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"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट • CAREER SHEET

आर्ट थेरेपिस्ट

An art therapist is a trained professional who uses visual arts—painting, drawing, sculpture—to improve people's mental and emotional health. It is a growing branch of creative-arts therapy.



Scan for everything on this career

Salary, exams, colleges, the routes in and the steps after — all on the portal.

career.gsssjethantri.in/#/career/art-therapist

राजकीय उच्च माध्यमिक विद्यालय, जेठन्तरी

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श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर
Principal, DIET Barmer



श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
Sr. Lecturer, DIET Barmer (Support)



भरत चौधरी

अभिकल्पना व विकास • व्याख्याता (इतिहास)
Designed & developed • Lecturer (History)

विशेष धन्यवाद • SPECIAL THANKS



सुरेन्द्र सिंह राठौड़

व्याख्याता (इतिहास) • रा.उ.मा.वि. कानाना



सुरेश कुमार सैन

व्याख्याता (भूगोल) • रा.उ.मा.वि. रामसीन मूंगड़ा



वनिता कुमारी

व्याख्याता (इतिहास) • रा.उ.मा.वि. रामसीन मूंगड़ा



कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) • रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। • An independent project based on the Government's official career-guidance content.

1 About this career

An art therapist is a trained professional who uses visual arts—painting, drawing, sculpture—to improve people's mental and emotional health. It is a growing branch of creative-arts therapy.

2 At a glance

Minimum qualification	MA psychology + art-therapy diploma
Avg salary	₹3-4 LPA (fresher)
Work mode	Hospitals, rehab, schools
Demand	Growing emerging field

3 What you need

INTERESTS

- Working with and for people
- Interest in arts-based healing
- Creating new and creative things

ABILITIES

- Recognising words/language and writing
- Understanding people's emotions
- Creating new designs and patterns

KEY SKILLS

- Proficiency in visual arts (painting/drawing)
- Active listening and empathy
- Creativity and adaptability
- Psychological assessment and therapy planning
- Running individual and group sessions
- Maintaining confidentiality and ethics

4 How to get there

- 1 Complete Class 12 in any stream
- 2 Do a bachelor's in psychology
- 3 Do a master's in psychology
- 4 Do a PG diploma/certificate in art therapy
- 5 Complete supervised training/internship
- 6 Check course and accreditation before enrolling

MAIN EXAMS

- CUET-UG (for psychology bachelor's)
- CUET-PG (for MA Psychology)
- Art-therapy institute admission (e.g. TATAI/MIAP)

5 Where to study

GOVERNMENT INSTITUTES

- Mohanlal Sukhadia University — Udaipur (<https://www.mlsu.ac.in>)
- University of Rajasthan (Dept. of Psychology) — Jaipur (<https://www.uniraj.ac.in>)
- Regional Institute of Education (NCERT) — Ajmer (<https://rieajmer.raj.nic.in>)
- Jai Narain Vyas University — Jodhpur (<https://www.jnvu.co.in>)
- Maharshi Dayanand Saraswati University — Ajmer (<https://www.mdsuajmer.ac.in>)

PRIVATE INSTITUTES

- TISS (Jaipur campus / MA courses) — Jaipur (<https://www.tiss.edu>)
- Madras Institute of Art Psychotherapy (MIAP) — Chennai / Online (<https://www.miap.institute>)

ONLINE

- TATAI – The Art Therapy Association of India — Pan-India (<https://tatai.in>)
- NIMHANS (mental-health courses) — Bengaluru (<https://nimhans.ac.in>)
- Udemy / Coursera (art-therapy foundations) — Online (<https://www.udemy.com>)

FEES

Course fees roughly ₹50k-₹1.5 lakh per year; varies by institute and course.

SCHOLARSHIPS

- National Scholarship Portal (NSP) (<https://scholarships.gov.in>)
- SJE Rajasthan Scholarships (<https://sje.rajasthan.gov.in/>)
- Buddy4Study (<https://www.buddy4study.com>)
- Vidya Lakshmi Education Loan (<https://www.vidyalakshmi.co.in>)

6 What the work is like

WHERE YOU WORK

Hospitals, rehabilitation units, clinical-research centres, wellness centres, assisted-living homes, psychiatric and forensic institutions, crisis centres, senior communities and schools.

WORK CULTURE

A mix of field and desk work with some local travel. Part-time and contract roles available; about 5 days a week, 8-9 hours. Opportunities for persons with disabilities.

WHO HIRES

- Hospitals and rehabilitation centres
- Mental-health clinics and NGOs
- Independent/private therapy practice
- Special schools and disability institutions
- Senior-citizen and wellness centres

DEMAND (2026)

Art therapy is an emerging field in India; as creative therapies gain acceptance in schools, mental health and rehabilitation, demand for art therapists is rising in 2026.

7 Career growth

- 1 Junior art therapist
- 2 Senior art therapist
- 3 Professor/Clinical director
- 4 Independent practitioner/social worker

EARNINGS

Starting	₹3-4 लाख/वर्ष
Mid level	₹6-9 लाख/वर्ष
Senior level	₹10-15 लाख/वर्ष

Salary indicative; extra income possible from private sessions and workshops.

8 The good parts · The challenges

The good parts

- Creative and meaningful work
- Blend of art and psychology
- Emerging field with scope for private practice

The challenges

- Limited formal courses and accreditation in India
- Relatively low starting pay
- Stable full-time jobs still limited

9 Real-life journeys

Bani Malhotra

Registered art therapist & researcher

Bani Malhotra is a registered art therapist and researcher who studied psychology at Lady Shri Ram College and Delhi University before training in art therapy. She has provided art-therapy services in medical, forensic and school settings in India and the USA, and researches trauma and rehabilitation.

banim.info · <https://www.banim.info/>

Evan Hastings

Drama & creative-arts therapist, Shadow Liberation, Bengaluru

Evan Hastings is a drama and creative-arts therapist based in Bengaluru who developed the 'Shadow Liberation' method. He runs arts-based healing with children and communities in South India and has co-authored research on community-based creative-arts therapy.

JoCAT (Journal of Creative Arts Therapies) · <https://www.jocat-online.org/a-23-chander>

10 If this route does not work out

One exam or one attempt does not close the door. The same subjects also open these routes — entry is usually easier, and you can return to this field later.

- Occupational Therapist
- Marriage & Family Counselor
- Rehabilitation Counselor

11 Sources & further reading

1. Rajasthan Career Guidance (Govt source) — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%86%e0%a4%b0%e0%a5%8d%e0%a4%9f-%e0%a4%a5%e0%a5%87%e0%a4%b0%e0%a5%87%e0%a4%aa%e0%a4%bf%e0%a4%b8%e0%a5%8d%e0%a4%9f-art-therapist/>
2. National Scholarship Portal — <https://scholarships.gov.in>
3. TATAI – The Art Therapy Association of India — <https://tatai.in>
4. Madras Institute of Art Psychotherapy — <https://www.miap.institute>



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