

Testimony for HB 2432  
House Committee on Health Care February 13, 2017  
Beth Ann Short MA, ATR-BC

My name is Beth Ann Short, and I am a registered and board certified art therapist. I have been practicing art therapy since 1999 with a broad range of clients, from foster children and juvenile justice teens in my eight and a half years in non-profit community mental health agencies to my private practice in my open studio setting. In my private practice I am lucky to serve ages eight and older as well as provide up to five groups a week with adults experiencing various physical and intellectual disabilities.

Open studio art therapy is one of the many facets of our broad field. I have been practicing in my space since 2006. In this time I have encountered a wide variety of individuals and while some of the services we provide are fine art instruction, the majority of the services in my studio are in fact clinical where I utilize my masters level education daily.

My first handout (1) displays the spectrum of services I provide. I call upon my clinical training daily, whether it is to support a client with art making depending on their strength and struggles. My training provides me the specialized skills of being able to understand the properties of the media and the range of response the media may illicit in the work we are doing. Additionally, I utilize the psychotherapeutic principals and techniques art therapists are trained with in methods, theory and philosophy. Through this process I am able to assist my clients in understanding their own unique creative process, which in turn will provide opportunities for problem solving and potential growth in areas that may have been difficult in the past.

Handouts (2) and (3) provide you with an authorized view of a young woman's first and then last session from a period of 6 months of individual art therapy in my private office in my space. Throughout our work together this young woman was able explore struggles she was experiencing in transitioning from college into the work force. She was also able to resolve past conflict and loss she had attempted to ignore and find hope and optimism in her future. I believe the handouts speak volumes to the impact of clinical art therapy's benefits.

Finally, I will touch on my groups of adults that I see. While each of these individuals live in group homes around Portland metro, they are fortunate to have agencies that provide day treatment creating valuable opportunities for community experiences as well as social outlets. In our safe space our goals in these groups focus on having a positive outing in the community, opportunities for additional social interactions as well as confidence building. The agencies that I work with have chosen my services because I am a board certified art therapist. They have art opportunities at their sites, but come specifically for our services.

Handout (4), as well as the others you have seen, are tools I use in my “what is art therapy?” lecture that I provide to the public quarterly. Here you can see the impact our clinicians have in the community and the diversity of the settings we work in. Art therapy is conducted by an art therapist, trained at the Master’s level or higher. Art therapists obtain informed consent, evaluate the strengths and struggles of each client and create concrete plans with tools to utilize in the therapy journey. We also utilize specific training to maintain a safe place in our therapy sessions utilizing art materials that have a wide variety of properties and outcomes in their use.

To conclude, art therapy is a clinical field that is due a specific and unique license to protect the public and continue to provide safe opportunities for individual growth. A state license would clarify the difference our trained professionals offer making it easier for individual’s who might benefit from this multimodal type of treatment.

Thank you for your time.



C  
L  
I  
N  
I  
C  
A  
L

Art Therapy Groups

1:1 and Family Therapy

Insight Oriented Workshop

Art Therapy Internship

**Open Studio**

Strength Based

Process Driven

1:1 and Group Workshops

Outside Art Exhibits



A  
R  
T  
E  
D





eye  
wavy lines

desire for safe places/spaces to grow  
for growth

desire for wisdom

strengths

learning

desire for health

hurts

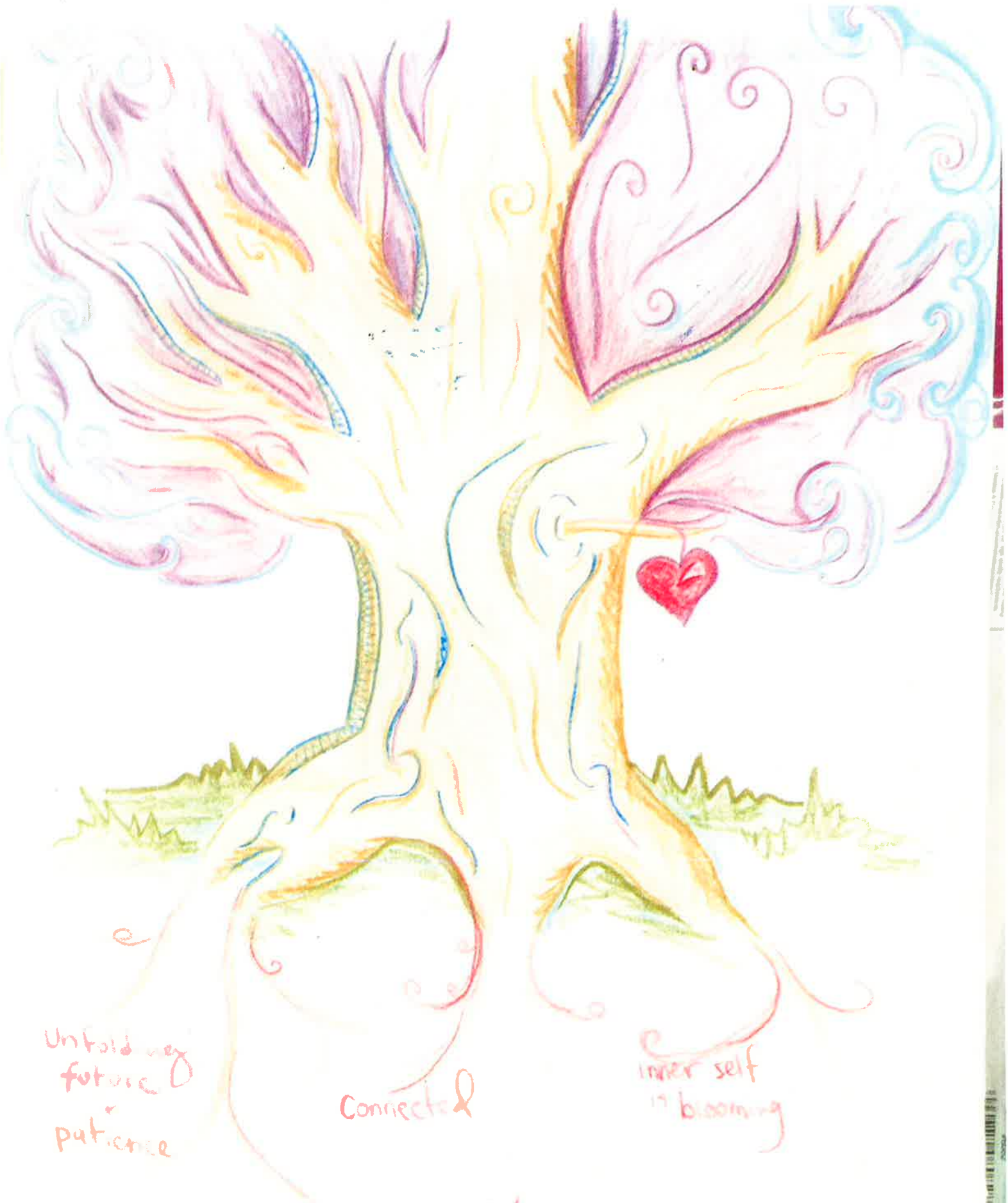
fears

healing

LOTS of LOVE  
for my loved ones

BA Short  
Handout (2)





Unfold my  
future  
+  
patience

Connected

inner self  
is blooming

B.A. Shark  
Handout (3)

seeing things  
with impermanence

mindfulness  
growing





# Who uses Art Therapy?

