

Art Therapy Technical Review Committee
Tuesday, February 4, 2020

Testimony submitted by:
Doug Zbylut, Executive Director
Nebraskans for the Arts

Dear Chairman Low and members of the Technical Review Committee,

On behalf of Nebraskans for the Arts, I would like to express our organization's support for the credentialing of Art Therapy in Nebraska.

There is a growing need for Art Therapists across the state of Nebraska. Art Therapists use distinctive art-based assessments to evaluate emotional, cognitive and developmental conditions. It is this understanding of the potential for artmaking to reveal emotions, together with the knowledge and skill to safely manage the reactions it may evoke, that distinguishes art therapy from other professions.

Art therapy is effective as an alternate means of communications for persons who are unable to verbally express emotions, fears, pain, as a result of trauma, brain injury, developmental disabilities, etc. Art therapy is used to complement, inform, and validate the diagnosis and treatments of other medical and mental health professions rather than overlap or conflict with other professions' approaches and treatment.

I want to emphasize that our intent is not to limit, restrict or exclude other professionals from using art or art materials as part of their professional practice that falls within their scope of practice. There are professionals and organizations that use art with Nebraska patients and their families in their health and mental health settings. Our efforts are on assisting Nebraska patients and their families, caregivers, and support organizations in identifying credentialed Art Therapists that can aid in the clinical psychotherapeutic practice of utilizing art in a mental health capacity. We look forward to collaborating with all parties over the next year to bring safe treatment services to the consumers of Nebraska.

Thank you for your time and consideration on this important matter.

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Doug Zbylut, Executive Director
P.O. Box 8517
Omaha, NE 68108
402.595.2125
www.nebraskansforthearts.org