

Art Therapy for the non-Art Therapist: Benefits, Utilization, and Ethical Considerations for Clinical Application

3/17/2026

A Live, Interactive Webinar

Description:

The use of creative arts for therapeutic benefit has been noted throughout history with the first documented use of art therapy occurring in the 1940s. Since then, the field of Art Therapy has developed specialized educational training programs and licensure processes to better regulate the application and title. While Art Therapy is a primary form of therapy, it has also shown benefit as an adjunct to traditional talk therapies to improve cognitive, behavioral, and affective domains of well-being. Different from traditional talk therapies, Art Therapy can serve as a mode of expression and communication within the therapeutic process when words aren't enough. This presentation will focus on the benefits, utilization, and accessibility of Art Therapy in a clinical setting. Discussion will include basic history, theory, and research underpinnings of Art Therapy, as well as examples, ethical considerations, and recommendations in clinical application for non-Art Therapists.

Total CE Credits: 1.5

Total Contact Hours: 1.5

Learning Objectives:

Following the training, attendees will be able to:

1. Distinguish the essential components of Art Therapy from those of traditional talk therapy modalities.
2. Evaluate the benefits of art therapy utilization within clinical practice.

Target Audience: For behavioral health providers who treat military personnel, veterans, and their families.

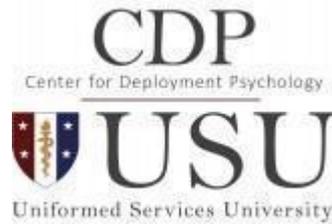
Instructional Content Level: Introductory

Agenda:

Agenda for CDP Presents Webinar

Webinar room prep and Lobby time

11:30 am - 12:00 PM



Welcome to CDP and Speaker Intro
Speaker Presents
Question and Answer

12:00 pm - 12:05 PM
12:05 pm - 1:25 PM
1:25 pm - 1:30 PM

Continuing Education:

Course Completion Requirements: Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be available via CE Management system CE21 within 30 days after all course requirements have been completed.

American Psychological Association Sponsor Approval:

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

Association of Social Work Boards Approved Continuing Education Provider Approval:

The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2025-May 19, 2028. Social workers completing this course receive 1.5 Live, Interactive Webinar continuing education credits.

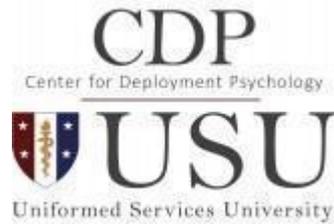
New York State Education Department's State Board for Psychology Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0178).

New York State Education Department's State Board for Social Work Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

Inquiries regarding CE credits may be directed via email to Jeremy Karp at jeremy.karp.ctr@usuhs.edu.



Participate:

Online Platform: Zoom

Date: 3/17/2026

Time: 12:00 - 1:30 PM Eastern

Registration Information: Registration is done through event management system CE21, links will be provided to prospective attendees.

Registration Deadline: Registration for this training closes one week prior to the training date.

Cancellations/Questions: Please contact jeremy.karp.ctr@usuhs.edu if you have any questions or need to cancel your registration.

Location Information: Participants will login to the webinar via the CE21 account using the green launch webinar button.

Instructional Format: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

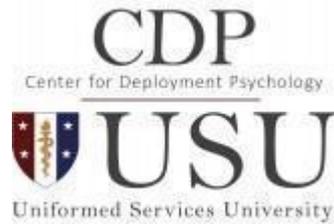
System Requirements:

Zoom:

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher

Special Accommodations: If you require special accommodations due to a disability, please contact Jeremy Karp at jeremy.karp.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.

Grievances: For any grievances or concerns with this training, including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Ms. Amanda Stanley-Hulse, via email at amanda.stanley-hulse.ctr@usuhs.edu



Instructor Biographies:

Heather Tompkins is a Military Behavioral Health Psychologist with the Center for Deployment Psychology. She holds a doctorate in clinical psychology and is a Licensed Clinical Mental Health Counselor (LCMHC) and Registered Art Therapist (ATR). Prior to joining CDP, Dr. Tompkins worked in a variety of clinical and non-clinical capacities including outpatient/community agencies, state hospitals, and military installations providing counseling, training development and facilitation, and consultation. Her education and training have allowed her to work with individuals and groups ranging the lifespan to treat, manage, and cope with persistent and severe mental illness, substance abuse, brain injury, PTSD/trauma, and co-occurring disorders.

**There is no commercial support or conflict of interest to report for this presenter.