



# **Towards a European Art Therapy: Creating a Profession**

*Diane Waller, D. Waller*

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Art therapy across Europe has grown from different roots in different countries - for example, psychoanalysis, art education, psychology or medicine. It has also taken different forms in terms of philosophies, practice, training and institutional contexts. This text argues that art therapy in Europe has reached varying levels in terms of the build-up of clinical practice, and the prevalence (and influence) of training programmes. Examining the commonalities and differences in theoretical perspective, practice, training and organization for art therapy, Diane Waller looks at European countries including the UK, Ireland, Switzerland, Austria, France, Germany, the Netherlands, Italy, Hungary and Slovakia. Waller highlights the issues in establishing art therapy across European countries, taking into account social, cultural and legal contexts. She also explores the preoccupation of practitioners, and provides guidelines for countries where the profession is newly emerging.

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