

February 1, 2020

To Whom It May Concern:

I am writing this letter in support of art therapy licensure for Nebraska, and hopefully, more states in the future! I see Nebraska residents in my private practice and do my art therapy supervision in South Sioux City, Nebraska with Jennifer Jackson.

Art therapy has been a wonderful tool to help my clients process psychological concerns more effectively. Art therapy has been critical for me to build rapport as well as providing top tier mental health services to both neurotypical and neurodiverse populations. I use art therapy to treat trauma, autism, depression, anxiety, addiction, adjustment concerns, and many other diagnostic areas. I have had other practitioners send me referrals who were considered more difficult cases and utilizing art therapy was the breakthrough catalyst for positive change.

Art therapy can also be non-verbal so I often use it with clients who are resistant to speaking, cannot speak, or are not cognitively able to process deeper conversations that are the focus in a traditional therapy session. Art therapy uses the whole brain with body movement and visual artmaking as opposed to only using language. Art Therapy is completely different than psychotherapy and it requires different training, which I am privileged to have received!

To ensure client safety, I believe that art therapy licensure should be required in every state. This will ensure quality of care and best practices. Art therapy has helped my practice grow and, most importantly, impacted my client's mental health for the better.

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