional Arts Therapists are underutilised. CATA is doing its part to bolster the Mental Health sector and our communities in the crisis of Mental Health and beyond.

DUCERE Business School

CATA engaged with DUCERE Global Business School in August 2020 with MBA candidates conducting an investigative world-wide, national and state audit on the profession, legislation criteria, licencing and regulatory guidelines assisting CATA to work towards global best practice.

Gratitude

It's with deep gratitude I extend a heartfelt thank you to the pillars that uphold the organisation - CATA's Board, Volunteers, Creative Arts Therapists, loyal supporters and funders. Our ethos and aligned beliefs make the pathway to delivering excellence in Mental Health care the only viable option for us in service delivery. Without people that support us with in-kind services, sharing of knowledge and assistance where needed, communities wouldn't be accessing and optimizing our services. I am privileged and honoured to work alongside my colleagues and Creative Arts Therapists who are seeking to be the change makers needed in today's world.



Caroline Eshak-Liuzzi
Founder CEO

ORGANISATIONAL IMPACT

CREATIVE ART THERAPY AUSTRALIA positively empowers & impacts the lives of people braving trauma, as the passionate, courageous & effective champion of Creative Arts Therapies. Creative modalities are used to optimise Mental Health & Wellbeing. Working with children, adolescents, families and communities braving physical, psychological and emotional trauma, or adverse experiences, CATA aligns partnerships with local hospitals, hospices, schools, aged care, NFP organisations and communities.

CATA delivers best practice initiatives for its programs focusing on the integrity, respect and inclusiveness for all people. CATA produces safe, creative & thriving environments to foster agency, emotional literacy & strategic coping mechanisms with qualified Arts Therapists. Programs support & facilitate work within allied health populations & non-clinical populations.

Core Principals

Trauma Informed Practice and Evidence Based Research

Trauma informed practice and evidence-based practice ensures we deliver services informed by research and evidence, allowing us to deliver highest standards in industry practice. It also gives scope for longitudinal studies that benefit the industry, allied health organizations, Mental Health professional bodies and the Creative Arts Therapy industry worldwide.

Flexible Program Cycles

Our uniquely designed process sanctions CATA to collaborate with organizations, allowing scope of services to be delivered as uniquely as the individuals we work with. Individuals bring their own set of challenges, variables, unique adversities, and positions in their trauma; hence the dynamic program model ensures our Arts Therapists deliver responsible and ethical community service.

Partnership Model

We seek collaboration to broaden our reach in all sectors of the community. Collaborating with organizations, allied health teams, and all community sectors seeking to engage and assist people unable to move through adverse experience or trauma.

“CATA provide a range of processes to stimulate all students & special needs children. With the guidance of Arts Therapist Students and special needs children are given an opportunity to be active and engaged agents, irrespective of their physical limitations”.
Scotch College Teacher



MEASURABLE IMPACT

Clear measuring scales give us clarity on our deepest impact as each outcome of each session is recorded in measurable industry scales for honest and transparent impact. We recognize four outcome areas where CATA can significantly improve chances of people reaching their full potential.

Outcome Area 1: Knowledge and Stability

- Identify & learn all parameters of adverse experience, trauma and risk factors;
- Implement service delivery with trauma informed practice.

Outcome Area 2: Supportive Networks and Learning

- Facilitate and encourage development of positive mindsets, resiliency, post traumatic growth;
- Facilitate Creative Arts Therapy sessions to encourage healthy relationship building between family, peers and communities.

Outcome Area 3: Capabilities and Evolution

- Transfer 'know how' skills to develop coping strategies & problem solve;
- Build resiliency and self-agency so people establish post traumatic growth.

Outcome Area 4: Reach and Self-ufficiency

- Enable a safe space for people to learn how to self-regulate;
- Educate people on measures of self-advocacy for ongoing growth, resiliency and optimized Mental Health and well-being.

"This is the first time I have been able to get through these big trauma emotions and I feel less afraid of these big emotions coming up as I know I can use some art therapy strategies to stay safe through them."
Telehealth Participant



PROGRAM OUTCOMES and IMPACT

Trauma informed Practice

- CATA teams engage in Mental Health Triage to understand, prior to engagement, the trauma or adverse experience individuals seek to support and relieve;
- Programs are committed to non-verbal, relational, somatic, sensory and embodied practices.

Holistic Mental Health Care


- Choices and self-efficacy in managing Mental Health care within multi-disciplinary teams;
- Deliver programs and work with all allied health practitioners in both clinical and non-clinical populations.

Lived Experience Workers

- Our workforce with lived experience of mental distress, trauma, loss, grief and other are able to further empathize and connect with our clients.

Culturally Sensitive & Ethical Practice

- CATA offers non-clinical responses in all communities and cultural context by surveying and understanding clients' needs and backgrounds;
- CATA abides by the Australian, New Zealand and Asian Creative Arts Therapies Association (ANZACATA) Code of Ethics. This code affirms the ardent pursuit of professionally responsible actions and the appraisal of ethical issues and their implications, so that CATA provides ethically sound service delivery.



86%
Reduced
behavioural and
physical
symptoms with
chronically ill
children

"The Creative Arts Therapy sessions have been helpful in helping me express deep emotions and memories in a safe way, without becoming overwhelmed and 'melting down' or withdrawing from the process."

Telehealth Participant

FIVE YEARS OF VOLUNTEERING WITH CATA

WORDS FROM LIDIJA KARAKOLIS

What brought you to CATA?

I was often attending CATA functions and events where I would see videos, listen to speakers and get inspired. I wanted to get involved. I wanted to share this with vulnerable children. My part is about going in and having fun with the kids without having to worry about writing notes or reports. I see how Arts Therapists have to write evaluations and reports. I just get to play. As a volunteer it gives me the fun part of your job!

As a volunteer what is it you do and what do you feel your role is?

Working in the disability sector with children who are enduring life limiting conditions and physical disabilities has been incredible and a humbling experience for me. I get to witness a child smile from colour, sound and the squishiness of paint. When I first started volunteering with CATA, I thought that I would be crying after these sessions, but instead I have the most inexplicable feeling of elation and joy. Volunteering with CATA is so fulfilling.

What have been one of the lessons you will take away from your volunteering role?

One wheel chair bound teenage boy was painting outside with me. He asked a nurse to bring a bucket of water to wash his hands. As the nurse brought the bucket, he grabbed it and tipped the water all over the nurse. He then asked me to bring the bucket to wash his hands. I looked at him and said, "no mate, I saw what you just did and I don't want to get wet". He then started laughing. It's those moments you realise that these kids are so clever.

Your response to Creative Arts Therapy?

It was eye opening watching Arts Therapists engage as you could see these kids getting joy out of experiencing squishy, cold paint. The way art processes are delivered breaks down barriers and builds trust. It's not just about the art but it's about building relationships and connection through the process of art.

What would be your keywords for your experience with CATA?

Fun, messy, kind and heartbreaking at times.



FROM OUR TEAM

CREATIVE ARTS THERAPIST KERRY McDOUGALL



Kerry has been with Creative Art Therapy Australia for more than four years. Kerry is a Transpersonal Arts Therapist, Creative Arts Psychotherapist and Counsellor.

When I first heard about Creative Art Therapy Australia, I was looking for a placement organisation. I was told of an Arts Therapist working at a children's hospice. I had lived experience of a child with a life limiting illness who died at this hospice, so I was intrigued and decided to follow my heart. Walking through those doors I knew this was meant to be and I quickly jumped on board, starting my placement early.

I have had the opportunity to work in a range of settings delivering Creative Arts Therapy services to various populations, both face to face and on-line. Since 2019, I have worked in various capacities with CATA and witnessed the inspiring high energy and passion of the CATA team to be the change for anyone experiencing trauma or life challenges. My values align well with those of CATA.

I am passionate about supporting and making a difference to the lives of people who are facing challenges. I have continued to grow and develop as a Creative Arts Therapist with the diverse opportunities provided to me through CATA. I value the work I do with all my clients, from the moment I meet them, to building rapport and holding space for them in a person-centred framework. I see my clients as people, looking beyond their presentation and/or a set of diagnoses. I am fully present with my clients, trusting the process and the therapeutic value of the non-verbal qualities of the creative arts processes to nurture self-awareness, insight, personal growth, and healing.

CATA supports my professional growth as a team member and an Arts Therapist. While the pandemic has thrown some curveballs since 2020, CATA continues to morph and adapt to any new challenges in creative and innovative ways.

Go Team CATA!

THE FUTURE: GOALS FOR THE NEXT 18 MONTHS

Our core principals set clear pathways for CATA staff, partners, beneficiaries and collaborators to maximize behaviour intervention for those braving traumas and adverse experiences. With responsible trauma informed practice and consistent measurement of impact and outcome, we have developed a deep understanding of the broader impact of service delivery methods to the wider community.

Our goal for the next few years is testing proof-of-concept within local communities, inclusive of diverse groups, where we provide and enable a safe space for people to come into. A new CATA headquarters would be available and accessible to all these in need. A place where community Mental Health needs are met by qualified trained Arts Therapists on site. CATA is proudly supported by Westpac and a site has been established in which three proof- of-concept areas are to be tested.

CATA HQ located at 135 Station Street Fairfield, 3078, Victoria will test the following:

Provision of Therapeutic Services:

1. Diverse groups in all sectors and all communities coming on site

Social Enterprise:

2. Supervision & professional development for external Art Therapists
3. Raising own revenue streams to support free for service programs

Academy for Industry and Peer Support:

4. Resource center specifically geared for Victorian based Arts Therapists coming to site

CATA's mission in the next five years is to build Australia's first Centre of Excellence in Mental Health with Creative Arts Therapy at its core. The next 18 months is CATA's HQ collecting data on all proof-of-concept areas.



CATA PROGRAMS

DISABILITY SECTOR ART SPEAK

Art Speak program is delivered 4 days a week at Very Special Kids for children living with severe disability and suffering from life-limiting, chronic conditions.

Creative Arts Therapy sessions provide stimulation to enhance the quality of life for these children. For many of these children it is the only time they engage creatively in their lives. CATA has partnered with Very Special Kids since 2014.

825
Facilitated
sessions
conducted with
376 children

**Camp
CATA**
Runs for 36
days each year
(9 Weeks)

DISABILITY SECTOR CAMP CATA

CATA facilitates school holiday programs for Very Special Kids, an ongoing program since January 2016. The program is designed to deliver a happy, fun, thriving and compassionate environment for children living with chronic illness, severe disabilities and life-limiting conditions.

Somatic, cognitive and physical elements are sought out when designing various activities, incursions and outings. The aim is to give the children a greater interactive experience, offering them activities that are engaging and stimulating regardless of the severity or limitations of their disabilities.



PAEDIATRIC PALLIATIVE SECTOR BLUE SKY PROGRAM

Working with end-of-life children and their families to create a safe space for expression and the creation of legacy art to leave families. CATA assists families in building lasting memories while creating new memories through the processes of Creative Arts Therapy.

All palliative children, their siblings and families have unlimited access to sessions with framed artworks delivered door-to-door and on-going support as needed.

93%
Bereaved siblings
post sessions
became engaged,
less angry,
withdrawn, fearful
and sad

CATA deploys
qualified Arts Therapists
to where the need is –
people's homes, hospital
bed or hospice.
Where ever we are
needed.

OUTREACH SERVICE ART REAC

CATA provides a fully mobile Creative Arts Therapy service reaching metropolitan Melbourne enabling our Arts Therapists to deliver services door-to-door with homes, hospitals, community centres, aged care and NDIS participants.

We believe that everyone deserves to have access to Creative Arts Therapy delivered by qualified Mental Health professionals. Art Reach provides this service to support people who may not otherwise have access to these services.





EDUCATION SECTOR COLOUR ME UPSIDE DOWN RESPITE CAMP

This program offers children an immersive and stimulating experience over a 3-day camp and engages children with special needs alongside their VCE student companions.

Children explore through art making processes an opportunity to learn social skills, gain cognitive growth and practice sensorimotor skills such as sensory stimulation and hand-eye coordination. Arts Therapists support the creative collaboration between campers and companions.

Sony Foundation has supported CATA to deliver this service in local Melbourne schools since 2016.

102
Campers and companions are supported each year



DISABILITY SECTOR NDIS

CATA is a registered NDIS provider offering Creative Arts Therapy online and face to face where NDIS participants are located. All sessions are designed to meet the goals and needs of participants as we work alongside social workers, support coordinators and case managers.

Working alongside people living through depression, anxiety, PTSD, gender dysphoria and other psychological challenges as well as those enduring physical and intellectual disabilities. Our NDIS program meets the client where they are in their life to support their psycho-social development. Mental Health triage, referrals and reports issued by our team are all inclusive of our service.



TELEHEALTH TAKE A BRAIN BREAK

During COVID-19 Restrictions, CATA pivoted our face-to-face service to Telehealth to support many Australians whose Mental Health was declining due to the nationwide lockdowns, particularly in Victoria.

The most prevalent presentations were anxiety, depression, isolation, lack of motivation, grief, suicide ideation and sleeping issues. Data collected indicated that 79% of participants were experiencing heightened Mental Health concerns during this period.

504
Facilitated sessions
online with 75%
reduction in Mental
Health
symptomologies

63%
Residents
experienced memory
recall post Creative
Arts Therapy
sessions

AGED CARE SECTOR MEMORIES THAT MATTER

Creative Arts Therapy is a powerful tool for dementia patients as it stimulates the brain, bypassing language where images trigger the act of reminiscing and memory recall. Developmentally, this life review is a vital process for the ageing population as Creative Arts Therapy accesses and stimulates memory for dementia patients.



Q AND A WITH PRINCIPAL ARTS THERAPIST

SVETLANA BYKOVEC

What do you aspire for the profession in the next 3 years?

An aspiration high on my list is advocacy. I'd like to be more involved in educating people about Creative Arts Therapy. Although more people are becoming aware of the profession, there are still huge gaps of knowledge in Australia. Most people do not understand the underpinning psychological theory behind it and see Creative Arts Therapy as arts and crafts. I would love to be more active in the conference arena and within organizations educating social workers, carers, doctors and other clinicians.



What makes you love your job?

I have always had a calling to work with people. I studied Psychology many years ago but felt uninspired by the clinical diagnosis and labelling of individuals. I returned to school in my 40s and soon after, landed my dream job. Every day is a day of love and passion. I am constantly challenged to grow and extend my professional muscle with so many different areas of the community I have the opportunity to work with. Besides doing what I love, I've also landed in an amazing team. CATA is more like a family than a company. We support each other and have many moments of laughter. This is my forever job hands down.

Creative Arts Therapy and Allied Health – your thoughts?

This is really a new area for the Creative Arts Therapy profession, as more organizations are now including Arts Therapists in their allied health teams. The scope is expanding. CATA played a role in the push at the Royal Commission into Victoria's Mental Health Services to include Creative Arts Therapy in the Victorian Mental Health Act. This is a huge win for the profession and hopefully will open the door for more job opportunities for qualified Arts Therapists.

Just for the record, a memorable moment with your colleagues?

I would have to say, aside from dancing with brooms, it would have to be when I signed up the CATA team to be a part of Family Feud COVID series. The network had put the call out to frontline workers and I knew we would be a good fit. Channel 10 zoomed with us for the initial interview. At the seventh interview we were accepted to take part in a practice game with a group of nurses and host, Grant Denyer. We won the game but didn't get on the show due to travel restrictions. So close. And as far as the dancing with brooms, well that's another story.....



PETER'S STORY

FROM iPad TO iPAINT:

iPads are becoming increasingly used in clinical settings where children are reliant on them for entertainment. It is an easy tool to give and a hard task to remove. Often it results in a very upset child when devices are removed. However, when offering an engaging alternative, often the iPad gets forgotten and the child is able to focus and engage in art making.

Being able to offer Creative Arts Therapy sessions takes on further benefits when we can separate from an activity that is socially and psychologically disengaging and bring the child into a therapeutic relationship with the Arts Therapist. It builds a rich connection to foster healthy interactions.

Peter was totally absorbed watching Pepper Pig on his iPad. When volunteers tried removing the iPad to interact with him, he would become upset. I sat with Peter and initially watched alongside him. I started pouring paint at the table (with some occasional glances from him) and asked if he would like to paint and make some mess with me – he dropped his head forward (nod). Peter's iPad was replaced with a wooden board and he immediately began touching it and picking it up – exploring the small square with curiosity – turning it over; bringing it up to his nose and smelling it. The iPad didn't seem to be missed at all.

































When I brought the paint palette up to the table, Peter reached out with his left hand and ran his fingers through the paint, then onto the board. He continued adding paint and dragging it down the board. He then used his right hand and did the same thing. As Peter painted, he would pause, make eye contact with me and smile. Unlike when I sat beside him watching Pepper Pig, we were now connecting and interacting.

Peter was building his social skills as well as his fine motor skills. He would lift his head when I would acknowledge the work he was doing which was a feat for him as his condition means he has low muscle tone in his neck. To raise his head is a deliberate movement to the responses of his art making. Not once did Peter cry or reach for the iPad for the 45 minutes we were making art.

This is a great example of how Creative Arts Therapy can engage a child, allowing for cognitive stimulation and exercising creative exploration and sensory curiosity.



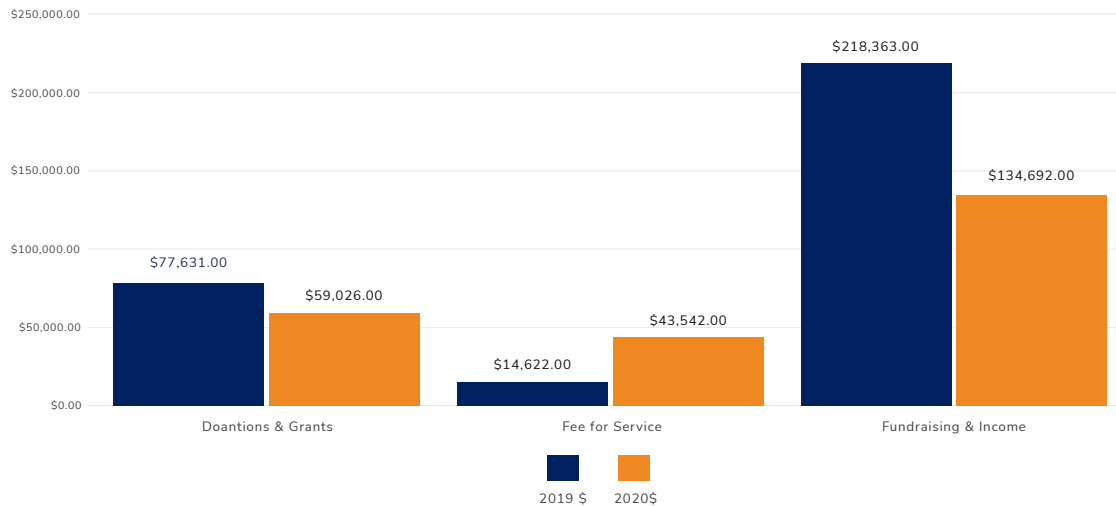
COLLABORATORS, SPONSORS, SUPPORTERS & EDUCATIONAL PARTNERS

FINANCIAL RESULTS

Creative Art Therapy Australia

Statement Comprehensive Income - Year Ended December 2020
Community and key supporter traction



OUR FOUNDATIONS

Patron	Corporate Sponsors	In Kind Community Supporters
George Donikian	GBRE	Alepat Taylor
	G + T Lawyers	Art to Art
Board	Fercon Constructions	Allience Insurance
Alfonso Liuzzi (Chair)	Florida Cheese	ASTA Solutions
Annemarie Rolls (Vice Chair)	Fort Constructions	Chambers and Chambers Partners
Greg Keene (Treasurer)	Kookai	Dataline
Joe DiPierdomenico (Secretary)	Litho Superpak	Design Chronicles
Carolyn Cowley	TBWA Melbourne	DFP Recruitment
Liz Ferentinos	Vinci Carbone	Dia Oro Jewellers
Karina Posanzini	Westpac	D'Stinct
Hank Sciberras		Hell Studios
Tony Weston	Program Partners	KiP
	Aveo Freedom Aged Care	Liuzzi Property Group
Core Team	Lauriston Junior School	Mag Wheels and Tyres
Svetlana Bykovec	NDIS	Olympic Hotel
Caroline Eshak-Liuzzi	Saint Catherine's School	Prestige Point
Lia Poletti	Scotch College	
Simona Sapuppo	Sony Foundation	
	Stars of Hope USA	Industry Partners
Trusts and Foundations	Very Special Kids	DUCERE Business School
Coloured Pencil Community	VPPCP	Ikon Institute Australia
Crown Resorts Foundation		MIECAT Institute Inc
Darebin City Council	Ambassadors	SAE Quantum Institute
Scanlon Foundation	David Bromley & Co	
Stephanie's Gift	Julian Clavijo	



35 Colebrook Street, Brunswick, VIC. Artists Julian Clavijo & Camillo Delgado working with End of Life Program

Business name:	The Art Cabriolet Inc. trading as Creative Art Therapy Australia
Business structure:	Incorporated Association
Business location:	Ground Floor, 62 Albert Street Preston, Victoria, 3072
ABN:	51 008 991 194
GST:	GST Exempt
DGR Status:	Deductible Gift Receipt 1
ACNC Endorsed:	Registered Australian Charity Not-for-Profit Commission
NDIS Approved:	Registered Provider
PBI Enlisted:	Public Benevolent Institution
NGO Registration:	ACNC
NFP Registration:	ACNC
Fundraising Registration	FR-000015120
PACFA:	Approved membership
Domain names:	www.cata.org.au
Licences & permits:	Minor Gaming License
Date established:	24th July 2009



Creative Arts Therapy is not about being a “great artist”, it’s about using art as a tool to work through challenging experiences.



CATA Arts Therapist Sandy at Respite Camp

“At times, therapy has retraumatised me or further activated my symptoms, but this was certainly not my experience with Creative Arts Therapy and CATA.

Utilising creativity while working with a therapist who made me feel seen, heard and understood was of great benefit to me and an experience I value very much.”

Participant in “Take a Brain Break” Telehealth 2020

CA



TA

CREATIVE
ART
THERAPY
AUSTRALIA