



**QUEBEC  
ART THERAPY ASSOCIATION INC.**

**ETHICAL STANDARDS AND CODE OF ETHICS**

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## **CONSULTATION & INSPIRATION**

“Les Normes Éthiques des art-thérapeutes de l’AATQ” version 2019, are derived from the consultation of the following documents and are inspired by them:

- Le Code de déontologie des art-thérapeutes (January 1986, revised in July 2001, revised in June 2005)
- Standards of Practice, CATA (published in 2003-2004)
- Ethical Principles for Art Therapists, AATA (revised 4 December 2013)
- Code of Ethics, Conduct, and Disciplinary Procedures: Art Therapy (Credentials Board, Inc.), ATCB (September 2016)

In this document, the masculine form refers, as appropriate, to both women and men. The masculine form is used in order to facilitate reading.

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# ETHICAL STANDARDS AND CODE OF ETHICS OF ART THERAPISTS

QUEBEC ART THERAPY ASSOCIATION INC.

## PREAMBLE

The Association des art-thérapeutes du Québec (AATQ) is a non-profit association that pursues the following objectives:

- Defend the interests of art therapists in the exercise of their professional activities;
- Promote the professional development of art therapy in Quebec;
- Inform the public and health professionals about services, professional practice and training in art therapy;
- Provide members and affiliate members with opportunities for their professional development.

In the absence of a professional order, the AATQ also has the mandate, and not the legal authority, to protect the interests of people who use art therapy services in Quebec by maintaining integrity and standards of practice and professional training.

The principles set out in this document address ethical standards and reflect many of the situations encountered daily by art therapists in the practice of their profession. These principles are based on fundamental values of dignity and human rights. These values permeate the chapters and articles contained in this document and are described as follows:

### AUTONOMY

The art therapist respects the rights of individuals to make their own choices regarding the direction of their life, as well as the goals and options of the intervention

they receive. The art therapist accompanies them and provides them with help in making informed choices that help them achieve their goals.

#### BENEVOLENCE

The art therapist does his work with a kindly attitude and words towards the individuals, families, groups and communities with whom he works. Thus, he promotes well-being by choosing the practices that will most actively benefit everyone. He also remains aware of the potential impact of the quality of his own physical and mental health on his ability to help those he serves.

#### RELIABILITY AND RESPONSIBILITY

The art therapist respects the established professional codes of conduct. He informs his clients very clearly about his role and his professional obligations and accepts responsibilities that are in line with his expertise and his capacity to provide support. He seeks to avoid conflicts of interest that may result in exploitation or any kind of harm and avoids gaining personal benefits from any professional situation.

#### INTEGRITY

The art therapist acts with integrity towards clients, colleagues and community members. He remains authentic and honest with himself and others, both in his gestures and attitudes related to his professional commitment, and reliable while keeping his engagements.

#### JUSTICE, DIGNITY AND RESPECT FOR THE PERSON

The art therapist recognizes all individuals as being free, unique, evolving and having an essential place in the human community and he is committed to treating all people fairly, to ensure that clients have equal access to services.

#### CREATIVITY

The art therapist promotes the development and use of the imaginary to foster the understanding of oneself, others and the world. He oversees the creative processes and encourages the expression, the decision-making and the resolution of creative problems while guiding individuals.

The elaboration of all these ethical principles, guiding the behaviours related to the practice of the art therapy profession, requires on the part of the art therapist, a personal commitment and a constant effort to act in an ethical manner. The art therapist is encouraged to cooperate in applying these rules and to consult, if needed, colleagues or any other people who may advise him on any ethical questions. Finally, by establishing these standards, art therapists affirm the desire to act ethically in their actions.

# 1

## GENERAL PROVISIONS

- 1.1** The art therapist should view these ethical standards as codes of conduct to practice his profession and as the only document to which he will be accountable either to the public or to his colleagues.
- 1.2** The art therapist's ethical standards have been adopted by the Association des art-thérapeutes du Québec and constitute the document governing all professional standards to be followed by practicing art therapists, by students and interns engaged in the study of art therapy.
- 1.3** In this document, unless the context indicates otherwise, the following words mean:
- "Client" - a person to whom an art therapist renders professional services;
  - "Art therapist" - a person who has completed his professional training of a Master's in art therapy and who is using art as an approach.
  - "Art therapy student" - a person who is following a graduate art therapy training program from a university or institute meeting the standards for art therapy training of the Association des art-thérapeutes du Québec.
  - "Art therapy intern" - a student art therapist who is in the process of fulfilling the supervised practicum required by his graduate art therapy program.

# 2

## DUTIES AND OBLIGATIONS TOWARDS THE PUBLIC

- 2.1** The art therapist is responsible for the influence that his public behaviour may have on society, on his profession, and on his ability to perform as a professional. In his clinical, pedagogical, research or internship functions, the art therapist has duties and obligations toward the public.
- 2.2** The art therapist must, in the practice of his profession, consider the theoretical, practical and scientific principles generally recognized in art therapy. He maintains knowledge of current developments in his profession, in order to render the highest possible level of professional services.



- 2.3** The art therapist must take into consideration the effects that his research work and practice may have on an individual, a group or society.
- 2.4** The art therapist shall foster the quality and availability of professional services in his field of practice.
- 2.5** The art therapist shall foster measures aiming to educate and inform the public in his field of practice.
- 2.6** The art therapist must avoid any misleading representation regarding his level of academic or professional competence, and to the services he provides. The qualifications of the art therapist must be displayed clearly or at least be shown to the clients he serves as part of his follow-up.
- 2.7** Any therapist who is not fully qualified to provide professional art therapy services has the responsibility and the duty to clearly inform his clients of his status in relation to the different academic and professional categories related to the practice of the profession.
- 2.8** In the exercise of his duties, the art therapist must avoid all actions which could possibly violate or diminish any civil, legal or human rights of any kind whatsoever.
- 2.9** As a researcher, the art therapist is subject to federal, provincial and local laws and to institutional regulations regarding the use of participants in research. This also applies to interventions in art therapy in an international context.

# 3

## **DUTIES AND OBLIGATIONS TOWARDS THE CLIENT**

### **DIVISION I: GENERAL PROVISIONS**

- 3.1** Before accepting a request for services and while carrying it out, the art therapist shall take into consideration the limits of his skills, of his experience, of his training, of his education and of the means at his disposal. He must not undertake professional work for which he is not sufficiently prepared.

- 3.2** Where the interests of a client so requires, the art therapist must consult and/or refer his client to another art therapist, a member of another profession or direct his client towards one of these people. In the event that he is unable to maintain his services with his clients (in the event of a prolonged illness or of a death), he ensures that he has found another professional to whom he can refer his clients.
- 3.3** The art therapist must take the necessary steps to ensure proper supervision or consultation with an art therapist or another qualified mental health practitioner.
- 3.4** At all times the art therapist shall respect his clients' right to consult another art therapist, a member of another profession, or another person.
- 3.5** The art therapist shall refrain from practicing his profession while in a physical or mental state that could impair the quality of his services. In particular, he shall not practice his profession while under the influence of a substance that could cause inebriation, weakness or impairment of his faculties.
- 3.6** The art therapist must recognize that any kind of problems and conflicts he may have, may interfere with professional effectiveness. Accordingly, he should refrain from undertaking any professional activity which may lead to inadequate performance or cause harm to a client, a colleague, a student or a research participant. If already engaged in such activities, the art therapist has a duty to determine whether to suspend, stop or limit his professional services, or to resort to professional services if necessary.
- 3.7** The art therapist shall establish and maintain a relationship of mutual trust with his clients.
- 3.8** The art therapist cannot make a formal assessment relating to his client. He can give the latter opinions and advice if he has sufficient professional information. If needed, he must refer his client to other professionals and competent people who are recognized by the law. However, following these steps, he can carry out evaluations and draw conclusions and ways of intervention.
- 3.9** The art therapist shall refrain from interfering in the moral and legal affairs of his

clients. He also refrains from obtaining personal information about the client that is unrelated to the agreed professional services.

**3.10** The art therapist must ensure that he offers his art therapy services in a safe, private and functional place that helps safeguard his clients' health, with proper ventilation and appropriate lighting. He strives to offer his services in a place where the confidentiality of the services offered to his clients is being respected, ideally by having a place of safe storage for clients' artworks.

**3.11** The art therapist must be aware of provincial, federal and local laws regarding the environment where art therapy services are being offered, and where his clients live. Laws vary according to the places in question, and it is the art therapists' responsibility to inquire about relevant legal information, in order to meet these specific criteria. This also applies to the context of intervention in international art therapy.

#### **DIVISION II: INTEGRITY AND OBJECTIVITY**

**3.12** The art therapist must fulfill his professional obligations with integrity and objectivity.

**3.13** The art therapist makes sure not to prolong a therapeutic relationship or a follow-up for the sole purpose of financial gain, and especially when the continuation of this monitoring is no longer necessary.

**3.14** The art therapist must ensure that his client or client's guardian knows all the aspects of his art therapy intervention so that he can choose whether the therapist's professional services are suitable for his personal situation. The art therapist must inform his client about his rights, each other's roles, the expectations and objectives of the art therapy interventions and the limits related to the service of art therapy.

**3.15** The art therapist shall avoid any misrepresentation relating to his competence and the effectiveness of his services or of those generally provided by members of the profession.

**3.16** The art therapist shall refrain from providing professional services to persons with whom he has a relationship that could adversely affect the quality of his services.

**3.17** Except for his fees, the art therapist shall have no financial dealings with his client that could adversely affect the quality of his services.

**3.18** The art therapist shall avoid to unnecessarily perform or repeat professional acts; in every professional act he performs he must at all times consider the needs of his client.

#### **DIVISION III: AVAILABILITY AND DILIGENCE**

**3.19** The art therapist shall make himself available and show diligence regarding his clients. If unable to meet a request within a reasonable time, he shall inform the client of the time when he will be available and refer him, if necessary, to another resource person. If the sessions are missed or canceled by the client, the art therapist must offer the client the opportunity to promptly make a new appointment.

**3.20** The art therapist shall give his client all the explanations necessary and relevant to his understanding and assessment of the art therapy services that are being offered to him.

**3.21** The art therapist may provide the client who requests it a written or verbal report. He may request a period of 30 days to do so and require an amount of money which is a portion of his fees for this purpose.

**3.22** The art therapist may stop providing services to a client in the following situations (or any other situation that compromises the quality of the services rendered):

- a lack of any further benefit to the client from the art therapy services;
- if there is evidence of a conflict of interest between the art therapist and the client or of a situation jeopardizing the relationship between the two;
- an incitement by the client to perform illegal, unfair or fraudulent acts.

**3.23** Before discontinuing his services to a client, the art therapist shall give him reasonable notice. He must ensure that the discontinuation causes no prejudice to the client and refer him to other resource persons.

#### **DIVISION IV: LIABILITY**

**3.24** The art therapist shall, at all times, accept personal civil liability which excludes any clause of non-liability from the service contract.

#### **SECTION V: INDEPENDENCE AND IMPARTIALITY**

**3.25** The art therapist shall put the interests of his clients first and above his own personal interest, that of his employer, of his colleagues or other people. He shall also disregard any intervention on the part of a third party which could adversely affect the performance of his professional duties.

**3.26** The art therapist shall maintain his professional independence and avoid any situation that would create a conflict of interest.

**3.27** As soon as the art therapist finds that he is or could run the risk of being in a situation of conflict of interest, he must clarify the nature and direction of his obligations and responsibilities and inform his clients.

**3.28** The art therapist may share his fees with another person only to the extent that the sharing corresponds to a division of professional services and responsibilities.

**3.29** The art therapist shall not accept or pay any benefit, rebate, or commission for the practice of their profession, in addition to the remuneration provided for their professional services.

**3.30** The art therapist shall act in the interests of only one party in the same case. If his professional duty requires him to act otherwise, the art therapist shall specify the nature of his responsibilities and inform all interested parties that he will cease to act if the situation should prevent him from remaining impartial.

## DIVISION VI: PROFESSIONAL CONFIDENTIALITY

**3.31** The art therapist is bound to professional confidentiality. He must therefore maintain the confidentiality of the verbal content and of the client's artwork issued in the context of the therapeutic relationship.

**3.32** The art therapist can only be released from professional confidentiality by written authorization from his client or client's guardian, or by order of the law.

- In a first case, only the relevant information will be revealed to the persons who have been given authorization (e.g.: professional supervisor, member of the interdisciplinary team).

- In a second case, only information relevant to the legal case will be disclosed. The art therapist does everything possible to preserve the confidentiality of his client.

- However, there are exceptions to the rule of confidentiality: when a judge requires information from the therapist or when the therapist has serious reasons to believe that the life of his client or that of any other person around him is threatened. This can be so in the case of suicide or homicide. At this point, the therapist is required to report the situation to other competent professionals or to people who are part of his immediate support network. In addition, the limits to confidentiality include reasonable suspicion that a child is or has been the victim of physical or sexual violence, and the reasonable suspicion that an elderly person is the victim of physical or sexual violence.

**3.33** The art therapist informs the client of the use that can be made of the confidential information entrusted to him. When the art therapist asks his client to reveal confidential information or when the art therapist allows such information to be entrusted to him, he must ensure that the person is fully aware of the various uses that could be made of that information and that he agrees.

**3.34** The art therapist does not reveal the identity of the client using his services.

**3.35** The art therapist shall take all reasonable precautions to ensure that any partners, employees or other persons whose services he has retained, regarding his client,

preserve the confidentiality of the client.

- 3.36** The art therapist preserves his client's anonymity when using information received from him for teaching or scientific purposes, unless he receives a formal authorization from his client.
- 3.37** If the art therapist is called upon to give an expert evaluation before a court of justice, he must inform his client or client's guardian. The art therapist must limit his report and deposition before the court to information relevant to the case.
- 3.38** The clinical record (including various reports) as well as the client's artwork must be kept for the duration stipulated by the federal, provincial, local and/or institutional regulations that apply to the performance of the art therapist's duties, according to his practice location. Also, the manner in which these documents are stored, and then destroyed at the end of the scheduled period, must respect the client's confidentiality.
- 3.39** The art therapist must obtain a written consent from clients, if he wishes to use different technological means and tools for treatment, teaching and research purposes or for promoting his services.
- 3.40** The art therapist whose clients are a couple or a family must ensure the confidentiality of each follow-up. This includes the confidentiality of the written and visual files, the mandate or objectives aimed at, as well as information about each person involved. The therapist must keep one file per client.
- 3.41** The art therapist must always maintain the confidentiality of his client's identity and not use his information to gain personal advantages or to benefit a third party.

#### **DIVISION VII: PROFESSIONAL USE OF THE INTERNET AND ELECTRONIC OR DIGITAL TECHNOLOGY**

- 3.42** The art therapist takes the necessary steps to protect personal or professional information that he does not want to share on social media. Social networks, exchange groups, blogs, websites and other electronic media contain information

that is accessible to the public.

- 3.43** The art therapist informs clients of the confidentiality limitations of online professional activities. The encryption limits, the lasting nature of messages exchanged via e-mail, public access to information and the permanent display of clients' artwork on websites must be explained to the clients.
- 3.44** Art therapists are responsible for discussing with clients interested in art therapy or in digital supervision, the benefits and limitations of these services. Art therapists use their services in a secure and confidential way.
- 3.45** Art therapists who offer services or information by electronic transmission inform clients of the limits to confidentiality. They obtain the informed consent of clients or legal guardians for providing services electronically.

#### **DIVISION VIII: CLIENT ARTWORK**

- 3.46** The artwork made by clients in art therapy sessions shall be treated with respect and dignity. Their confidentiality is an integral part of the art therapy process and must be ensured in all workplaces (hospitals, rehabilitation centers, private clinics, community service centers, school environments, or other such places).
- 3.47** Before delivering his professional services, the art therapist must give the client and/or the parents, in the case of a child being under the age of fourteen, information relating to property, confidentiality and the availability of artwork produced during art therapy sessions.
- 3.48** All the artwork belongs to the client. It can be given to the client during the follow-up or at the end of the follow-up, in accordance with the therapeutic objectives. Before giving his professional services, the art therapist explains how the client's artwork, photographs and digital images are kept, and for how long. They are kept under lock and key by the art therapist throughout the follow-up. Unclaimed artwork will be kept according to the terms and conditions set out in the written consent. The artwork will be destroyed later in accordance with the rules of confidentiality.



**3.49** The art therapist who works within a professional team must obtain the written consent of his client, his guardian or his parents if a child is under the age of fourteen, to reproduce in any way (electronically, graphically or otherwise) the works of the latter for the purpose of sharing them with the team working on the file.

**3.50** The art therapist who wishes to exhibit his clients' artwork, created as part of the art therapy sessions, must obtain the written consent of his client, his guardian or parents.

In the case of a child being under the age of fourteen, the art therapist must obtain the consent of the parents or legal guardians. By law, the consent for the person declared legally unfit must be obtained from an officially appointed representative. Subsequently, if the person becomes legally fit, they can give their consent.

**3.51** The art therapist who wishes to use artwork for clinical and/or educational purposes must first obtain the written permission of his client or the client's guardian. The art therapist informs the client of the framework in which the artwork will be used.

In the case of a group session, the art therapist must ensure that an informed consent is obtained from all members of the group.

**3.52** In the context of a publication or exhibition, the written permission must contain the date, the place, the explicit purpose, as well as the client's contact information. The art therapist talks to the client about the benefits and consequences of publishing or exhibiting artwork. The art therapist ensures that the images are used in a manner consented to by the client.

About online exhibitions, the art therapist notifies the client of the extended availability of images, as well as the potential for downloading, transmission or copying by users. In the case of artwork being for sale, the art therapist and the client discuss the therapeutic impact and how the proceeds are used (clients, organizations, social causes).

**3.53** In order to maintain the confidentiality and identity of his client, the art therapist shall at all times preserve the client's personal information that could identify him or reveal the reasons for which he is being seen. The art therapist honours at all times the dignity and respect of the client and his artwork, when making public presentations in varied places and contexts such as educational centres, conferences, research, or other contexts or places. He protects the client's identity and conceals any part of the work or video that could reveal the client's identity.

**3.54** The art therapist must obtain a written consent if he wishes to use his client's artwork for promotional or advertising purposes. Anonymity and confidentiality must be preserved unless the client signs a formal authorization stating that he wishes to be identified.

**3.55** If the cessation of art therapy services occurs because of the death of the client, the artwork is released under certain conditions:

- The client has signed a consent that sets out under what circumstances and to whom the artwork should be handed over;
- The client is a minor or under guardianship and the art therapist determines that the artwork does not violate the child's confidentiality;
- The art therapist documented verbal information according to which the client wanted the artwork to be given to family members.

#### **DIVISION IX: ACCESS TO RECORDS**

**3.56** The art therapist shall respond diligently and at the latest within 30 days of receipt, to any request from a client to see the content or obtain a copy of his file. This file includes the progress notes that are presented or given to the client upon his request.

The art therapist may charge the client a sensible fee not exceeding the cost of reproducing or transcribing these documents and the cost of transmitting a copy thereof. The art therapist who intends to charge such fees must, before proceeding, inform the client of the approximate amount he will be charged.

#### DIVISION X: DETERMINATION AND PAYMENT OF FEES

**3.57** The art therapist is aware that the determination and payment of fees may become therapy issues and shall be decided upon with due consideration of the client. The art therapist must not financially exploit his client.

**3.58** The art therapist shall charge and accept fees that are fair and reasonable, warranted by the circumstances, and proportional to the services provided. In cases where an art therapist set his own fees, he shall take the following factors into account:

- his experience and special skills;
- the time spent in providing the professional service;
- the complexity and extent of the services rendered;
- the performance of unusual services or of services requiring exceptional competence or speed;
- the need to collect fees in order to establish a professional relationship with his client, this does not exclude a minimal amount being charged to clients experiencing financial difficulties.

**3.59** The art therapist shall provide the client with all the explanations necessary to the understanding of his fees and the terms of payment.

**3.60** The art therapist may not require advance payment of his professional fees. However, based on a written agreement with his client, he may require an advance payment to cover expenditures entailed by providing the professional services required.

**3.61** The art therapist shall provide his client with advanced knowledge of the cost of his professional services and inform him of any changes to these. As others in helping professions, a written consent form is recommended.

**3.62** The art therapist may not charge interest on an account unless the client has been

dutifully notified. Interest thus charged must be set at a reasonable rate and congruent with current rates.

- 3.63** Before taking legal action, the art therapist shall make sure to have exhausted all other means at his disposal to obtain payment of his fees.
- 3.64** If the art therapist entrusts another person with the collection of his fees, he must ensure that the latter will act with tact and moderation.

#### **DIVISION XI: MULTICULTURAL CONSIDERATIONS**

- 3.65** Art therapists are actively trying to understand and respect the cultural diversity of their clients. They engage in a professional development process related to differences in age, culture, ethnicity, intellectual ability, gender, religion, sexual orientation, marital status, socio-economic status or other diversities.
- 3.66** Art therapists offer fair professional services considering the cultural differences of each person they see.
- 3.67** Art therapists are aware of their own values, beliefs, and attitudes, as well as of the way in which they can influence the therapeutic mandate and the follow-up goals.
- 3.68** When working with a client from a different culture than their own, art therapists are encouraged to be supervised by a professional who has experience with that cultural group. It is also possible to get support from associations related to this cultural group, thus in the fundamental interest of their client.
- 3.69** Art therapists acquire knowledge of the individual differences that exist within the cultural groups with whom they work. They are sensitive to the differences between these groups and they strive to learn about their clients' belief systems.
- 3.70** Art therapists exercise good judgment while conducting art therapy clinical evaluations with minority groups or those not representing the group according to which the assessment instruments have been standardized. They consider dif-

ferences related to age, culture, ethnicity, intellectual ability, gender, religion, sexual orientation, marital status, socio-economic status or other diversities.

**3.71** Art therapists are encouraged to conduct a fair practice by avoiding cultural appropriation practices.

**3.72** Through the development and implementation of their knowledge and skills in the multicultural field, art therapists are encouraged to develop appropriate and differentiated interventions by taking training programs and in their everyday practice.

# 4

## **DUTIES AND OBLIGATIONS TOWARDS THE PROFESSION**

### **DIVISION I: DEROGATORY ACTS**

**4.1** The following derogatory acts (i.e. professional conducts) affect the honour or dignity of the profession:

- insistently and repeatedly inducing a person to use one's professional services;
- counselling or encouraging a client to commit an illegal or fraudulent act;
- an inability to maintain professional objectivity with the client, such as seeking romantic or sexual contacts with the client and/or seeking to satisfy emotional needs within the established therapeutic relationship;
- claiming fees for professional services not rendered or for a cancellation of the meeting occurring within the limits determined by the art therapist and the client as part of the therapeutic contract;
- claiming a sum of money from a client for a professional service or part of a professional service the cost of which is to be assumed by a third party, unless there is a formal agreement to that effect between the art therapist, the client and the third party;
- issuing a receipt or other document falsely indicating that certain services were rendered;

- give a client an invoice for fees following meetings, explanations or supporting information given to the AATQ in the case of a complaint in the performance of the art therapist's duties;
- communicate with a person submitting a complaint without the prior written permission of the AATQ, knowing that an investigation into his conduct or professional competence is in progress.

**4.2** The art therapist recognizes the AATQ's responsibility to inform and educate the public about the practice of art therapy by competent professionals. He also collaborates by : informing the Association when he becomes aware that a person is usurping the title of art therapist or trying to make people believe that they carry this title when they should not;

- informing the Association when there is reason to believe that an art therapist demonstrates incompetence in the exercise of his professional activities, that he would be unfit to practice or that he goes against the professional ethics of art therapists.

## **DIVISION II: PROFESSIONAL RELATIONS**

**4.3** The art therapist shall answer as soon as possible any correspondence from l'Association des art-thérapeutes du Québec (AATQ) or its representatives with respect to ethical standards.

**4.4** The art therapist must be loyal towards his colleagues by respecting the trust placed in him. He must not take credit for the work done by them.

**4.5** When consulted by a colleague, the art therapist must provide his opinion and recommendations within a reasonable time.

**4.6** The art therapist who works in a multidisciplinary team or practices with other professionals must work in the best interest of his client and ensure that this collaboration does not cause the latter any harm.

**4.7** The art therapist who collaborates with other professionals or intervening parties

must preserve his professional autonomy. He must refrain from performing a task contrary to his professional ethics or the principles governing the practice of his profession. He must inform the AATQ of any pressure placed upon him while performing his professional activities.

- 4.8** The art therapist shall contribute to the development of his profession through the sharing of knowledge and experience with colleagues and students. He shall also participate in ongoing training.

### **DIVISION III: RESPONSABILITIES TO STUDENTS**

- 4.9** As a teacher, the art therapist must ensure that the syllabuses and the description of the lesson plans accurately represent the topics to be covered, the objectives and the criteria for evaluating learning.
- 4.10** As a teacher, the art therapist is aware that his personal values may affect the selection and presentation of didactic material. In his teaching, the art therapist must recognize and respect the different positions issued by the students, if they respect the ethical principles and rules of l'Association des art-thérapeutes du Québec.
- 4.11** As a supervisor and teacher, the art therapist must adhere to ethical standards and must ensure that students and interns know and understand them.
- 4.12** As a supervisor and teacher, the art therapist must ensure that the student under his supervision performs tasks that take into consideration his professional competence, his academic training as well as his experience.
- 4.13** The art therapist has the responsibility, with the student he supervises, to inform the client that the latter is in training and under the supervision of a qualified professional.
- 4.14** The art therapist responsible for supervising a student must do so in accordance with the professional standards of the AATQ. The supervision involves the analysis, evaluation and implementation of experiences acquired with individual clients, groups and in private consultation.

**4.15** The supervisor must provide at least one (1) hour of supervision per week to a student under his direction. Supervision rules are established by training programs.

**4.16** The art therapy supervisor recognizes the limits of his own education, training and experience. He does not perform, nor does he claim to be able to perform supervisory tasks beyond his knowledge of art therapy.

**4.17** The art therapy supervisor is responsible for maintaining the quality of his own professional supervision skills and shall obtain consultation or supervision whenever appropriate.

**4.18** The supervisor negotiates a clear agreement with each person he supervises. This agreement may contain, among other things, the following:

- the method of supervision which the supervisor will use to supervise the student;
- the type of clientele with which the student will work;
- the art therapy techniques that the student will use under his supervision.

**4.19** These practices carried out in a supervisory context are considered unethical:

- to attest to hours of art therapy experience that the student did not perform under the art therapist's supervision when he would have been entitled to receive it;
- to give erroneous information regarding the competence of the student or the supervision he receives;
- not to respect the prior commitments regarding the nature and duration of supervision to be given to the student;
- to engage in a therapeutic relationship with the supervised student;
- to continue to supervise a student who deliberately violates ethical standards after receiving a fair and reasonable notice of the nature of the offense.



#### DIVISION IV: PUBLIC STATEMENTS

- 4.20** The public statements and service offers of an art therapist are intended to adequately inform the public and enable him to make informed choices about the services offered. The art therapist presents with precision and objectivity his qualifications, his functions and his professional affiliations. Art therapists are aware of the impact that any advertising can have on the associations or institutions with which they are associated.
- 4.21** The art therapist must always favor professional standards in the promotion of his services.
- 4.22** The art therapist who uses public statements as a tool must avoid the use of exaggeration or sensationalism.
- 4.23** The art therapist who publicly gives information and trainings on art therapy procedures and techniques shall indicate clearly any restrictions that apply to their use. The art therapist states a clear opinion that participation in a workshop does not make it appropriate for participants to call themselves art therapists or to use art therapy as a clinical or therapeutic tool in the treatment of their clients.
- 4.24** The art therapist makes sure not to discredit in front of the public any method or approach which is scientifically recognized in the field of intervention.
- 4.25** The art therapist who participates in the commercial distribution of instruments or products shall base his statements regarding benefits or effectiveness on professional or scientific data.
- 4.26** The advertising used by the art therapist must disclose his skills without exaggeration or without undue testimony about his competence by including the kind of services offered in art therapy. The information should be limited to name, highest academic degree conferred, date and type of certification, address, telephone number, office hours, and a brief definition and listing of types of art therapy services offered. Employers may list the names of staff members with recognized qualifications.

- 4.27** In announcing the availability of art therapy services, only art therapists who are certified members of the AATQ may display affiliation with the Association by using the ATPQ Certification. No organization or other individual may use the Association's logo to imply any endorsement or sponsorship of services without the written permission of the AATQ.
- 4.28** Announcements of "personal growth groups" must give a clear statement of the purpose and the nature of experiences to be provided. The art therapist who offers them must share his academic and professional training as well as his experience in a precise and clear manner.
- 4.29** The art therapist must avoid participating in commercial advertisements recommending the use of a particular product or service associated with the practice.
- 4.30** No advertising shall denigrate, depreciate or devalue another art therapist or in any way negatively point out his abilities, skills or services.
- 4.31** Announcements or brochures describing workshops, seminars or other educational programs must accurately present to the intended audience, the eligibility requirements, educational objectives, and the nature of material to be covered as well as the academic and professional training, as well as the experience of the art therapists who are taking part in the programs, and any fee involved.
- 4.32** The art therapist shall denounce any person who uses the professional qualifications of an art therapist or association in promoting services or products in a manner that is not consistent with the ethical standards.
- 4.33** The art therapist shall differentiate art therapy services offered as part of a professional relationship from promotional interventions such as public lectures or demonstrations, newspaper or magazine articles, radio or television programs, mail or other media.

#### **DIVISION V: STANDARDS OF USE OF ART THERAPY FOR EVALUATION PURPOSES**

- 4.34** In every aspect regarding the administration, interpretation and use of art therapy assessment procedures, as well as their publication and the information to be

found in books and other literature related to such assessment procedures, the art therapist shall adhere to the standards and principles set forth elsewhere in this document.

- 4.35** Under no circumstances may the art therapist undertake an evaluation procedure without his client's knowledge and prior informed consent.
- 4.36** The art therapist must refrain from conducting correspondence assessments unless an evaluative measure has been designed for this purpose.
- 4.37** The art therapist uses evaluation methods to better understand the client's needs and better tailor his services. The evaluation methods are only used in a professional setting and the client's confidentiality is respected.
- 4.38** The art therapist using evaluation methods is aware of their reliability, validity, standardization, margin of error and application methodology.
- 4.39** The art therapist who uses evaluation methods has acquired the skills required for them by supervised training.
- 4.40** The art therapist considers all factors that may alter the interpretation of results such as culture, gender, age, sexual orientation, religion, disability and education.

#### **DIVISION VI: INTERPRETATION OF ART THERAPY MATERIAL**

- 4.41** The art therapist shall use caution in the interpretation of art therapy material, including artwork and interactions both within the therapy situation and as part of assessment procedures.
- 4.42** In all his professional reports, written or verbal, the art therapist shall restrict his comments to the interpretation of the art therapy material related to the consultation, and to his relevant conclusions and recommendations.
- 4.43** The art therapist shall avoid all possibility of false interpretation or erroneous use of the information he gives others.

**4.44** The art therapist shall consider all factors that may influence his interpretations such as culture, gender, sexual orientation, religion, disability, education, and be sensitive to his countertransference.

**4.45** When possible, the client takes an active part in the symbolic exploration of art therapy material and the interpretative conclusions are the result of a collaborative work between the client and the art therapist.

#### **DIVISION VII: PRECAUTIONS RELATING TO RESEARCH**

**4.46** Art therapy research projects and the participation of an art therapist in the research projects of others shall be evaluated both in relation to the research's contribution to the field of art therapy and human welfare, as well as in relation to the welfare of the participants in the research project. The art therapist will conduct the research with a constant respect for the dignity and well-being of the participants.

**4.47** Before undertaking any research involving people, the art therapist shall obtain a project approval by a research ethics committee that complies with the standards in force, including its composition and its operating procedures. If such a committee is not available, the art therapist ensures that the project complies with generally accepted standards in research ethics.

However, in the case of a research undertaken in an establishment within the description in the Act respecting health and social services (chapter S-4.2), the art therapist obtains the approval of the project by the committee of research ethics instituted by the Minister of Health and Social Services or by any other research ethics committee that complies with the standards in force, particularly in terms of its composition and its operating procedures.

**4.48** Before undertaking a research project, the art therapist must evaluate the consequences for the participants. He must in particular:

- ensure that all those who collaborate with him in the research are informed of their ethical obligations and share his care for the respect of the human dignity of the participants;

- obtain the written consent of any participant or any legally responsible person for a participant after having informed them, to the best of his knowledge of any risk involved in the research and any other aspect that may help the participant in making a decision concerning his taking part in the research.

**4.49** Art therapists shall be honest and frank in their dealing with research subjects. If the methodology followed makes it imperative that certain aspects of the project not be disclosed immediately, the art therapist shall explain the reasons for this procedure, as soon as possible at the end of the research.

**4.50** An art therapist shall not coerce a person to take part in research or to continue to do so.

**4.51** The art therapist shall exercise special care when undertaking an experiment during which a person's mental or physical health could be affected. The art therapist shall undertake no experiment that could have a permanent or serious harmful effect on a person.

**4.52** The art therapist obtains consent from participants after informing them of all aspects of the research, including risks, if there are any.

He ensures in particular:

- that each participant or, where applicable, his legal representative, has received relevant explanations about the nature of the research, its purpose, objectives, the benefits that would result from the provision of professional services, if needed. The art therapist also explains the significant or unusual risks that this research presents, and any other aspect likely to help him make the decision to participate in it;
- that a free and informed consent in writing is obtained from the participant or, where applicable, from his legal representative, before the beginning of his participation in the research and during any significant change to the research in progress;

- 4.53** The art therapist respects the right of any person, whether minor or major or legally incompetent to consent to participate in the research, to refuse to participate in a research or to cease to participate in it at any time.
- 4.54** Any information obtained about the research participants is confidential. When there is a possibility that others may obtain access to such information, the art therapist shall tell the participant and explain to him the measures taken to preserve the confidentiality of the information which concerns him. Ethical standards for the conduct of research require that these explanations be provided to the participants prior to the signing of their consent forms in order to inform their decision.
- 4.55** Any acquisition of data derived from research must be incidental to the research and must not be used for any personal purpose. The art therapist who undertakes or participates in a research project shall, where appropriate, declare his interests to the research ethics committee and disclose any real, apparent or potential conflict of interest.

## NOTICE OF REVISION

The entire document	revised July 2018, adopted January 2019
Chapter III, Division IV Article 3.30	withdrawn and replaced June 2005
Chapter III, Division VII Article 3.50	revised June 2005
Chapter IV, Division V Article 4.1 (c)	revised June 2005
Article 4.1 (d)	revised June 2005
Article 4.1 (e)	withdrawn and replaced June 2005
Chapter IV, Division IV Articles 4.27 & 4.28	combined July 2001
Chapter IV, Division IV Articles 4.28 & 4.34	revised July 2001
Chapter IV, Division VII Articles 4.42.3 & 4.48	revised July 2001