

INDIANA BUREAU OF DEVELOPMENTAL
DISABILITY SERVICES:
ART THERAPY SERVICE PROPOSAL FOR THE
BDDS WAIVER

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Indiana Bureau of Developmental Disability Services

The American Art Therapy Association is the professional membership organization for practitioners, educators and researchers engaged in the field of art therapy. The Association comprises national and international members and works in concert with its 40 state and regional Chapters.

We appreciate and support the work of the Indiana Bureau of Developmental Disability Services to protect the public's health and welfare through use of a thoughtful review. We want to express the urgency with which we hope this matter will be addressed as highly trained art therapists who reside and practice in the state are seeking to provide much-needed, quality healthcare services to the citizens of this state.

At this time, Indiana offers three graduate training programs for art therapists. Each year graduates are entering the workforce and will work with individuals with a wide range of neurological, psychological, and cognitive disorders. Art therapy has the unique ability to unlock emotional expression by facilitating non-verbal communication. This is especially useful in cases of impairment of verbal expression that is characteristic of various neurological, psychological and cognitive disorders, including intellectual and developmental disabilities and individuals on the autistic spectrum to name a few conditions. Art therapy's singular benefits and success is increasingly recognized by the medical community as a valuable asset, whether provided in one on one session or by inclusion on interdisciplinary teams that treat people for a wide spectrum of mental and physical disorders.

The Indiana Bureau of Disability Services may find it useful to review materials that set forth educational, credentialing and ethical standards for the field of art therapy. These demonstrate that art therapists have had extensive training with clinical internships, and are very well prepared to provide excellent care to their clients. In fact, graduates from Indiana art therapy programs meet the licensing requirements for education and training set forth in the Board's rules for licensing professional counselors as well as other mental health professionals.

To view the requirements for accreditation for art therapy graduate programs go to the Commission on Accreditation of Allied Health Professional's website at:

<https://www.caahep.org/About-CAAHEP/Committees-on-Accreditation/Art-Therapy.aspx>

In addition, graduates apply to the national credentialing body for art therapists, the Art Therapy Credentials Board, Inc. (ATCB). ATCB sets the bar for specific areas of study, the national Art Therapy Credentials Board Examination (ATCBE) examination, and clinical experience levels required to ensure that credentialed art therapists provide the highest level of quality services to the general public. Much like your own mission, ATCB's is *"to protect the public by promoting the competent and ethical practice of art therapy."* Professional suffixes used by art therapists after their names signify obtainment of the ATCB credentials: Registration (ATR), Board Certification (ATR-BC) and credentialing as an Art Therapy Certified Supervisor (ATCS).

For more details, please go to the ATCB website at: <http://www.atcb.org/>

We certainly appreciate your immediate review and action to address the fact that qualified, professional art therapists are being held back from fully practicing their profession with individuals with intellectual and developmental disabilities due to the exclusion of art therapy on the BDDS waiver.

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What is art therapy?

Art therapy is a mental health profession in which clients, facilitated by the art therapist, use art media, the creative process, and the resulting artwork to explore their feelings, reconcile emotional conflicts, foster self-awareness, manage behavior and addictions, develop social skills, improve reality orientation, reduce anxiety, and increase self-esteem. A goal in art therapy is to improve or restore a client's functioning and his or her sense of personal well-being. Art therapy practice requires knowledge of visual art (drawing, painting, sculpture, and other art forms) and the creative process, as well as of human development, psychological, and counseling theories and techniques.

Today art therapy is widely practiced in a wide variety of settings including hospitals, psychiatric and rehabilitation facilities, wellness centers, forensic institutions, schools, crisis centers, senior communities, private practice, and other clinical and community settings. During individual and/or group sessions art therapists elicit their clients' inherent capacity for art making to enhance their physical, mental, and emotional well-being. Research supports the use of art therapy within a professional relationship for the therapeutic benefits gained through artistic self-expression and reflection for individuals who experience illness, trauma, and mental health problems and those seeking personal growth.

Who benefits from art therapy?

Art therapy is practiced in mental health, rehabilitation, medical, educational, forensic, wellness, private practice and community settings with diverse client populations in individual, couples, family, and group therapy formats. Art therapy is an effective treatment for people experiencing developmental, medical, educational, and social or psychological impairment. Individuals who benefit from art therapy include those who have survived trauma resulting from combat, abuse, and natural disaster; persons with adverse physical health conditions such as cancer, traumatic brain injury, and other health disability; and persons with autism, dementia, depression, and other disorders. Art therapy helps people resolve conflicts, improve interpersonal skills, manage problematic behaviors, reduce negative stress, and achieve personal insight. Art therapy also provides an opportunity to enjoy the life-affirming pleasures of art making.

How do I become an art therapist?

A master's degree is required for entry level practice in art therapy from institutions of higher education recognized by regional accreditation bodies approved by the Council for Higher Education Accreditation (CHEA). Educational requirements include theories of art therapy, counseling, and psychotherapy; ethics and standards of practice; assessment and evaluation; individual, group, and family art therapy techniques; human and creative

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development; multicultural issues; research methods; and internship experiences in clinical, community, and/or other settings.

Minimum professional and ethical standards for the profession are established by the American Art Therapy Association, a membership and advocacy organization which serves its members and the general public by providing standards of professional competence, and developing and promoting knowledge in, and of, the field of art therapy. The Association is dedicated to the belief that the creative process involved in the making of art is healing and life enhancing.

How are credentials approved and maintained?

The Art Therapy Credentials Board, Inc., (ATCB) the credentialing body for the profession of art therapy, confers and administers professional credentials to art therapy practitioners upon achieving a master's degree in art therapy. ATCB's mission is "to protect the public by promoting the competent and ethical practice of art therapy through the credentialing of art therapy professionals." Those who hold ATCB credentials are required to adhere to the ATCB Code of Professional Practice.

The ATCB is an independent organization from the American Art Therapy Association and the Council on Higher Education Accreditation (CHEA) which grants professional practice credentials to art therapists at three levels: Registered (ATR) —granted upon completion of graduate education and postgraduate supervised experience; Board Certified (ATR-BC) —granted to Registered art therapists who pass a written examination and is maintained through continuing education; and Certified Supervisor Credential (ATCS) —offered to qualified Board Certified art therapists who have demonstrated substantial supervision qualifications.

How do I find a qualified art therapist?

Credentialed art therapists who meet the high level of education and experience required for the profession can be located through [Find-a-Therapist](#) or the American Art Therapy Association's [Art Therapist Locator](#). Credentials and education of a practitioner's can be verified through the [Art Therapy Credentials Board](#).

The American Art Therapy Association supports federal and state policies, legislation, regulations, judicial actions, and initiatives that encourage, promote, and support efforts to gain a professional art therapy license and licensure of art therapists.

American Medical Association Definition

The practice of art therapy is described in the American Medical Association's Health Professions Career and Education Directory (2009-2010) in the following terms:

Art therapists use drawings and other art/media forms to assess, treat, and rehabilitate patients with mental, emotional, physical, and/or developmental disorders. Art therapists use and facilitate the art process, providing materials, instruction, and structuring of tasks tailored either to individuals or groups. Using their skills of assessment and interpretation, they understand and plan the appropriateness of materials applicable to the client's therapeutic needs. With the growing acceptance of alternative therapies and increased scientific understanding of the link between mind, body, and spirit, art therapy is becoming more prevalent as a parallel and supportive therapy for almost any medical condition. For example, art therapists work with cancer, burn, pain, HIV-positive, asthma, and substance abuse patients, among others, in pediatric, geriatric, and other settings.

American Medical Association, Health Care Careers Directory 2009-2010, 37th Edition, August 2009

BENEFITS OF ART THERAPY FOR INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES AND RELATED CONDITIONS

In the nearly 80-year establishment of the art therapy profession, much has been explored in utilizing art therapy as an effective treatment for those with developmental disabilities and related conditions. Art therapists are uniquely qualified to utilize their training in human development, psychological theories and the creative process to help clients express themselves utilizing non-verbal communication. Because the art making process is very versatile, art therapists can utilize this training to apply their knowledge in specialized ways to develop goals for each individual based on his/her needs.

Earlier this year, WFYI Indianapolis (DeNoon, 2016) published a compelling story about how art making was “life altering” for a 10-year-old boy with autism. Through the process of encouraging creative expression as well as utilizing it in a reward system, the neuroscientist working with 10-year-old John was able to see vast improvement in his behaviors, cooperation, and moods. His learned use of non-verbal language provided him a new avenue for communication. With his newfound painting skills, John now has the capability to express his moods through his use of vibrant color mixing and expressive brush strokes. The implications for John’s story allude to how art making can open up new connections between the internal and external worlds for those with developmental disabilities and related conditions.

A recent publication by Epp (2008) examined the use of group art therapy in a social therapy context for improvement of social skills in children with ASD. Both parents and teachers were asked to evaluate the students in their progress after participating in the program. Post-test scores revealed that of the social skills measured, there was a “significant improvement in assertion scores, coupled with decreased internalizing behaviors, hyperactivity scores, and problem behavior scores in the students.” The author noted the important implication of this type of study by noting how social skills could effectively be taught in therapeutic group settings utilizing specialized art therapy interventions.

Another publication by Got and Cheng (2008) described the use of a randomized control trial to investigate the effects of the art making process for adults with developmental disabilities. They gathered data from the participants themselves as well as parents/caregivers and staff at the day activity center where the research was conducted. Caregivers and staff noted improvement in social interaction and language comprehension as a result of participants’ engagement in the art program. The authors noted an improved capacity to demonstrate learned skills from the center to their home environment.

Art therapist Trzaska (2012) evaluated involvement in a group mural project among adults with intellectual disabilities to assess for changes in self-esteem. Utilizing a standardized rating measure for self-esteem, the author engaged participants in both a pre- and post-test. In comparison to the control group, those individuals that partook in the art therapy mural project rated higher in the social and identity sub-scales of self-esteem. The author notes the implication for the social learning present in the group setting and how individuals with ID

respond favorably with this type of positive reinforcement. This study also has implications in terms of functions of independence and autonomy due to the close relation of self-esteem and self-concept; improvement of self-esteem and confidence can increase capacity for autonomy and self-reliance. Based on her observations from the research, the author reported, "With the concrete nature of art therapy and the tendency for ID clients to rely on outside resources, using art therapy is an effective form of treatment" (Trzaska, 2012, p.441).

These are just a few examples on a continuously expanding list of outcome-based research in the art therapy field. One of the best ways that art therapists can continue to assess efficacy of art therapy for individuals with developmental disabilities and related conditions is to provide clinicians and graduate students with more opportunities to work with this special population. Due to Indiana's established interest in offering specialized therapies, such as music and recreational therapies, including art therapy services would enhance the specialized therapies package by diversifying the opportunities for alternative communication and expression.

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THE ART OF THERAPY

DRAWING INDIVIDUALS OUT IN CREATIVE WAYS

By Donna J. Betts, MA, ATR-BC

THERE ARE COUNTLESS INDIVIDUALS WITH AUTISM WHO ARE GIFTED ARTISTICALLY. SOME HAVE ARTWORK

DISPLAYED IN SHOWS AROUND THE COUNTRY AND IN ONLINE GALLERIES RUN BY SUCH ORGANIZATIONS AS THE VERONICA BIRD CHARITABLE FOUNDATION AND VSA ARTS. AND ALTHOUGH STUDIES HAVE SHOWN THAT ART THERAPY IS AN EFFECTIVE METHOD OF BREAKING THROUGH THE BARRIERS OF AUTISM (BANKS, 1993), IN ORDER TO BENEFIT FROM ART THERAPY, THE PARTICIPANT IS NOT REQUIRED TO DEMONSTRATE A MAJOR TALENT FOR ART.

Editor's note: Four years ago, Donna Betts was asked to write an article for the Advocate on how individuals with autism can benefit from exploring creative outlets, specifically participating in art therapy. This includes drawing, painting, and working with clay. The article below was revisited, edited and republished with permission.

Rather, he or she needs to be able to respond on some level to the art materials that are within his or her competence to use, whether it's forming clay, drawing, or painting with watercolors. Tasks are taken on in small, incremental steps (Marion and Felix, 1980), and art therapists help clients with developmental disorders find strengths and competencies to build upon.

HOW ART THERAPY HELPS

An art therapist is a mental health clinician trained to work with many different types of individuals. With post-Master's degree credentials, art therapists can be found working in a variety of settings, including facilities that serve persons diagnosed with autism and other developmental disabilities.

Art therapy helps clients with autism on different levels. Several areas that art therapists focus on include: increasing communication skills, developing a sense of self, relationship building and facilitating sensory integration.

PROVIDING A FAMILIAR SETTING, ROUTINE

An individual with autism who is withdrawn may be approached through the objects and activities that he or she prefers (Kramer, 1979). By beginning with the familiar and progressively introducing the new, individuals with autism are more willing to accept the unfamiliar.

I once taught a student with autism who was obsessed with his own wet saliva. I realized that he was fascinated with the patterns of movement he created with his spit, and that this was what kept him interested in the activity. So I devised a way to divert the boy away from his saliva, by introducing a dry substance: sand.

In his art therapy sessions, he was encouraged to play with sand and containers in a tabletop box. As he learned about how to manipulate his environment through sand play, his obsession

with spit eventually disappeared. And with my continuous encouragement and praise for using the sand, rather than the saliva, he progressed toward a more flexible and mature ego functioning. In that respect he experienced positive behavioral and emotional growth.

Increasing communication skills

Art therapy can help open pathways into underdeveloped areas of the brain and provide an avenue for nonverbal expression. When a client creates art, he or she is communicating on a symbolic level. This process, in turn, can foster the development of more direct communication and even the reorganization of thought processes (Bentivegna, 1983).

Art therapists can also focus on communication skills by employing techniques such as shared drawing tasks and mirroring (mimicking the client's behavior and art expressions in order to establish a relationship). My clients with autism often respond to the mirroring of their behavior and art-making, which works to get their attention and engage them in interpersonal interaction.

When the art therapist builds a relationship with the client, he or she is provided a corrective attachment experience (Henley, 2001). This means the therapist's facilitation of the communication process through art creates a positive climate conducive to producing a healthy attachment to the therapist. And this also benefits the client by reducing anxiety, thereby promoting emotional regulation.

Developing a sense of self

Art therapy also helps individuals with autism develop a sense of self. Because the individual with autism can have an unstable sense of self, the art therapist can share his or her own sense of reality to support the client (Henley, 2001). This method of reality testing provides the client with an "auxiliary ego" - the therapist's use of his or her self to benefit the client. This is accomplished by staying within the symbolic content revealed through the client's art and helping to revise this content so that it is based more on reality (Henley, 2001).

Facilitating sensory integration

Sensory integration is another important aspect of treatment. The use of multi-sensory methods can help integrate the senses, such as hearing and touch. For instance, making a rattle with art materials and encouraging the client to make sound with it can provide he or she with yet another expressive outlet while enhancing the art therapy session.

Despite their difficulties, individuals with autism can increase their communication skills and develop a sense of self through the process of art therapy. These unique individuals can forge a positive relationship with the art therapist while facilitating sensory integration. These mechanisms can also help to decrease negative behavior while improving cognitive growth and emotional regulation (AATA, circa 1983), making art therapy a beneficial mode of treatment for many individuals on the spectrum.

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received her Masters from George Washington University, Washington, DC, and is a doctoral candidate at the Florida State University. She is an active member of the American Art Therapy Association and served on its Board of Directors from 2002-2004. Betts is also the Recorder and Webmaster for the National Coalition of Creative Arts Therapies Associations and the author of *Creative Arts Therapies Approaches in Adoption and Foster Care: Contemporary Strategies for Working With Individuals and Families*. Her web address is www.art-therapy.us to learn more.



RESOURCES:

Centre for the Mind

<http://www.centreforthemind.com/publications/book.cfm>

American Art Therapy Association

<http://www.arttherapy.org>

Veronica Bird Charitable Foundation (VSA Arts)

<http://www.vsarts.org>

To locate an art therapist in your area, visit www.atcb.com

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INDIANA COMMUNITY PARTNERS

The following community partners support art therapy for individuals with intellectual and developmental disabilities and autism spectrum disorder. This support has been through the mentoring and supervising of graduate interns, employment of art therapy graduates, and/or raising awareness for the need and benefit of art therapy for this population.

Adult and Child

Alternative Learning Program at Harris Academy (ALPHA)

Centerstone: Mooresville & Greensburg

Community Behavioral Health

Easter Seals: Crossroads

Hollis Adams

Insights Counseling

Meridian Health Services

Midtown Community Mental Health- Eskenazi Health

New Hope of Indiana

Noble

Outside the Box



SUMMARY OF STATE AUTHORIZED LICENSES FOR ART THERAPISTS

The following list provides an overview of the national movement towards independently licensing art therapists.

Art Therapy Licenses

New Jersey: Professional Art Therapy License (LPAT)

New Mexico: Professional Art Therapist License (LPAT)

Kentucky: Professional Art Therapy License (LPAT)

Mississippi: Professional Art Therapy License (LPAT)

Maryland: Professional Clinical Art Therapy License (LPCAT)

Art Therapy qualifying under related licenses

Texas: Professional Counselor with Specialization in Art Therapy License (LPC-AT)

New York: Creative Arts Therapist License (LCAT)

Wisconsin: Registered Art Therapist with License to Practice Psychotherapy

Pennsylvania: Professional Counselor License (LPC) and art therapy is defined in statute as a qualifying "closely related field".

Utah: Art therapists can apply for the Associate Clinical Mental Health Counselor license.

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ART THERAPY ON STATE WAIVERS

Kentucky, New York, & Maryland

Home and Community Base Services Waiver (includes services which art therapists are able to provide with licensure and/or tailored services to meet the individual needs of the clients).

District of Columbia

Under the Home and Community Base Services Waiver, art therapy is a covered service for people with intellectual and developmental disabilities. The rates for art therapy services were recently raised to reflect a reimbursement rate of \$75.23 per 45-minute session.

New Mexico

Department of Health administers the Medicaid Developmental Disabilities Waiver program that specifically identifies services by licensed professional art therapists as qualifying behavioral support consultation services for both adults and children. Reimbursement for behavioral support consultation services are billable in 15 minute units at either a standard rate, or an incentive rate for services to persons in designated underserved areas, with a separate rate for an hour evaluation.

Vermont, Florida, & California

Art therapy is included as a covered service in Pediatric Palliative Care Medicaid waiver programs for children and adolescents with life-limiting illnesses and medical conditions. Vermont and California cover art therapy as an expressive therapy, while Florida includes art therapy as an activity therapy. Reimbursement rates for art therapy in Vermont, for example, were set in 2013 at \$112.00 for a 45 minute session.

Florida

Art therapy also is included as a covered mental health service by at least five managed care provider organizations under the Florida Medicaid Managed Medical Assistance program, which expanded a Medicaid 1115 research and demonstration waiver program in 2014 to implement a statewide managed care waiver program for Medicaid beneficiaries in the state. Among the fourteen private managed care organization selected by the state to operate managed care programs in different counties in the state, five MCOs offered programs in the more populous areas of the state that include art therapy as a covered service.

Louisiana

The Children's Choice waiver offers support for individuals (aged 0-18) with developmental disabilities who live at home or in foster families. Art therapy is a covered service under specialized therapies.

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Michigan

The Michigan Children's Wavier, which supports children under age 18 with developmental disabilities offers art therapy as an included service under specialty services. Art therapy is also a covered service under the Waiver for Children with Serious Emotional Disturbance. For both waivers, art therapy is coded as activity therapy as 45-minute sessions.

Minnesota

Art therapy is a covered service under the Community Access for Disabilities Inclusion Waiver under the Independent Living Skills Training option. The CADI wavier specifies that art therapy is a covered service due to the nature of established goals and outcomes specified to an individual plan of care and not merely diversional in nature.

Texas

The Youth Empowerment Services waiver has recognized art therapy as a valuable therapeutic practice under their professional services offered.

OUTCOME-BASED RESOURCES***Autism Spectrum Disorder / Asperger's***

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ADDITIONAL RESOURCES

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