



Journal Resources for Practicing Cultural Competence

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Although racial and ethnic minorities as a whole comprise approximately 30 percent of the U.S. population (U.S. Census, 2010), and comprise a similar percentage of those receiving mental health services according to the Substance Abuse and Mental Health Services Administration (SAMHSA, 2012), this diversity is not reflected in the behavioral health workforce. According to another report by SAMHSA (2012a), racial minorities account for only: 19.2% of all psychiatrists; 5.1% of psychologists; 17.5% of social workers; 10.3% of counselors; and 7.8% of marriage and family therapists. The field of art therapy faces a similar homogenous demographic, with only 12.2% of participating art therapists identifying as ethnic or racial minorities in a 2013 survey (Elkins et al., 2013).

Practicing cultural competence is critically important for clinicians' work with clients in order to minimize bias in practice. Below is a selection of articles from the *Art Therapy: Journal of the American Art Therapy Association* in which authors offer insight into practicing art therapy with cultural competence, investigating historical and personal accounts related to identity and diversity in the profession, and examining or questioning current frameworks about understanding culture. These articles will be open-access for three months.

Awais, Y.J., & Yali, A.M. (2015). Efforts in increasing racial and ethnic diversity in the field of art therapy. *Art Therapy: Journal of the American Art Therapy Association*, 32(3), 112-119. <https://doi.org/10.1080/07421656.2015.1060842>

Gómez Carlier, N., & Salom, A. (2012). When art therapy migrates: The acculturation challenge of sojourner art therapists. *Art Therapy: Journal of the American Art Therapy Association*, 29(1), 4-10. <https://doi.org/10.1080/07421656.2012.648083>

Gipson, L.R. (2015). Is cultural competence enough? Deepening social justice pedagogy in art therapy. *Art Therapy: Journal of the American Art Therapy Association*, 32(3) 142-145. <https://doi.org/10.1080/07421656.2015.1060835>

Kaimal, G. (2015). Evolving identities: The person(al), the profession(al), and the artist(ic). *Art Therapy: Journal of the American Art Therapy Association*, 32(3), 136-141. <https://doi.org/10.1080/07421656.2015.1060840>

Potash, J.S., Doby-Copeland, C., Stepney, S. A., Washington, B. N., Vance, L. D., Short, G. M., Boston, C. G., & ter Maat, M. B. (2015). Advancing multicultural and diversity competence in art therapy: American art therapy association multicultural committee

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Talwar, S. (2010). An intersectional framework for race, class, gender, and sexuality in art therapy. *Art Therapy: Journal of the American Art Therapy Association*, 27(1), 11–17. <https://doi.org/10.1080/07421656.2010.10129567>

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Substance Abuse and Mental Health Services Administration. (2012). *Treatment Episode Data Set: 2001-2010. National Admissions to Substance Abuse Treatment Services*. (DASIS Series S-61, Publication No. SMA 12-4701.) Rockville, MD: Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality.

Substance Abuse and Mental Health Services Administration (2012a). *Mental Health, United States, 2010*. (HHS Publication No. (SMA) 12-4681). Rockville, MD: Substance Abuse and Mental Health Services Administration, Center for Mental Health Services.

U.S. Census Bureau (2010). 2010 Census. *Census Bureau*. Retrieved from <http://www.census.gov/2010census/>



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