



DTCare’s Standardized Model and Ethic Practice for Art Therapy and Mental Health Programs

DTCare intends to leave the world a better place than we found it by elevating and empowering disadvantaged communities across the globe through creating unique opportunities for employment, education, job training, local awareness, capacity building, and celebrating diversity within the communities we affect.

DTCare is committed to making proficient and accessible mental health services for Ukrainian civilian, especially women and children. As we expand our Center for Psychological Support’s Art Therapy program with more counselors, sessions, and international resources, we want to establish our code of ethics, responsibility, and intention for good in order to provide the best program possible. Art therapy and mindfulness practices are a limitless tool for providing essential aid to all patients in helping to identify and understand their thoughts, emotions, and psychological disposition. Art therapy utilizes creative techniques that involve drawing, painting, collage, coloring, or sculpting to help individuals process traumatic experiences. Visual arts and the act of creating them offer patients suffering from Post-Traumatic Stress Disorder (PTSD) and other mental health conditions a non-threatening alternative to processing images that are incommunicable to them by words. It is often the first step to realizing and expressing overwhelming emotions and sensations they experienced while also giving them the safe space to be in as their therapy needs develop. Most importantly, their own artwork becomes the narrative in telling their story. DTCare is proud to collaborate with the International Humanitarian University of Odesa, the New York Art Therapy Association, the Ukrainian Art Therapy Association, Hannah Sherebrin with the Lorem Artis, and Emerald Sketch to provide essential mental health services to veterans, veteran families, and civilians, especially women and children, in Ukraine. Our guiding ethical principles for art therapy are to safeguard the welfare of the individuals, families, groups, and communities we work in and to promote restorative education to partners, patients, and the public.

DTCare Standard Program Model:



Core of Art Therapy Ethical Practices

Based on the ethical principles of the AATA

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Art therapists respect clients' right to make their own choices regarding life direction, treatment goals, and options. Art therapists assist clients by helping them to make informed choices, which further their life goals and affirm others rights to autonomy, as well.

Art therapists strive to conduct themselves and their practice in such a way as to cause no harm to individuals, families, groups, and communities.

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Art therapists promote well-being by helping individuals, families, groups, and communities to improve their circumstances. Art therapists enhance welfare by identifying practices that actively benefit others.

Art therapists accept their role and responsibility to act with integrity towards clients, colleagues and members of their community. Art therapists maintain honesty in their dealings, accuracy in their relationships, faithfulness to their promises and truthfulness in their work.

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Art therapists commit to treating all persons with fairness. Art therapists ensure that clients have equal access to services.

Art therapists cultivate imagination for furthering understanding of self, others and the world. Art therapists support creative processes for decision-making and problem solving, as well as, meaning-making and healing.

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DTCare is dedicated in providing the utmost care regarding mental health resources. Our top goal is to provide safe, accessible, and beneficial services for those who need them most. Art therapy is an innovative and integrative mental health service profession that enriches the lives of individuals, families, and communities through active creative artmaking and applied studied psychological theory. With human experience, within a psychotherapeutic relationship, art therapy is focused on bringing calmness, to get the patient out of their fight or flight, and to help fight anxiety and feel connected. According to the World Health Organization (WHO), one in five individuals who have experienced war or other conflicts in the previous ten years will develop mental health conditions, and they estimate close to 10 million people already have a mental health condition in Ukraine. The need for efficient and accessible mental healthcare is clear.

Privacy Standards:

- Art therapists treat clients in an environment that protects privacy and confidentiality and art therapists inform clients of the limitations of confidentiality.
- Art therapists do not disclose confidential information for the purposes of consultation or supervision **without clients' explicit consent** unless there is reason to believe that those clients or others are in immediate, severe danger to health or life. Any such disclosure must be consistent with laws that pertain to the welfare of clients, their families, and the general public.
- In the event that an art therapist believes it is in the interest of the client to disclose confidential information, he/she seeks and obtains written consent from the client or client's guardian(s) when possible before making any disclosures, unless there is reason to believe that the client or others are in immediate, severe danger to health or life.

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