



State of Connecticut

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March 7, 2016

*Testimony by Representative Mitch Bolinsky
Before the Public Health Committee
In Support of Raised Senate Bill 354*

My thanks to the Honorable Co-Chairs, Senator Gerrata and Representative Ritter; Ranking Members Senator Markley and Representative Srinivasan; as well as the entire Public Health Committee for your consideration today of Raised SB 354, AN ACT CONCERNING MUSIC AND ART THERAPY.

Licensed Creative Arts Therapists (LCATs) represent an as-yet recognized practice in the state of Connecticut, whereas this holistic approach to mental health is a distinct and recognized profession in many other states in which clients, facilitated by an Art Therapist, use art media, 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.

Because of the uniqueness of the study and practice of art therapy, The American Art Therapy Association demands that practitioners be trained within an approved and accredited art therapy master's program. Training for the profession is conducted by educational institutions accredited by the Council of Higher Education Accreditation with Art Therapy master's programs approved by the Educational Program Approval Board of the American Art Therapy Association.

Art therapy practice requires knowledge of visual art (drawing, painting, sculpture and other forms), the creative process, human development, psychological & counseling theories and techniques. Educational requirements include the above, plus the ethics and standards of practice; assessment and evaluation; individual, group, and family art therapy techniques; human & creative development; multicultural issues; research methods; and internship experiences in clinical, community and other settings.

My constituent Alison Trainor Cello, MSAT, LCAT, ATR-BC is one of many art therapists forced to practice this creative form of healing outside of the State of Connecticut. She and others ask your support in having the opportunity to work with and assist their neighbors, and share with our state the expertise of using these unique and creative therapies to contribute to Connecticut's well-being. Currently, Alison practices in New York State, where LCAT is a recognized, licensed form of therapy, practiced to enduring high standards.

Won't you, esteemed Public Health Committee, help make this possible in Connecticut?

Respectful Thanks,

Representative Mitch Bolinsky