## Letter of Endorsement

To

## Oregon Art Therapy Task Force

My name is Mary Molitor. I work at the Oregon State Hospital in Junction City, Oregon. I am a Certified Occupational Therapy Assistant (Licensed in the State of Oregon) and most recently have transitioned into the OSH Vocational Rehab Department. I see firsthand the value of art therapy as a treatment intervention. Time and again a client has opened up, gained self-awareness and life changing insight because of their experience with our Art Therapist. It is important for art therapists statewide to be recognized as the vital clinicians that they are. In order to protect their status as an indispensable part of an interdisciplinary team they should have a professional art therapy license in the state of Oregon.

The mission of Oregon State Hospital is to: Promote Hope Safety and Recovery. Our clients come from many outlying corners of Oregon and all regions in-between. They often arrive at our doors with very little hope. Mental illness has robbed them of the ability to be self-regulating and organized. Safety often becomes an issue, both for themselves, their families and the general public. After admission, each client receives an initial evaluation from a psychiatrist. An R.N., Social Worker, psychologist and rehab Therapist also complete assessments. Thereafter a Treatment Care plan Specialist formulates a Treatment Care Plan along with the client to set forth a plan for recovery and address the clients lacking skills or barriers to discharge. The treatment team assists the client in setting goals as well as learning new coping skills. Intervention groups are identified which will serve to help the client work towards their goals and ultimately discharge to a lesser level of care. Groups lead by an art therapist meet the criteria for addressing the these needs.

Art therapy is integral in the recovery process. Art Therapy is one of only a few activity based disciplines (Occupational Therapy, Music and Dance Therapy) which are sensory based and integrate the brain and body in ways that language based interventions fall short. The creative process inherent within art therapy modalities unlocks key emotions, memories and self- realization and provides an avenue for these to be expressed. By facilitating personal discovery, clients are able to know and understand themselves and others and thus be kinder and gentler as a result. This state of change evokes an environment of acceptance as a starting point for personal goals to be established. Some examples of art therapy groups in our setting are, Photography, Collage making, Studio Art, Mural Making, Painting and Mindfulness drawing on location.

The Oregon State Hospital (in Salem and Junction City) has had difficulty recruiting art therapists for both campuses. If art therapists were professionally licensed then their validity and expertise as clinicians in Mental Health institutions and facilities would be recognized. The perceived value of art therapy will increase and align with the true value. This will have a direct impact on increasingly more students being drawn to the field, as well as increased salaries and ultimately a wider pool of qualified new recruits to draw from and fill the vital Art Therapy positions not only in Mental Health institutions, but in Schools, clinics, outreach centers, group homes, and correctional centers. The diversity of client

populations served is matched only by the diverse methods and media art therapist utilize to promote wellness.

At Oregon State Hospital some clients struggle with effects of low self-esteem, neglect, trauma, abuse, TBI's, depression, grief, anxiety and various types of psychoses. Art therapist must be highly trained in multiple psychological theoretical approaches, have a well-honed instinct for how best to approach different clients and engage with varied types of personalities. Stringent training and clinical practicums equip art therapists to perform their work. Only competent and compassionate art therapists can achieve the required expertise needed to help clients process their thoughts and feelings through the safe actions and interactions of 'art-making'. By requiring art therapists to be licensed a certain level of competency is realized. In closing I want to reiterate that I fully support the State of Oregon in enacting the formal process and practice to license art therapists so that our institutions of learning and our places of healing and recovery will have only the best, most qualified professionals standing behind the title of Art Therapist.

Mary C. Molita

Thank you.

Mary C. Molitor

To: Oregon Art Therapy Taskforce From: Judy K. Vogelsang, LCSW

Re: Oregon Licensure of Certified Art Therapists

I am a licensed clinical social worker employed by Oregon State Hospital, Junction City. I have been in this position for only four months, however, my clinical career spans four decades of working with adults, adolescents, and children struggling with mental health issues. Not too long after beginning my career, I worked at a state hospital in southern Illinois as an Activity Therapist. At the time, this position meant that I had some limited training working in the mental health field as well as some meager artistic and athletic abilities. Taking a snap shot of where art therapy was then and where it is now, presents a remarkable contrast.

The joining of the words art and therapy now requires that an individual bring more than limited training and meager artistic abilities to their discipline. The discipline represents highly educated and trained practitioners in the field of art therapy who also are gifted artists. Their education includes the history and theory of art therapy, techniques of practice, the application of art therapy with people in varying treatment settings, essential interviewing and counseling skills, treatment planning, treatment approaches, ethical and legal issues, standards of practice, cultural and social diversity as well as psychopathology, human growth and development, counseling and psychological theories.

Art is an expression of experience, creativity and imagination. It is the conduit of human emotions. It is joy, it is pain, it is fear, it is exuberance. It is the channeling of thought and emotion through mediums of paint, clay, chalk, pencil and pen into a physical and tangible representation of experience. Art therapy is the transformation of this experience into an observable expression from which validation of experience, discussion of the ways our experiences shape our lives and understanding of our limitations and strengths evolve.

I have personally witnessed the benefits that art therapy and music therapy have contributed to the lives of individuals who are struggling due to traumatic experiences in their histories and the intrusion of mental illness in their lives. I have repeatedly witnessed the significant contributions that qualified and competent art and music therapists have brought to interdisciplinary teams in working with individuals who find a way through paint, clay, photographs and fabric to find themselves in and through these challenges.

Please add my name to those who support Oregon licensure for qualified art therapists for those individuals we serve who may find their way to healthier lives through the expression of their experience under the guidance of these highly skilled clinicians.

Sincerely,

Judy K. Vogelsang, LCSW

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Judy K. Vogelsang, LCSW

Linda Chapman, MA, ATR-BC 101 East Road Redwood Valley, CA 95470 707-485-0105 arttherapy@pacific.net

August 25, 2014

Dear Coordinator of the Oregon Art Therapy License Task Force,

I am writing to express my strong support for licensure of professional art therapists in the state of Oregon. My name is Linda Chapman and I am a Registered and Board Certified art therapist practicing in California. I provide art therapy services to children and adolescents in private practice and I am a contract employee of a mental health agency in my community.

Two main points of concern are my motivation for writing this letter. First, art therapy is a distinct profession and not a modality. The past two decades have afforded a greater understanding of the impact of acute and chronic stress on development and functioning. The massive paradigm shift occurring across all sciences is now focusing on the dominance of the right hemisphere of the brain in treating most mental health disorders. Art therapy utilizes the integrative capacity of the brain for maximum therapeutic potential as the material from the right hemisphere is accessed and utilized along with left hemisphere or linguistic discourse. As art therapy research and practice develops, it is wise to have a license that ensures that only formally trained and credentialed art therapists offer art therapy services.

My second point pertains to public policy issues and protection of the public. Historically and currently, art therapists are licensed via alternative licensing options such as Marriage and Family Therapists or Licensed Professional Counselors. At no time during the licensing process or during the required examinations is an art therapist assessed on one's art therapy knowledge or skills. Those seeking alternative licenses are assessed on their ability to do verbal therapy. Once licensed, they are free to do art therapy without having been assessed on their level of art therapy competency. Therefore, the idea that the license protects the public is null in this situation. I strongly urge you to consider the legal ramifications of this gap in public policy that ensures the public that those offering art therapy mental health services are indeed qualified.

Kind regards,

Linda Chapman, Director

Art Therapy Institute of the Redwoods

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The philosophy of care at Randall Children's Hospital is to do everything possible to ensure a positive experience for each patient. Art therapy is an important component of that commitment. Highly trained and qualified art therapists, like those involved in the clinical art therapy program at Randall Children's Hospital, deserve the same professional recognition that state licensure provides to all their colleagues in other medical, nursing and allied health specialties. Currently, anyone can practice art therapy in state of Oregon due to the lack of a licensing process. We urge support for legislation to provide a program of professional licensure that will protect and preserve the art therapy profession and insure that all citizens of Oregon receive art therapy services from qualified art therapists.

Sincerely,

Lynn Davis, BS, CCLS

Child Life Specialist

Randall Children's Hospital at Legacy Emanuel

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Sincerely,

Sunita Nijhawan, PsyD

Pediatric Neuropsychologist



June 10, 2016

Mary Andrus
Oregon Art Therapy Task Force

Dear Ms. Andrus:

On behalf of Luke-Dorf, I strongly endorse the efforts of the Oregon Art Therapy Task Force to secure legislation to establish a professional art therapy license in the State of Oregon.

Luke-Dorf is a nonprofit community mental health agency serving over 700 adults with severe persistent mental illness residing throughout the Portland metropolitan area. Our mission is to help these vulnerable individuals who might otherwise fall through the cracks of our society to achieve stability and recovery and re-integrate with their communities. We offer comprehensive services tailored to each person's needs, including individual and group therapy, case management, medication management, addictions treatment, residential treatment and housing placement, and homeless outreach.

Art therapy has long been an important part of the services we provide. We routinely employ art therapists, because we have seen the efficacy of this treatment modality with the population we serve. Our art therapists have incorporated art therapy into both individual and group therapy to treat a range of mental health problems from psychosis to depression to PTSD and addictions. Moreover, our clients have repeatedly identified art therapy as a preferred method of treatment. Legitimately trained art therapists are skilled clinicians who meet the credentials for Qualified Mental Health Professionals in Oregon and can apply empirically-supported psychotherapy techniques using creative, nonverbal art methods to reach this highly impaired client base.

While we are careful to ensure that only trained art therapists under our employ provide art therapy, the fact that art therapists are unlicensed limits our ability to offer this service to our clients and undermines the integrity of art therapy as a clinical profession. Currently anyone regardless of training or credentials can claim to provide art therapy without legal recourse, thus exposing vulnerable members of our community to exploitation and psychological harm. Furthermore, art therapy is not currently billable under OHP/Medicaid. Establishing art therapy licensure would not only protect the public but could potentially pave the way to recognition of art therapy as an evidence-based practice and thereby increase its accessibility to our clients.

I advocate that the State of Oregon pass legislation to make art therapy a licensed and protected profession so that more of our clients can benefit from art therapy and be assured that they are working with a highly qualified professional.

Sincerely, Julia Gralen

Julie Ibrahim, LPC Clinical Director

1952 SE 122ND AVE. PORTLAND, OR 97233 | TEL 503.726.3764 | FAX 503.726.3765 | LUKE-DORF.ORG

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Sincerely,

Shari Kerr RNBSN

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Mason, LCSW

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Sincerely,

Ausantrocharka Redeatric Nurve Case Manager

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Sincerely,

Molly DeVeny

B.A., CCLS

Certified Child Life Specialist

Randall Children's Hospital at Legacy Emanuel

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Steven Janselewitz, MD

Pediatric Physiatry

Clinical Director of Inpatient Rehabilitation Randall Children's Hospital at Legacy Emanuel

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Muneta P. Richard MD Nameeta P. Richard, MD Children's Cancer and Blood Disorders Frogram Randall Children's Hospital.

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Sincerely,

Alarah Poner, LCSW Pediatric Social Worker

Randall Children's Hospital



6/1/16

Attention Oregon Art Therapy Task Force,

I am writing this letter on behalf of I have a Dream Oregon. I am the Alder Program Manager and currently in support of a license in the state of Oregon for art therapists. The mission of our organization is to support students in the Reynolds school district to graduate from high school. This is not an easy task as so many of our students face multiple barriers in their life before they even step into the school doors. One of our goals within the Dreamer School model is to create a culture of college and career from a young age. We recently have had art therapists attend our career day to expose students to a variety of career paths. In addition to this we have had art therapist's work at our school with students who have experienced very severe trauma in their life. Art therapy sessions provided many of these students with the support that they needed to process this trauma. By allowing students to access this support they were then able to participate in the school day and gain knowledge and increase attendance. Although we have had an art therapist work in our school, access to art therapy services is not common. If art therapists were given a professional license this would allow more students to access these services. It would also allow therapists to bill insurance and therefore be more affordable for the community.

I hope you consider passing a law that allows art therapists to be license and practice in the state of Oregon. This will only allow more students and families access to these services and increase the amount of resources for people with mental health needs in our state.

Thank you,
Joy Leising

I have a Dream Alder Program Manager



Michelle Ottaviano Director of Shelter & Foster Care Boys & Girls Aid 018 SW Boundary Ct Portland, OR 97239 May 16, 2016

Oregon Art Therapy Task Force:

I am writing to give my support and endorsement for a Professional Art Therapy License in the State of Oregon. As the Director of Shelter & Foster Care Services at Boys & Girls Aid, I have worked with the states most vulnerable youth for nearly a decade. At Boys & Girls Aid we work to build lifelong connections for every child in Oregon. We believe children belong in families that are permanent and stable. While children are in our care we focus on mental, physical and emotional wellbeing through a Trauma Informed Care approach. We do this by providing a safe environment and services that allow youth to work through their grief, loss, and trauma, enabling them to heal and feel emotionally prepared to develop healthy permanent connections.

During my time at Boys & Girls Aid I have had the pleasure of working with several Art Therapists who have provided Individual Counseling as well as Art Therapy groups to the youth in our programs. These specialized services allow youth to express and understand their emotions through artistic expression and through the creative process. Through art mediums such as painting, drawing, and photography, youth have been able to process their past trauma and give voice to their emotions. This is especially important when working with youth we serve through the child welfare system, as they often enter care in crisis and don't have the cognitive ability to process what happened to them.

While some Art Therapists have been able to obtain a license as a Licensed Professional Counselor (LPC) this is not enough for the youth we serve. While the clinical skills are comparable, Art Therapy requires additional specialized training that is not acknowledged through an LPC. Currently a Mental Health Clinician who has not received a Master's in Art Therapy can promote Art Therapy as part of their practice without receiving specialized training. Without specialized training specifically in art therapy, therapists can utilize mediums within the counseling process without specialized training, putting clients and others at undue risk. Specialized skills in applying art in therapy is necessary and it's extremely important that we provide title protection for Art Therapists to ensure the ethical practice of this specialized work.

Thank you,

Michelle Ottaviano

Director of Shelter & Foster Care

Boys & Girls Aid 503.542.2731



Portland, June 29, 2016

Oregon Art Therapy Task Force

Dear Sir or Madam:

On behalf of Lutheran Community Services Northwest, I want to express my strong endorsement for the efforts of the Oregon Art Therapy Task Force to secure legislation for the establishment of a professional art therapy license in the State of Oregon.

Our organization provides mental health and social support for newly arriving refugees in the Portland metro region. We offer individual, group and family therapy for children, adolescents and adults. We provide trauma informed wrap around services, case management, counseling, art therapy, EMDR, crisis support and medication management.

Culturally specific art therapy plays an important role in all of our programs. Art making and the creative process has long been recognized as an integral component to recovery from trauma. The art therapist provides crucial opportunities for refugee children and their families to express and work through their losses and develop new adjustment and coping skills. We have found it to be crucial that an art therapist work with the refugee families given how the creative process complements psychological processes.

Although we are attentive to only hire trained art therapists, the fact that art therapists are not licensed limits our ability to provide this service to all of our clients. Only licensed professionals are eligible for third-party reimbursement, which reduces the financial burden to our clients and our organization. Further, a licensed art therapist would be able to take on the responsibilities of supervision for both interns and new professionals working towards obtaining professional credentials.

I sincerely advocate that the State of Oregon initiates a professional art therapy license so that more of our clients can benefit from art therapy and be assured that they are working with a highly qualified professional.

Sincerely,

Pierre Morin, PhD, LPC

Clinical Director

Dear Oregon Art Therapy Taskforce:

As a Professor of Health Studies from Portland Community College, I want to express my strong support for a professional art therapy license in the State of Oregon.

Portland Community College supports the success of students in Portland, and beyond, by providing access to quality, affordable education while advancing economic development in a collaborative culture of diversity, equity and inclusion. As a health instructor, I focus my course and curricula to support and empower students to improve their lives and those of their families. One important component of my courses is to help students gain knowledge and skills to manage stress and cultivate practices for mental and emotional well-being. For this reason, art therapy is regularly introduced as a respected and research-based method for stress-management, as well as emotional and creative expression.

We have found art therapy to be a crucial element of our curricula—not only as an effective therapy for students to explore, but also as a viable career opportunity for students to consider. We often invite art therapists to our classrooms to introduce the topic, which can be a challenge, given a shortage of such providers in the region. When we have been so fortunate, we find that many students are interested in receiving services or even as pursuing art therapy as a career.

Students would benefit from additional providers in the area, more exposure to art therapy, and expanded access more affordable services. For these reasons, I sincerely advocate that the State of Oregon formalize a professional art therapy license so that more of our students are able to learn, utilize the practice, as well as explore it as a career opportunity.

Sincerely,

Sasha Loomis Grenier Health Studies Faculty

Portland Community College

April 13, 2016



Attn: Oregon Art Therapy Task Force

This letter is to express my support for a professional art therapy. I am the Director of Wellness at Willamette View, a continuing care retirement community in Portland. We serve older adults ages 55 through end of life in a residential setting located in Southeast Portland. Our services include independent living, assisted living, rehabilitation, and end-of-life care.

Willamette View's mission is "To Inspire the Art of Living Well." Creativity and wellness are strong elements of the culture here, and contribute to the physical, emotional, spiritual, environmental, intellectual and social health of all our residents. We employ two art therapists as a part of our wellness team who offer individual therapy as well as broad art-for-wellness programming in open studio and small group environments.

Many retirement communities have art amenities and programming by guest artists and a variety of staff members. Our arts programming is more individualized, accessible to a wider range of ages and abilities, and is ethically sound due to the training and degrees earned by our art therapists. Art therapy helps residents here experiencing grief and loss, depression, anxiety, terminal illness and pain, and adjusting to the many transitions that come with a move to long-term care.

Many of our residents experience memory loss due to neurocognitive impairments such as Alzheimer's disease. Art therapy is particularly effective in these cases as it provides an alternative means of communication for people who can no longer use words the way they once could. In many cases, art therapy offers a source of healing, growth and joy in the face of otherwise devastating progressive losses.

The unique contributions to the health and wellness of our residents and effectiveness and professionalism demonstrated by the art therapists here shows me that standards of quality in this field are important. In order to uphold the value and distinct contribution art therapy offers our residents, I again express my support for the art therapy profession.

Sincerely.

David Kohnstamm, Director of Wellness

Willamette View

Corporate 13021 SE River Road Portland OR 97222

Marketing 12705 SE River Road Portland, OR 97222

Terrace 13169 SE River Road Portland, OR 97222

Health Center 13145 SE River Road Portland, OR 97222



To the Oregon Art Therapy Task Force,

My name is Rae Lynne Stewart, and I am the Program and Outreach Manager for the Epilepsy Foundation Northwest. All the staff members at the Epilepsy Foundation Northwest (EFNW) support the need for a professional art therapy license in the State of Oregon.

The Epilepsy Foundation Northwest is an affiliate of the National Epilepsy Foundation of America and covers the states of Oregon, Washington and Alaska. EFNW's mission is to lead the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures, and save lives. By offering support groups, free public Epilepsy 101 trainings, seizure awareness events, a summer camp in Oregon for children with epilepsy and their siblings, and fundraising events, OR residents living with epilepsy and their loved ones can live a life with less stigma, find hope and comfort in the stories of others, learn about the newest treatments and therapies, and raise money for research to find a cure of this sometimes debilitating and isolating disease.

Art therapy is used not only as a part of EFNW's monthly adult support groups, but also during summer camp with the children living with epilepsy and their siblings. Camp will be held this summer in both WA and OR state. At last year's camp, children painted masks describing what it was like to live with epilepsy or to have a sibling with epilepsy. It was powerful to hear the stories from the mouths of children about what it was like to worry about themselves having or their sibling having a seizure day in and day out. It was also therapeutic for the children to express their fears and frustrations in a safe environment during an enjoyable activity.

Having a professional license in art therapy in Oregon would definitely benefit EFNW. We could offer art therapy sessions at all 3 of our monthly Oregon support groups (Bend, Portland, Eugene) as well as expand sessions to Salem and Hermiston. EFNW's Camp Discovery would be able to continue offering art therapy sessions to the children, and we could ensure quality art therapy sessions that would impact our clients in the most beneficial way each time.

In closing, EFNW strongly supports the need for a professional art therapy license in the State of Oregon.

Sincerely,

Rae Lynne Stewart

rlstewart@epilepsynw.org

Sewart

**EFNW - Seattle** 2311 N. 45<sup>th</sup> St., #134 Seattle, WA 98103 (206) 547-4551 **EFNW - Portland** 5251 NE Glisan St., #A338 Portland, OR 97213 (503) 228-7651 **EFNW - Spokane** 1314 S. Grand Blvd., #2-193 Spokane, WA 99202 (509) 325-1128 Dear Oregon Art Therapy Taskforce,

I wanted to express my endorsement and strong support for the efforts of The Oregon Art Therapy Taskforce to advocate for the continued establishment and professional Art Therapy license.

I have worked in the mental health field for 18 years and have seen the amazing impact that Art Therapy can have on children, youth, and adults who have experienced a variety of disabilities or trauma which prevents traditional word therapy to be effective. Continuing this level of skill and consistency regarding licensure to ensure a high quality of clinical care is offered to clients. Most recently I have witnessed the impact of Art Therapy within the Oregon State Hospital in Junction City and have seen how powerful and impacting it is on a population of people who may not have the processing skills needed to discuss but when applying creativity to a feeling they are able to create and express.

I sincerely advocate for the State of Oregon to support licensed Art Therapy to continue as this is a valuable resource for so many people.

Thank you for your time.

Sincerely,

Sara Wessling

Solllery

M.Ed. CFHS

Dear Oregon Art Therapy Taskforce,

I believe that Art Therapy is very valuable and wish to express my endorsement and support for the efforts of the Oregon Art Therapy Taskforce to advocate for Oregon licensure for all certified art therapists.

As a clinical psychologist at Oregon State Hospital, I have the honor and privilege of working with a wide variety of outstanding professionals from various professions. My experience working with certified Art Therapists has resulted in a deep respect for their valuable contribution to our clients and their process of recovery. The valuable work of our certified Art Therapists has demonstrated that clients are often able to express through art emotions and life experiences that they have been unable to express through words alone. This form of treatment sparks engagement in clients, develops confidence as they discover new talents, fosters inner peace through development of new coping skills, and brings forth courage to share their experiences with others.

This field is a highly skilled clinical role and, in my opinion, requires the demonstration of skill, protection from unqualified practitioners, establish a means of identifying unethical practitioners, and provide quality assurance that is obtained through a formal licensure process. Art Therapy is a valuable clinical field that both deserves formal recognition through licensure and requires established licensure to ensure credibility and protection of the public.

I support Oregon licensure for all certified Art Therapists and believe that this is in the best interest of all Oregonians. Thank you for your consideration.

Sincerely,

Julia Howe, Ph.D.

July 5, 2016

To whom it may concerns,

I am writing in support of the specialty of Art Therapy. As an interdisciplinary team member at the Oregon State Psychiatric Hospital I am fortunate to work directly with the site art therapists. I often refer my most challenging clients to art therapy in hopes of finding therapeutic avenues to engage clients in meaningful therapeutic treatment.

Art therapists are often referred to as "just art teachers". This baffles me, as I see the contribution of a specialty trained Art therapists as so much more than just teaching art.

I am fortunate to work with certified art therapists who are able to engage clients in a therapeutic process that includes art. Our sites certified art therapists help clients' open doors to areas of treatment needs, work thru those areas and find recovery. During this process many clients find hidden talents, valuable coping skills and build self-esteem that will help them maintain healthy lives out in the community. Helping Oregon residents with mental health concerns be healthy and productive members of society is our primary treatment goal and art therapy is one of the strongest tool we have to help meet this goal.

"Art Therapy" is therapeutic as the title implies. A required licensure in Oregon will help insure that Oregon residents are protected from those who do not have the training or experience to safely provide the "therapeutic" component of art therapy. It is the responsibility of Oregon to establish means for residents to evaluate and check credentials for all "therapeutic" specialists they may be looking to work with.

Further licensure for art therapists will establish an opportunity for residents to report therapists they may feel have been unethical and/or may be providing unsafe therapeutic approaches.

I support Oregon licensure for all certified art therapists as a means to help maintain health, wellness and protect the Oregon resident from poor health care.

Sincerely,

Amy Floreen BSN, RDLD

any Streen By BXD

To whom it may concern,

As the medical director, I have seen RCH-Psychiatry use art therapy extensively and more in 2014-2015 than ever before. Our program is part of an integrated delivery network that values strategies that are humane and "Enhance patient experience"

There are a number of cases in which art therapy directly enhanced my patients assessment (key component of any QUALITY outcomes).

Our ability to access art therapy (Innovative delivery model) is allowing us to push "forward" in our "thinking" and has helped RCH-Psychiatry to offer "exceptional programs and services" Building trusting, nurturing relationships

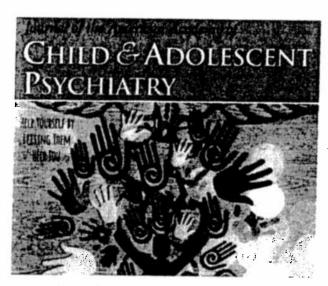
Provide a way to Communicate under stress and Stay focused

Creatively thinking outside the box

Thinking in terms of individual needs rather than group norms

My academy (AACAP) recently featured 'art therapy' on the cover of a 2015 monthly journal

"the use of artistic methods to promote mental health... fuses psychotherapy with the creative process to encourage increased engagement, active decision-making, and positive self-esteem in patients."



"Help Yourself," featured this month on the Journal's cover, was created by the artist, a teenage patient, as a representation of his healing process. Although he had been initially apprehensive about art therapy, the opportunity to explore artistic expression resulted in a positive change of perspective and a request for further art therapy sessions.

I would find it moralizing that Legacy (and specifically RCH) would equate art therapy with other existing strategies such as physical therapy, occupational therapy with a footing that included certification and medical necessity trajectories.

Sincerely, T. Shawn Crombie, MD Medical Director of RCH-Psychiatry



2801 N. Gantenbein Ave. Portland, OR 97227 www.legacyhealth.org 503.276.6500 phone 503.276.6541 fax

To the Coordinator of the Oregon Art Therapy License Task Force:

On behalf of the medical staff of Randall Children's Hospital in Portland, Oregon, I want to express our strong endorsement and support of efforts by the Oregon Art Therapy License Task Force to gain enactment of legislation for licensure of professional art therapists. Our clinical art therapy program has been an integral component of the care provided to children and their families at Randall Children's Hospital.

The role of the art therapist at Randall Children's Hospital is to address the physical and emotional needs of pediatric patients through a variety of healing art experiences. These activities provide opportunities for children to explore problems and potentials, reaffirm their self-image and, in more basic terms, provide them a sense of normalcy. Our art therapists provide assessment and treatment through group sessions, individualized bedside and studio sessions, and facilitate our Artist in Healthcare Program, all of which enable patients and families to experience the therapeutic qualities of creative expression.

The unique role of art therapy in a medical setting is providing children with an opportunity to see themselves not as passive patients, but active partners in the work of getting well. Our art therapists provide tools that allow children to cope with the pain and isolation children must endure, process scary and potentially traumatizing medical experiences, and safely express a range of feelings they may have about their treatment in an often bewildering medical environment. The art therapist is able to recognize themes, concerns, and needs because they are both actively listening to the patient and their partners in the treatment team. One of the unique aspects of art therapy in the hospital setting is its ability to facilitate communication and help build trust.

The clinical art therapy program at Randall also serves our child and adolescent psychiatric population, for which art therapy goals differ to an extent. Art assessments are conducted with these patients to complement our psychiatric evaluations. Patients are then referred on for continuing individual art therapy or our art therapy groups on this unit. We value art therapy with this population because of the recent neuroscience research indicating art therapy is highly beneficial with trauma and attachment disruptions, often the primary reasons our psychiatric patients are admitted to our child and adolescent unit.

The philosophy of care at Randall Children's Hospital is to do everything possible to ensure a positive experience for each patient. Art therapy is an important component of that commitment. Highly trained and qualified art therapists, like those involved in the clinical art therapy program at Randall Children's Hospital, deserve the same professional recognition that state licensure provides to all their colleagues in other medical, nursing and allied health specialties. Currently, anyone can practice art therapy in state of Oregon due to the lack of a licensing process. We urge support for legislation to provide a program of professional licensure that will protect and preserve the art therapy profession and insure that all citizens of Oregon receive art therapy services from qualified art therapists.

Sincerely,

Madlyn Mulrey, RN, MN
Chief Administrative Officer
Randall Children's Hospital



2801 N. Gantenbein Ave. Portland, OR 97227 Www.legacyhealth.org 503.276.6500 phone 503.276.6541 fax

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Sincerely,

Cindy Mill.

**Nurse Executive** 

Randall Children's Hospital 2801 N. Gantenbein Avenue

Portland, Oregon 97227

On behalf of the psychiatric team of Randall Children's Hospital in Portland, Oregon, I want to express our strong endorsement and support of efforts by the Oregon Art Therapy License Task Force to gain enactment of legislation for licensure of professional art therapists. Our clinical art therapy program has been an integral component of the care provided to children and their families at Randall Children's Hospital.

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Sincerely,

Stacy Hartline, RN, PMHNP-BC Psychiatric Nurse Practitioner

Cranz LHartin MP

503-413-4844 ext 1

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Sincerely,

Panela M. Theorte. 11

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Sincerely,

Karan Randhava, MD

Child & Adolescent Psychiatrist



Pediatric Infectious Diseases
Medical Office Building 2
501 N. Graham St., Suite 330A
Portland, OR 97227
503.413.3506 phone
503.413.3621 fex
Michael Gilbert, M.D.
Stephen Johnson, M.D.
Ann M. Loeffler, M.D.
Bayonara Mató, M.D.

06 October 2014

To the Coordinator of the Oregon Art Therapy License Task Force:

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Sincerely,

Sayonara Mató, MD, MPH&TM

Pediatric Infectious Diseases / Hospital Medicine