

HF2743

Health Finance and Policy Committee

Position: Favorable

February 22, 2024

Testimonial from Emily S. Taylor, LPCC, ATR-BC

Board Certified Art Therapist

Licensed Professional Clinical Counselor

Art(s) Therapy Hub, Founder

Art Therapy Alchemy, Owner

Dera Chairwoman Liebling and Members of the Committee,

In my clinical practice I work with clients who suffer from trauma, dissociation, PTSD, anxiety and depression. While I am trained in both clinical counseling and art therapy, I have found that clinical art therapy has had the most effectiveness for long-term, sustained mental health and positive outcomes for patients.

I fully support clinical art therapy licensure to protect the general public from non-art therapists practicing without training, and expand services to Minnesotans who need mental health care now more than ever. I urge the State to support the professional and ethical practice of art therapy through licensure during a time when mental health in Minnesota is at the forefront of the conversation.

As a small business owner in Minnesota, art therapy is my livelihood and my passion. I have seen it help veterans, children, the elderly, immigrants, and folks from all walks of life support healing and facilitate them making a better life in our community.

When I worked as a resident at M Heath Fairview on the Adolescent Day Treatment Unit, I observed art therapy reach young patients in a way that talk therapy was unable to. We saw clinical art therapy facilitate conversations with their families and care teams open up a whole new level of understanding, leading to a higher level of care.

In my work with select veterans, clinical art therapy has alleviated symptoms of PTSD from their time in service, and has brought greater wellness, and integration in their return to family and back to community.

Please don't hesitate to contact me if you require any additional information.

Respectfully,



Emily Taylor, MA, ATR, LPCC, Clinical Counselor, Board-Certified Art Therapist and Practice Owner
(LPCC Lic MN# CC02947 & ATR-BC#: 21-243)