

Arts Therapists in Psychiatry and Psychosomatic Medicine in Germany

Jörg OSTER^{1,2}

¹ University, Nürtingen-Geislingen; ² University Hospital, Ulm

Aims

Arts Therapies are integrated in the health care sector in Germany. A broad description of the arts therapists is still missing. The members of the Bundesarbeitsgemeinschaft Künstlerische Therapien (BAG KT – “Working Committee of Arts Therapies”) decided to carry out an analysis of the occupational group of arts therapists, in the form of an online inquiry.

Methods

For this purpose, a questionnaire covering all fields of arts therapies was developed, recording socio-demographic and qualification data, data of different fields of activity, patient characteristics, institutional conditions and setting as well as data on reimbursement. 2303 evaluable data sets are available. Here, the main focus is on arts therapists in psychiatry and psychosomatic medicine (N =790).

The survey period was from May to July 2013.

Results

83 % of them are female. In all sectors, specialization in music and art therapy predominates (each about 40 % in total sample). In psychiatric care about 45 % are music therapists, 40 % are art therapists. Further frequent approaches are drama and dance therapy.

57 % of the therapists have a special graduate degree in arts therapies methods, 83 % have a graduate degree. 42 % have a license to work as an alternative non-medical practitioner (*Heilpraktiker*). In comparison to all work fields, arts therapists in psychiatric care/psychosomatic medicine tend to have a higher education. Nearly all of them use methods of quality management.

The therapeutic targets are for a great part the same as those of other psychotherapeutic approaches.

Fig. 1: „You have an education in ...“ (total sample)

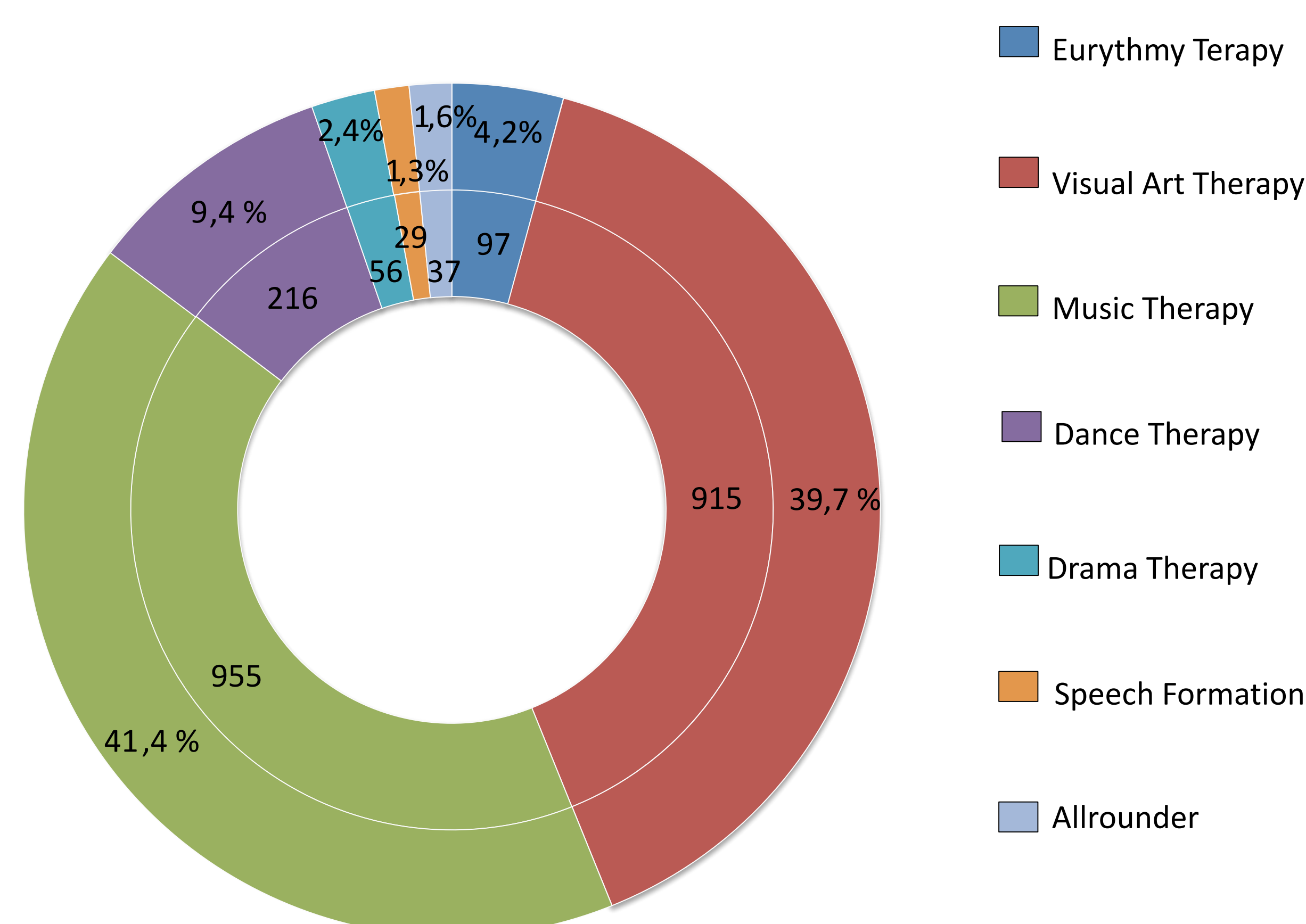


Chart 1: Fields of Work in Psychiatry/Psychosomatic (with multiple responses)

	n	Percent (total sample)
Psychiatric Hospital	672	29,2
Inpatient Psychotherapy	286	12,4
Psychosomatic Medicine	259	11,2
Child and Adolescent Psychiatry	137	5,9
Geriatric Medicine (Psychiatric Hospital)	90	3,9

Conclusions:

The data provides the most comprehensive analysis of arts therapists to date. The results highlight the implementation of arts therapies in psychiatric care and psychosomatic medicine in Germany.

Limitations:

We don't have any information about the whole population. No valid data are available. Thus, we can't be sure about the participation rate, what reduces the significance of our results. Further research is needed.

Contact

Prof. Dr. Jörg Oster | joerg.oster@uni-ulm.de