



# Enroll as a Mentor or Mentee Today!

*AATA National Office*

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The AATA wants to make it easier for professional art therapists to begin mentoring relationships. Last week the AATA launched the all-new MyAATA Mentor Match program, an easy-to-use, online service for mentors and mentees to find each other. By sharing the insights they've gained from years of experience, Mentors help Mentees jumpstart their careers, build their professional network, and, ultimately, achieve their professional and personal goals.

The Mentor program is an exclusive service available to members only, and is now open to both Mentors and Mentees for enrollment! Members can [participate today](#) by completing their online mentoring profile. Once completed, Mentors and Mentees are invited to connect with each other and determine if they may be a good match.

Although every situation is unique, there are some things to keep in mind for the development of a successful mentoring relationship:

*What is the role of a Mentor?*

Mentors can serve in a variety of roles. Many mentees are most likely looking for a role model, a leader to look up to who has the experience and skills that he/she wants to emulate. Mentors can draw upon their own career development with the Mentee, including aspirations, goals, experiences, and the particular knowledge, skills, and attitudes they have found necessary to succeed in the field of art therapy. The Mentor can also assist the Mentee in assessing his/her strengths and weaknesses and in determining which competencies need to be developed. It is important to note that a Mentor/Mentee relationship does not and cannot replace that of a Supervisor/Supervisee relationship, which is specifically geared toward the development of clinical skills needed for professional competency and credentialing. The Mentor should advise the Mentee to obtain ATR supervision when and where appropriate.

Mentors can provide the Mentee with guidance for establishing a professional network. The Mentor can acquaint the Mentee with valuable relationships and activities which can be accessed through the local Chapter and/or the National Association. The Mentor can also provide moral support and suggest various ways that the Mentee can become more involved in the profession.

*What are the characteristics of a potential Mentor?*

Mentors should be Credentialed Professionals, Professionals or Retired Professional members who have a breadth of experience in the field. An essential characteristic is the motivation to

serve as Mentor. Although the time commitment for mentorship will vary, Mentors must be willing to invest the necessary time and energy to make the relationship successful. Mentors should have the skills to assist others in a positive, constructive way. This includes excellent communication skills, especially the ability to be an active listener and to provide feedback in an effective manner. Mentors should also have an active network of professional contacts.

*What are the characteristics of a potential Mentee?*

Mentees should demonstrate the dedication to working independently and actively on developing their careers in art therapy. In addition, they should be open to feedback and advice. Mentees should also exhibit the commitment to advancing themselves within the profession and be willing to devote the time and effort required to be successful. They should have established professional development goals and an action plan for reaching their objectives.

*Time Commitment*

Each relationship will have unique attributes including the amount of time that both the Mentor and the Mentee can devote to the mentoring relationship. As a general rule, a monthly check-in communication either in person or electronically is recommended, with more frequent email communications, as needed and agreed upon.

For more information and additional resources related to the Mentor program, members can access the [Professional Development](#) section of MyAATA.

