



OFFICIAL PREPARATION GUIDE

FOR THE

ART THERAPY CREDENTIALS BOARD EXAMINATION (ATCBE)

Revised Jan 2017

This preparation guide was developed by the Art Therapy Credentials Board, Inc. (ATCB) to provide information to art therapists who plan to take the ATCBE. Its purpose is to assist art therapists in developing a personal approach to preparing to take the ATCBE. Enhanced performance on the examination is neither expressed nor implied as a result of consulting this guide. The ATCB does not endorse or recommend any study guide available through other organizations, groups or individuals. For all inquiries, we invite you to contact the ATCB National Office directly at atcbinfo@atcb.org (or by calling 877-213-2822).

For information specifically about Computer Based Testing, visit atcb.org.

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ART THERAPY | ATCB

CREDENTIALS BOARD, INC.

Dear Registered Art Therapist:

Thank you for your interest in becoming a board certified art therapist. The ATR-BC distinguishes those who have met and continue to satisfy standards defined by the profession. Possessing this credential demonstrates your commitment to providing quality services to your clients and indicates a commitment to the art therapy profession.

It is our hope that the following information will guide you through the certification process, from completing the application for the ATR-BC through maintaining your ATCB credentials. In this guide, you will find information about:

- the ATCB,
- board certification
- the application process,
- special test arrangements,
- examination scores,
- maintenance of credentials, and
- the examination.

The Art Therapy Board Certification Examination (ATCBE) is administered in a paper and pencil format at several test sites on a specified date each year. Additionally, computer-based testing for the ATCBE is offered during several windows of time each year at over 500 designated testing centers throughout the United States. Please see the ATR-BC application form for specific information. The form is available on the ATCB website, atcb.org.

Please note that licensing boards may also administer the ATCBE for state credentialing purposes. Those interested in state licensure are encouraged to contact their state certification board for specific information regarding this process. Passing the ATCBE to become licensed in a particular state *does not* automatically qualify you for ATR-BC (board certification with the ATCB).

If you have any questions, please contact the ATCB National Office toll free at 877-213-2822 or email us at atcbinfo@atcb.org.

Sincerely,

The ATCB Board of Directors

THE ART THERAPY CREDENTIALS BOARD, INC. (ATCB)

Founded in 1993 as an art therapy credentialing organization, the ATCB creates and maintains standards associated with earning art therapy credentials. The mission of the ATCB is to protect the public by promoting the competent and ethical practice of art therapy through the credentialing of art therapy professionals.

In response to its mission, the ATCB offers three credentials:

- the Registered Art Therapist (ATR),
- the Board Certified Art Therapist (ATR-BC) and
- the Art Therapy Certified Supervisor (ATCS).

ATCB credentials are solely owned and granted by the ATCB. Credential holders must adhere to the ATCB's *ATCB Code of Ethics, Conduct, and Disciplinary Procedures* (the “Code”). The ATCB protects the public by reviewing and adjudicating ethical complaints made against credential holders as warranted and outlined by the “Code.”

THE PURPOSE OF BOARD CERTIFICATION IN ART THERAPY

The purposes of the ATR-BC include, but are not limited:

- to provide national standards of professional practice in art therapy,
- to recognize art therapists who have met national professional art therapy standards as defined by the profession,
- to promote professional accountability, and
- to require continuing professional growth and development.

ATCBE APPLICATION PROCESS

AVAILABILITY

The paper and pencil format ATCBE is offered at several locations throughout the country on the national examination date, on the Saturday near the close of the annual conference of the American Art Therapy Association. The locations of the examination are selected by the ATCB Board of Directors based upon an assessment of geographic need. The exam also takes place on the weekend of the Expressive Therapies Summit, held in New York City annually.

Persons needing to take the exam at an alternate location or date may apply for Test by Exception (see page 5 of this guide for more information).

In addition, computer-based testing for the ATCBE is offered during several windows of time each year at over 500 designated testing centers throughout the United States. Information about

the upcoming test dates/windows and locations can be found on the ATCB website, atcb.org. Should you need assistance with the application process, please contact the ATCB National Office at atcbinfo@atcb.org or 877-213-2822.

Candidates must be current ATRs and must complete the current and respective ATR-BC application to apply for board certification through the ATCB. Please read all information included in the application and follow all instructions carefully. Applicants are strongly encouraged to retain a copy of all submitted materials.

Important note: If you are interested in taking the ATCBE for state licensure, you must comply with your state's licensure process. Please contact your state licensure board for specifics.

NONDISCRIMINATION POLICY

The ATCB does not discriminate against any person on the basis of age, gender, gender identity, sexual orientation, race, religion, national origin, medical condition, physical disability, or marital status.

APPLICATION FEE

The application fee for taking the certification examination is noted on the respective application which may be found at atcb.org.

Applicants should submit a money order, check, or credit card (Visa or MasterCard) payable to the Art Therapy Credentials Board, Inc. No other form of payment will be accepted.

REFUND POLICY

After completing the ATR-BC application and submitting payment, if the applicant cannot take the examination, he or she may request a refund by submitting a certified, return-receipt letter to the ATCB National Office. This letter must be sent a minimum of 30 days before the examination date. The request will be reviewed by the ATCB Board of Directors and will be allowed only at their discretion.

Requests for refunds made after the deadline above must be due to emergencies, which are verified by documentation. They will be decided on a case-by-case basis, and at the discretion of the ATCB Board of Directors.

There will be no refund for "no shows."

COMPLETING THE APPLICATION FORM

It is important that your application form be completed carefully and accurately. The information you provide on the application will be used by ATCB to determine your eligibility to sit for the examination.

Your acknowledgment of receipt, confirmation email or admission letter, and examination results will be sent to the address indicated on the application.

CONFIRMATION EMAIL/ ADMISSION LETTER

You will receive a confirmation email once your application has been processed. It will contain your identification (ID) number, the test date, reporting time, and the test center address. Directions or a map to the examination site will be included with the email. If you do not have an email address, a letter will be sent to the address on your application.

For paper and pencil exams, candidates will be required to present their admission letter.

Contact the ATCB National Office if you have not received your confirmation email or letter ten (10) days before the examination date.

QUESTIONS

Any questions concerning application procedures that remain after reading this guide should be addressed to the ATCB National Office. You can email your questions to atcbinfo@atcb.org, fax to 336-482-2852, or call 877-213-2822 between 8:30 A.M. and 5 P.M. ET, Monday through Friday.

SPECIAL TEST ARRANGEMENTS

ADA ACCOMMODATIONS

In compliance with the Americans with Disabilities Act (ADA), the ATCB makes reasonable special testing arrangements for candidates with professionally diagnosed disabilities. Under the ADA, a *disability* is defined as "a physical or mental impairment that substantially limits one or more major life activities" (*e.g.*, caring for one's self, performing manual tasks, walking, seeing, breathing, learning and working). An applicant must have a documented disability as defined by the ADA in order to request special testing accommodations.

Persons with "transitory" or "temporary" conditions (*e.g.*, sprains, fractures, and medical emergencies) who desire accommodations should contact the ATCB as soon as possible. While the ATCB is not required by the ADA to accommodate "transitory" or "temporary" conditions, accommodations for candidates with such conditions will be considered on an individual basis.

An applicant requesting accommodation(s) must make the request in writing to the ATCB National Office. The request must include a letter from the applicant's healthcare provider documenting the disability and the requested testing accommodations. Such documentation must be professionally prepared and appear on the professional's stationery or official letterhead. The healthcare professional must be a licensed or otherwise qualified professional whose credentials are appropriate to diagnose and evaluate the applicant's disability. Regardless of when the original diagnosis of a disability was made, the healthcare professional must have knowledge

within the last three (3) years of the candidate's disability and must have diagnosed, evaluated, treated, or consulted with the candidate within the last three (3) years.

For a learning disability or mental disorder, the professional's report must include the applicant's current Diagnostic and Statistical Manual of Mental Disorders (DSM) classification. The diagnosis of a disorder with a DSM classification does not necessarily mean that the applicant has a disability as defined in the ADA which must be accommodated by the ATCB.

For candidates with physical or health-related disabilities (*e.g.*, blindness, deafness, diabetes), copies of medical records are not necessary; however, the candidate must provide sufficient documentation from a physician that confirms the diagnosis of a physical or health-related "disability that substantially limits a major life activity." To demonstrate this, the individual must show that he or she experiences substantial impairment in such activity as caring for one's self, hearing, seeing, learning, or walking, in more than one setting (*e.g.*, work, school, socially). Pregnancy is not a disability; however, if a candidate is pregnant and has a resulting medical complication that results in her being disabled, she may be eligible for special testing accommodations.

Testing accommodation recommendations should be reasonable and appropriate for the candidate's documented disability and cannot fundamentally alter the measurement of the knowledge and skills that the examination is intended to assess. Prior testing recommendations and any history of accommodations will be considered, but do not guarantee accommodations on the ATCBE.

Once an accommodation request has been received, it will be reviewed by the National Office, in consultation with the Board of Directors and/or legal counsel as appropriate. If additional information is required in order to consider a special accommodation request, the applicant will be notified.

Candidates requesting nonstandard testing accommodations must send their written request and supporting materials to the ATCB National Office at least 60 days prior to the scheduled examination date. All requests are reviewed individually and are subject to ATCB approval. If an applicant's accommodation request is approved, the applicant and the testing center will be notified of the special accommodation.

RELIGIOUS REASONS

An applicant may request accommodation for religious reasons in order to have the examination administered outside the regularly-scheduled time frame. In order to make this request, the candidate should submit a completed application and all applicable fees. At least 60 days prior to the original examination date, the candidate must submit a written request to take the examination on another day due to religious reasons and include documentation from the applicant's clergy. This documentation must be written and provided on official letterhead. The written request and supporting documentation should be sent to the ATCB National Office who will notify the candidate whether it is approved or denied. If the request is approved, the ATCB National Office will arrange for an alternate examination date that adheres to the

applicant's religious requirements. Alternate dates are determined by the ATCB and the examination administration site.

ENGLISH AS A SECOND LANGUAGE

If English is not the applicant's native language, the applicant for board certification may request additional testing time and use of a word-to-word translation dictionary (the dictionary must be non-electronic, must not define terms, and must be supplied by the examinee. The dictionary will be examined by the exam administrator prior to use). At least 60 days prior to the examination date, the candidate must submit a written request and a \$60 fee to help offset the additional costs for proctor time and room rental. This fee is not refundable if the candidate does not use the extra time.

TEST BY EXCEPTION

An applicant for board certification may request to have the Art Therapy Credentials Board Examination administered outside the regularly scheduled time frame by requesting a Test by Exception. In order to make this request, the candidate must submit a written request to the ATCB National Office (atcb.org).

The request must include all of the following:

- a specific reason for the Test by Exception,
- a \$300 Test by Exception fee (this fee is in addition to the regular examination fee),
- three (3) dates that the candidate is available to sit for the examination (the earliest date shall be at least 60 days later than the date of the request),
- a time preference (morning or afternoon) and
- the names of local community colleges and/or universities at or near the requested test location.

SPECIAL ARRANGEMENT DENIALS

Any applicant whose request for Special Test Arrangements (ADA, ESL, Religious, or Test by Exception) is denied may request reconsideration of the denial by the ATCB Board of Directors. Any such request must be made in writing to the National Office and must be postmarked no later than seven (7) days after receipt of the denial notice. The decision on reconsideration is final.

TEST CENTER REGULATIONS

Strict security measures are maintained throughout all phases of ATCB examination development and administration. For both paper and pencil and computer-based administrations, candidates will be required to present two signed forms of identification, one of which must be a government issued photo identification (driver's license, passport, military ID, etc.) in order to enter the testing center. If you do not have a government issued photo identification, please contact the ATCB to receive additional instructions. For paper and pencil exams, candidates will

also be required to present their admission letter.

Trained proctors will supervise the administration of the examination and maintain strict security throughout the testing period. Irregularities observed during the testing period, such as creating a disturbance, giving or receiving unauthorized information or aid, or attempting to bring in or remove test materials or notes from the testing room, will be sufficient cause to terminate candidate participation.

Please note:

1. All candidates must present two signed forms of identification, one of which must be government-issued, at the test center in order to take the examination. If you do not have a government issued photo identification, please contact the ATCB to receive additional instructions. **No exceptions to these requirements will be made.**
2. For paper and pencil exams, candidates will also be required to present their admission letter.
3. Candidates must arrive at the test center **30 minutes** prior to the scheduled testing time. Late arrivals cannot be admitted to the test center.
4. Devices with memory capabilities; books, papers, and notes; and large personal possessions such as briefcases or backpacks will not be permitted in the examination area. They must be left with a proctor.
5. Cellular phones, calculators and other electronic devices are **NOT** allowed in the testing room.
6. Food and beverages are not allowed in the testing room.

EXAMINATION SCORING AND REPORTING

The methodology used to set the minimum passing score is the Bookmark Method, applied during the performance of a Passing Point Study by a panel of experts in the field. The experts evaluate each question on the examination to determine how many correct answers are necessary to demonstrate the knowledge and skills required to pass this examination. Your ability to pass the examination depends on the knowledge and skill you display, not on the performance of other candidates.

Passing scores may vary slightly for each version of the examination. To ensure fairness to all candidates, a process of statistical equating is used. This involves selecting an appropriate mix of individual questions for each version of the examination that meets the content distribution requirements of the examination content blueprint. Because each question has been pretested, a difficulty level can be assigned. The process then considers the difficulty level of each question selected for each version of the examination, attempting to match the difficulty level of each version as closely as possible. To assure fairness, slight variations in difficulty level are addressed by adjusting the passing score up or down, depending on the overall difficulty level statistics for the group of scored questions that appear on a particular version of the examination.

The ATCB will mail candidates their examination results approximately eight (8) weeks following the examination date.

Results will not be given over the telephone, by fax, or by e-mail.

CERTIFICATION

Each candidate who meets current ATR-BC application requirements and passes the examination for board-certification purposes will receive a certificate suitable for framing and will be allowed to designate himself or herself as a Board Certified Art Therapist (ATR-BC).

RETESTING

Examinees who do not pass the ATCBE shall receive a letter informing them of their right to appeal. (See appeal procedures, below.) No examinee may take the ATCBE more than 3 times in any 12 month period, whether for board certification or licensure. Individual states may have further restrictions regarding re-testing for licensure applicants.

APPEALS

Any candidate who fails to pass the ATCBE is entitled to an appeal. To appeal, the candidate must submit a written letter to the ATCB National Office detailing the reasons for the appeal (providing all relevant documentation) within 30 days from receiving notice of the examination results.

Appeals will be reviewed by the ATCB Board of Appeals in accordance with their policies and procedures. In accordance with best practices for the validity of the exam, test scores cannot be changed, but alternatives such as retesting may be allowed.

MAINTENANCE OF THE ATR-BC CREDENTIAL

To maintain the ATR-BC credential, the certificant must do all of the following:

- pay the annual maintenance fees,
- complete a recertification process every five (5) years and
- adhere to the *ATCB Code of Ethics, Conduct, and Disciplinary Procedures*.

The ATCB reserves the right to revoke certification of anyone who does not comply with the above.

FEES

Paying annual fees is required to maintain ATCB credentials. Since the ATR is a prerequisite for the ATR-BC, board certified art therapists must also maintain the ATR credential. There is not currently an additional fee for the ATR-BC. These fees support the continued updating of the credentialing processes, the adjudication of ethical issues, daily operational costs, activities that promote the professional practice of art therapy and ensuring public protection. Credential holders are billed for annual maintenance fees in May.

RECERTIFICATION

Every five (5) years following the ATR-BCs certification date, a recertification process must be completed. This process is defined by the ATCB Board of Directors. A copy of the recertification standards is provided at the time of certification and prior to the recertification date. However, it is the responsibility of ATR-BCs to be knowledgeable about the requirements and any revisions to the recertification process or procedures. Any changes to the recertification process will be published on the ATCB website and/or in the organization's newsletter. A copy of the current recertification standards document is available at atcb.org.

Recertification may be accomplished either by re-taking the ATCBE or by accruing 100 continuing education credits. ATR-BCs are encouraged to maintain a file containing the continuing education credits completed. Items recommended for inclusion are: ATCB recertification standards, the ATCB continuing education credit (CEC) log, and approved audit documentation. Blank log forms are available at atcb.org.

Ninety (90) days prior to the recertification deadline, the ATCB National Office will send recertification application packets to the address provided to the National Office by candidates. Credential holders are responsible for keeping their contact information accurate with the ATCB National Office. Changes to contact information must be provided either in writing to the ATCB or updated by using the [MyATCB portal](#).

A maximum of ten percent (10%) of those eligible to recertify will be randomly selected for audit. These candidates will receive a packet specifying that they have been selected for audit. Only audited candidates must submit documents (such as certificates of attendance from qualifying programs and transcripts) verifying continuing education activities, but all candidates must submit the completed recertification application and the completed log forms.

Each candidate will be notified of the outcome of his/her recertification application review. If approved, a new certificate will be sent to the address the applicant has provided in writing.

If an application for recertification is determined by the ATCB to contain deficiencies, the candidate will be notified by mail. The candidate will have 90 days to provide additional information regarding the CECs submitted for recertification and/or any CECs earned since being notified of existing deficiencies.

Recertification candidates who have been notified of deficiencies will be placed on probationary status during the 90 day period mentioned above. If documentation that verifies compliance with ATCB requirements is submitted within that time frame, such probation will be removed and recertification granted.

Candidates who are not recertified by the ATCB through the above process will be required to apply for certification through a new application process and meet current requirements in order to become board certified again. This would include retaking the Art Therapy Credentials Board Examination.

Any request for a recertification extension must be submitted in a written letter to the ATCB National Office. The letter must provide detailed information regarding the need for an extension and be accompanied by a recertification extension fee. The National Office will forward the request to the Board of Directors for their review and consideration. Once a determination has been made, the recertification applicant will be notified in writing.

EXAMINATION INFORMATION

A national practice analysis survey is conducted on a regular basis by the ATCB to define the role of the art therapist and describe the responsibilities, tasks, and knowledge necessary to practice the profession. The survey is distributed to a sample of professional art therapists. You may have received a request to participate in the past. The analysis of the survey data is used to ensure that the examination accurately assesses the knowledge base and skills required of practicing art therapists.

The certification examination is typically composed of 200 multiple-choice questions. Of these, approximately 170 are used for scoring purposes. The remaining items are in development for future examinations. These development items are not identified to the examinee.

Candidates have four hours to complete the examination.

PREPARING FOR THE EXAMINATION

The ATCBE is a professional credentialing exam, and as such requires thoughtful preparation. The following checklists are provided to assist candidates in preparing for the exam.

DEVELOP AN EFFECTIVE STUDY PLAN FOR REVIEW AREAS

- Identify your own best methods of studying (e.g., alone or with others, time of day, location, by rewarding yourself at intervals).
- Organize all information about the exam procedure and the topics covered by the exam. Become familiar with the type of questions, topic areas, etc. as given in this guide. Prioritize concepts and topics to study. Be systematic; determine what material you can briefly review and what material you need to concentrate on more in depth.
- Read the sample questions to familiarize yourself with the nature and format of the questions that will appear on the examination.
- A reference list is given under "Suggested Reading" in this guide. This list is not meant to represent all knowledge required for mastery in the field of art therapy, nor are exam questions taken from this material, per se. The list is an aid to give you an idea of sources that can be used to review areas in which you may feel your training or experience is deficient.
- As an art therapy credential-holder, you are required to abide by the *ATCB Code of Ethics, Conduct, and Disciplinary Procedures*. Be sure you are familiar with this document and do not confuse it with the *Ethical Principles for Art Therapists* of the American Art Therapy Association. These are two separate codes.
- Manage your time. Allow maximum time to prepare and study, stop when you are too

tired, and take breaks. Be sure to schedule study sessions often enough to avoid cramming and being tired or stressed on exam day.

MENTAL PREPARATION STRATEGIES

- Think positively. Banish any negative and defeating thoughts, listen to encouragement, and believe you will be successful.
- Assess your level and type of anxiety. Review successful strategies you have used in the past for coping with anxiety.
- Reduce stress. Practice stress reduction techniques, rest, go for a walk, eat properly, make art, meditate, and/or daydream. Learn to be aware of your stress level so you can lower it when necessary.
- Get enough sleep in the week before the exam.

RECOMMENDATIONS FOR THE DAY OF THE EXAMINATION

- Include protein in your breakfast, have a positive attitude, and arrive at the test site prepared and in ample time.
- Remember to bring proper forms of identification
- Read and follow the exam directions carefully.
- Read and consider all multiple choice options for each question.
- If the correct answer is not immediately obvious, eliminate the clearly implausible.
- If all of the answer options to a question have merit, choose the best or priority option. Guess if you do not know the answer. You will not be penalized for guessing.
- Mark, go back and rethink particularly tough questions.
- Budget your time; keep moving at a steady pace. You can return to difficult questions later, but mark your best guess first, in case you don't have time to come back.
- Occasionally check for errors in alignment (marking an answer on your answer sheet to a differently-numbered question in the exam booklet).
- Check for completeness.

KNOWLEDGE AREAS

The following section includes an outline of the major content areas of the examination. The major content areas were determined by the results of the ATCB's national art therapy Job Analysis Survey.

You should be able to apply the knowledge included in each content area to the various practice dimensions. The knowledge covered by the certification examination will be tested at three cognitive levels:

- basic understanding (recall),
- application (applying knowledge to a particular example)
- mastery (analysis, synthesis, and evaluation).

For example, some questions require factual recall; others require you to apply knowledge to a clinical scenario. Each section contains sample questions that were never or are no longer in use. The answers to the sample questions may be found on page 22.

ADMINISTRATIVE AND THERAPEUTIC ENVIRONMENT

This content area describes the administration of general operations typically involving program support and indirect client services. Examples of tasks measured by this content area include, but are not limited to:

- Provide staff trainings and in-services
- Document initial assessment, treatment plan, and termination
- Encourage the development of an environment that follows health and safety regulation

Sample Question 1-1

An art therapist is starting a group in a residential treatment facility for adults with mental diagnoses. Which of the following should be the first administrative task of an art therapist?

- A. Confirm attendance within the group.
- B. Establish safety precautions within the space.
- C. Select art materials appropriate to the population.
- D. Learn the group members' preferred names.

Sample Question 1-2

Which art material is contraindicated when planning initial art therapy work with adults diagnosed with schizophrenia?

- A. oil pastels
- B. wax crayons
- C. glue sticks
- D. watercolors

INITIAL INTERVIEW AND EVALUATION

This content area involves the establishment of care and gathering of relevant information throughout treatment. Examples of tasks measured by this content area include, but are not limited to:

- Evaluate appropriateness of art therapy as a modality
- Address the client's treatment needs by selecting initial interventions (*e.g.*, art, verbal, written, and/or other expressive modalities)
- Provide the client with clear guidelines for participation (*e.g.*, use of materials, interpersonal behaviors, confidentiality, and other ethical/legal considerations)

Sample Question 2-1

An art therapist working in an outpatient mental health setting could successfully refer a client for inpatient hospitalization based on any of the following EXCEPT

- A. exacerbation of psychotic symptoms including delusions.
- B. increased depressive symptoms with no suicidal ideation.
- C. psychotropic medication evaluation and adjustment.
- D. acute confusion and altered mental status exam results.

Sample Question 2-2

During the initial interview of a client in an outpatient setting, it is necessary for an art therapist to explain which of the following

- A. basic techniques and exercises to enhance drawing skills
- B. properties of each art medium or material available for use
- C. possibility of no benefits derived from the therapy process
- D. therapeutic model used for each art therapy intervention

ASSESSMENT

This content area addresses the determination, implementation, and interpretation of appropriate assessments, as needed throughout treatment. Examples of tasks measured by this content area include, but are not limited to:

- Assess client's developmental phases (*e.g.*, cognitive, psychosocial) through art and behavior
- Evaluate the art product, process, and other data derived from the assessment
- Analyze and interpret results (*e.g.*, process, form, and content of art)

Sample Question 3-1

An assessment requires the use of semi-hard, square-edged pastels on 18"x24" white paper. For what reason are these materials required?

- A. standardization
- B. economy
- C. durability
- D. clarity

Sample Question 3-2

When working with adolescents from mixed ethnic backgrounds who are resistant to art-making, which of the following would be the most appropriate assessment tool for art therapists to consider?

- A. Kinetic Family Drawing assessment
- B. Bridge Drawing assessment
- C. Landgarten Photo Collage Assessment
- D. Levick Emotional and Cognitive Art Therapy Assessment

ART THERAPY TREATMENT AND SERVICES

This content area covers the provision of services, which encompass all aspects of the therapeutic process with the client. Examples of tasks measured by this content area include, but are not limited to:

- Address the client's evolving treatment needs by continually adapting interventions (*e.g.*, art, verbal, written, and/or other modalities)
- Use art therapy skills to facilitate expression and exploration of feelings, thoughts, perceptions, and behaviors (*e.g.*, witnessing, intention setting, art directives)
- Accommodate clients' communication and learning styles (*e.g.*, English as a second language, hearing impaired, kinesthetic)

Sample Question 4-1

A 63-year-old woman in a residential facility is referred for individual art therapy because she had previously enjoyed painting. She has chronic medical conditions including multiple sclerosis, which have resulted in partial paralysis in her hands. The most appropriate initial goal for art therapy would be to

- A. facilitate expression of feelings about her helplessness.
- B. encourage use of bright colors and positive subject matter.
- C. provide opportunities to make decisions and choices.
- D. provide opportunities for art appreciation through slides.

Sample Question 4-2

Which of the following interventions with patients in an inpatient psychiatric hospital would be most effective in reducing inhibitions and liberating spontaneous imagery?

- A. watercolor painting
- B. colored pencil drawing
- C. photo collage
- D. scribble technique

PROFESSIONAL PRACTICE AND ETHICS

This content area addresses the development and maintenance of art therapy identity, competence, and professional collaboration, within the scope of legal and ethical practice. Examples of tasks measured by this content area include, but are not limited to:

- Adhere to the ATCB Code of *Ethics, Conduct, and Disciplinary Procedures*
- Comply with federal, state, and local regulations in the practice of art therapy
- Adhere to guidelines governing the use of human participants in research

Sample Question 5-1

A client in a day treatment program reported to the director of the agency that she and her primary therapist had become involved in an intimate relationship. When confronted, the therapist admitted to the violation. Which of the following actions should the director take?

- A. Ask the therapist to take a leave of absence until the client's discharge.
- B. Process the situation with the therapist and the client individually.
- C. Refer the therapist and the client to couples therapy outside the center.
- D. Report the therapist to her professional board and terminate her.

Sample Question 5-2

Which of the following research designs is best for evaluating the effects of psychostimulant medication on graphic expression?

- A. placebo-controlled double-blind
- B. randomized with posttest
- C. randomized pretest-posttest
- D. placebo-controlled single blind

THEORY AND THERAPEUTIC APPLICATION

This content area focuses on the application of theory to treatment process, including art therapy theorists grounded in various approaches. Such theoretical orientations may include, but are not limited to:

- Cognitive Therapy
- Developmental
- Family Systems
- Psychodynamic
- Solution Focused Therapy

Sample Question 6-1

When discussing the artwork a client has created during a Gestalt art experience, the client becomes irrationally angry with the art therapist. How would the therapist address this transference, consistent with a Gestalt perspective? The transference should

- A. be discussed with the client.
- B. not be discussed with the client.
- C. be interpreted for the client.

D. not be taken seriously.

Sample Question 6-2

A client is reluctant to participate in an art therapy session. She states: "I feel nothing, I am nothing." Which of the following responses represents an existential art therapy approach?

- A. Suggest making a symbol of personal strength.
- B. Offer to work together on a "life collage."
- C. Ask her to create a mandala drawing titled "something."
- D. Ask her to draw or paint what "nothing" looks like.

SUGGESTED READING

Applicants should be advised that this list represents the range of content that could be included in the exam. The list is not comprehensive nor is it meant to indicate that these are necessarily the best works in the field. These references may be used as a guide to review different content areas.

Applicants are also advised to consult professional journals such as *Art Therapy: Journal of the American Art Therapy Association*; *The Arts in Psychotherapy* and *The International Journal of Art Therapy (formerly Inscape)*.

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The following document is published by and available through the AATA website, www.arttherapy.org:

- *AATA Ethical Principles for Art Therapists*

The following document is available through the ATCB website, atcb.org:

- *ATCB Code of Ethics, Conduct, and Disciplinary Procedures*

ANSWERS TO SAMPLE QUESTIONS

Administrative and Therapeutic Environment

- 1-1. B
- 1-2. D

Initial Interview and Evaluation

- 2-1. B
- 2-2. C

Assessment

- 3-1. A
- 3-2. C

Art Therapy Treatment and Services

- 4-1. C
- 4-2. D

Professional Practice and Ethics

- 5-1. D
- 5-2. A

Theory and Therapeutic Application

- 6-1. B
- 6-2. D