



**Creative Counseling and Studio**

Art Therapy for All

Yasmin Tucker, ATR, LIMHP, LPC, PLADC  
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11605 W Dodge Rd, Ste 4  
Omaha, NE, 68154

February 4, 2020

State of Nebraska 407 Technical Review Committee  
407 Public Hearing for Art Therapy  
Nebraska State Office Building

Dear Technical Review Committee,

This letter is in support of the regulation of art therapy practice and certification in the state of Nebraska. I have practiced as an art therapist, mental health and substance abuse counselor in Nebraska since August of 2015. I am originally from Kansas where I earned my Bachelor of Science in Art from Emporia State University December of 2011. I earned my Master of Science in Art Therapy Counseling from Mount Mary University in Milwaukee Wisconsin May of 2015.

During my graduate education I engaged in clinical internships with homeless adults, oncology patients, low income urban youth, teens on an inpatient psychiatric unit and children with complex family dynamics. As a professional, I have worked with adults struggling with severe and persistent mental illness, addiction and family problems. In addition to this, I have experience with children with behavioral issues, couples' conflict and adults with emotional distress. I specialize in trauma, trauma processing and art making as a tool to understand one's history and improving mental wellness.

I currently work with children and adults in my practice whom have articulated the lack of competency of verbally based therapist to provide them a space to process their trauma. My client's report: increased self-esteem, decreased distress from trauma reminders/triggers and overall improved mental health after participating in art therapy.

As the only art therapist of color in the state of Nebraska, I am in a unique position to advocate for art therapy regulation as to protect my clients, and other clients of marginalized backgrounds from professionals using the modality without proper training and clinical ability to assess and treat using art materials. Clients are at risk of re-traumatization, decompensation of mental



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functioning, developing mistrust of mental health system(s) and being left to cope with residual effects of unaccompanied art processing or misinterpretation of clinical imagery.

According to the Harvard Health Publishing from within the Harvard Medical School, “the beneficial effects of creating art aren’t dependent on a person’s skill or talent...and that art can help people with depression, anxiety and even cancer recovery.” (K. Gallagher, 2020). Unlike with clients who need little to no art training to benefit from art therapy, the professional on the other side of the studio table must be held to an ethical standard of practice. The American Art Therapy Association has published hundreds of evidenced based research articles in support of the power medicine of art making in a therapeutic setting. Professionally licensed art therapists must be regulated and licensed to practice in Nebraska, as to protect the most vulnerable of our state’s residents.

I am in favor of the regulation of art therapy certification as an extension of the licensed independent mental health practitioner (LIMHP) and licensed mental health practitioner credentials. 100%.

Please feel free to contact me for further testimony from myself or my clients.

Sincerely,

A handwritten signature in black ink, appearing to read 'Yasmin Tucker'. The signature is fluid and cursive, with a long horizontal stroke at the end.

Yasmin Tucker, ATR, LIMHP, LPC, PLADC- Owner/Art Therapist  
Creative Counseling and Studio, LLC