

**JOHN G. GELINAS, JR., MD, PC**

**DIPLOMATE, AMERICAN BOARD OF PSYCHIATRY AND NEUROLOGY, INC.  
BOARD-CERTIFIED CHILD, ADOLESCENT AND ADULT PSYCHIATRIST  
PRESIDENT AND MEDICAL DIRECTOR**

**FAMILY STUDY CENTER, INC.**

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Mary Hamilton MSAT, ATR-BC, LPC  
President, Connecticut Art Therapy Association  
19 Raymond Heights  
Darien, CT 06820

Dear Ms. Hamilton,

I am writing to express my strong support for licensure of professional art therapists by the Healthcare Quality and Safety Branch of the Connecticut Department of Public Health. As Medical Director of Family Study Center (FSC) in Danbury, I experience daily the many benefits that art therapy provides our patient population who suffer from anxiety and panic disorders including PTSD, ADHD/ADD, depression, divorce and separation issues, eating disorders, adolescent and child behavioral and social disorders and substance abuse.

FSC offers clinical art therapy as an established mental health profession that combines traditional psychotherapeutic theories and techniques with an understanding of the creative process. Art therapy is provided by therapists who are nationally registered, (ATR), and Board Certified (BC) to practice art therapy and psychotherapy. The art therapist considers each patient's individual needs to diagnose accurately and formulate appropriate treatment plans. This includes taking into consideration the patient's biological, psychological, neurological, developmental and social history.

Art therapy at FSC plays a primary role in treating children and families affected by the 12/14/12 shooting at Sandy Hook School. The art therapist serves this population with the best practices of trauma-informed care, using sensory approaches to self-regulate, neurosequential approaches to stabilize body reactions, art interventions to promote safety and positive attachment and builds strength through art therapy to normalize and enhance resilience. Art therapy helps to mitigate anxiety and depression and provides a non-verbal outlet to express emotions and process the traumatic experience.

I strongly endorse the effort of the Connecticut Art Therapy Association to gain professional recognition and licensure of art therapists to assure that our patients will continue to have access to art therapy services by highly trained and qualified art therapy professionals.

Sincerely,



John G. Gelinias, MD  
Medical Director, Family Study Center