Pathway to Professional Art Therapy: 101

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Jennifer Murphy LPCC-S
Agenda

- 8:30am Open Check-In
- 9:00am - 10:45am Objective 1 & 2
- 10:45am - 11:00am Break
- 11:00am - 12:00pm Objective 3 & 4
- 12:00pm - 12:30pm Lunch
- 12:30pm - 1:30pm Art experience
- 1:30pm - 2:30pm Group Discussion
- 2:30pm - 2:45pm Break
- 2:45pm - 3:45pm Objective 5 & 6
- 3:45pm - 4:00pm Closing discussion & Evaluations

Objectives:

1. Participants will be able to identify the steps to attaining and maintaining licensure in Kentucky and National credentialing.

2. Participants will be able to articulate the difference between licensure and national credentialing.

3. Participants will be able to apply understanding of how taxonomy codes affect practice.

4. Participants will be able to identify supervisor and supervisee requirements for state licensure and national credentialing.

5. Participants will discuss the advantages, drawbacks, and adaptations of practicing art therapy in a digital world.

6. Participants will be able to compare/contrast difference venues of art therapy employment.
Art Check-in
Acronyms and Terms

Related to ATCB (National)

Board Examination: the exam related to becoming a Board Approved Supervisor
Panel: list of contracted (payable) therapists for insurance companies, related to credentialing

Related to LPAT (Kentucky)

BAA: Business Associate Agreement
HIPPA: Health Insurance Portability and Accountability Act
BATA: Buckeye Art Therapy Association
CAQH: Council for Affordable Quality Healthcare (Pro View)
CE: Continuing Education
KYATA: Kentucky Art Therapy Association
MCO: Managed Care Organization
NBCC: National Board for Certified Counselors
NPI: National Provider Identifier
PESI: Professional Education Systems Institute
CACREP: Council for Accreditation of Counseling and Related Educational Programs
EOB: Explanation of Benefits
NCCA: National Commission of Certifying Agencies
CAAHEP: Commission of Accreditation of Allied Health Education
AATA Definition of Art Therapy

Art Therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship.

Art Therapy, facilitated by a professional art therapist, effectively supports personal and relational treatment goals as well as community concerns. Art Therapy is used to improve cognitive and sensory-motor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress, and advance societal and ecological change.

Art therapists are master-level clinicians who work with people of all ages across a broad spectrum of practice. Guided by ethical standards and scope of practice, their education and supervised training prepares them for culturally proficient work with diverse populations in a variety of settings. Honoring individuals’ values and beliefs, art therapists work with people who are challenged with medical and mental health problems, as well as individuals seeking emotional, creative, and spiritual growth.

Through integrative methods, art therapy engages the mind, body, and spirit in ways that are distinct from verbal articulation alone. Kinesthetic, sensory, perceptual, and symbolic opportunities invite alternative modes of receptive and expressive communication, which can circumvent the limitations of language. Visual and symbolic expression gives voice to experience, and empowers individual, communal, and societal transformation.
ACTIVE ART THERAPY LEGISLATION
Licensure in Kentucky

- Runs concurrently to national licensure
- LPATA removes need for ATR-P in Kentucky
- LPATA application precedes the beginning of ATR national credential

Licensures available in Kentucky:
- LPATA
- LPAT
- LPAT-S
National Credentialing

- Runs concurrently to our state licensure
- Requires 1,000 hours of experience for ATR (prerequisite)
- 50 of the 100 required supervision hours required to be from ATR-BC or ACTS
- Direct hours and supervision required differs with non AATA or CAAHEP accredited degree programs
- Passing the ATCBE isn’t designated by a particular score, but determined with analysis of that particular test, you must wait to know if your score was passing.
To be or not to be a Supervisor

Per ATR Website: *Please note as of 2021 the ATCS standards were updated. There is a one-year grandfathering period should an applicant choose to follow the previous standards. Applicants opting to be grandfathered must have their applications submitted by December 31, 2021.
Full roadmap to licensure/credentialing
Let’s Get Creative

Everyone needs an art break!
No Surprises Act
No Surprises Act

Federal Law passed in late 2020; effective January 1, 2022

Goal: Protect consumers from “out of network” bills

Good Faith Estimate

https://www.cms.gov/nosurprises
## The Cost of Doing Business

General costs associated with licensing and practice.

<table>
<thead>
<tr>
<th>Item</th>
<th>Frequency</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>KYATA Membership</td>
<td>Yearly</td>
<td>$15.00 (student) $30.00 (professional)</td>
</tr>
<tr>
<td>AATA Membership</td>
<td>Yearly</td>
<td>$59.00-$175.00 based on type</td>
</tr>
<tr>
<td>LPATA Application</td>
<td>Yearly</td>
<td>$100.00</td>
</tr>
<tr>
<td>LPAT Application</td>
<td>Bi-yearly</td>
<td>$200.00</td>
</tr>
<tr>
<td>ATR</td>
<td>Application</td>
<td>$125.00</td>
</tr>
<tr>
<td>ATR-BC</td>
<td>Yearly Renewal, 5 yr recertification</td>
<td>$100.00</td>
</tr>
<tr>
<td>LPAT/ATR-BC Test</td>
<td>Per Test</td>
<td>(paper$) $275.00 (online)</td>
</tr>
<tr>
<td>Training</td>
<td>9-20 hours yearly</td>
<td>Varies</td>
</tr>
<tr>
<td>Supervision</td>
<td>Per incident</td>
<td>$50-$100+</td>
</tr>
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</table>
License/Credential Maintenance

LPATA Application
- Fulfill the requirements for education for ATR, internship verifications, pay $100 fees, job description on employer letterhead, complete application, secure your supervisor and submit supervisory agreement with supervisor signature.
- Limit 5 year term as LPATA
- Must renew every 2 years:
  - $100 fee, 18 CE hours in relevant areas

ATR Application
- Submit verification of educational experience, payment, practicum experience, 1,000 hours post master’s experience, 3 positive references (1 from an ATCS credential holder).
- Must renew every year by June 30
- Pay $100 fee and complete ethics attestation

LPAT Renewal
- Required every 2 years
- 40 hours of CE
- $200 renewal fee

ATR-BC Renewal
- Expires June 30 every year
- Renewal opens in April
- $100 fee and complete ethics attestation

ATR-BC Recertification
- Required every 5 years along with the annual renewal
- Either accrue 100 CE hours or re-take and pass ATCBE
- $100 fee
CE 101

LPAT/A requires Ethics every 2 years. 6 hours

All ATR and ATR-BC will be required to have supervision CE (s) starting 2023.

(a) The American Art Therapy Association, Inc. or any of its state affiliates;
(b) The Art Therapy Credentials Board, Inc.;
(c) The American Association of Marriage and Family Therapy and its state affiliates; (d) The National Association of Social Workers and its state affiliates;
(e) The American Psychological Association and its state affiliates;
(f) The American Counseling Association and its state affiliates;
(g) The National Board of Certified Counselors and its state affiliates;
(h) The Association for Addiction Professionals (NAADAC) and its state affiliates; (i) The Department for Behavioral Health, Developmental and Intellectual Disabilities; (j) The Employee Assistance Professionals Association
Liability Insurance

- Do I need it?
  - https://www.cphins.com/what-is-professional-liability-insurance-for-mental-health-providers/
- How much will it cost me?
  - https://www.insureon.com/therapy-counseling-business-insurance/cost
- Consider Workman’s Comp insurance as well with independent practice (such as LLC or contracting)
NPI

What is it?
Why do I need it?
Do I have one?
If not, how do I get one?
Do I have to do anything after making one?
What if I lose/forget it?

Taxonomy Code

- May pick more than one, but must identify a primary code
- Art Therapy Code: 221700000X
  - Options of Health Care Provider Taxonomy Code Set

The APA was not included in creating the definitions for these codes

https://www.apaservices.org/practice/update/2006/11-16/choosing-taxonomy
**Art Therapy** 221700000X

(1) An individual who uses art to achieve the therapeutic goals of symptom relief, emotional integration, and recovery from or adjustment to illness or disability. (2) An art therapist uses a form of treatment that enables patients with mental or physical disabilities to use art as a way of expressing and dealing with feelings and inner conflicts. (3) An individual who uses arts modalities and creative processes during intentional intervention in therapeutic, rehabilitative, community, or educational settings to foster health, communication, and expression; promote the integration of physical, emotional, cognitive, and social functioning; enhance self-awareness; and facilitate change.

**Counselor** 101Y00000X

A provider who is trained and educated in the performance of behavior health services through interpersonal communications and analysis. Training and education at the specialty level usually requires a master’s degree and clinical experience and supervision for licensure or certification.

Sub Categories:

- [Addiction (Substance Use Disorder) - 101YA0400X](#)
- [Mental Health - 101YM0800X](#)
- [Professional - 101YP2500X](#)
Medicaid Provider Number

- What is it?
- Why do I need it?
- Do I have one?
- If not, how do I get one?
  - Complete one of the applications with the MCO’s
    - It can take up to 90 days to process
- Do I have to do anything after making one?
- What if I lose/forget the number?

Medicaid Partner Portal
LUNCH

Followed by our art experiential!
CAQH Profile

- What is it?
- Why do I need it?
- Do I have one?
- If not, how do I get one?
- Do I have to do anything after making one?
Commercial Insurance Panels

Each provider has a portal you will access and complete the application process under “Provider Enrollment”

Below is listed some of the common panels therapists choose to apply to:
- Cigna
- TriCare
- Aetna Commercial
- Anthem Blue Cross Blue Shield of Kentucky
- Humana Commercial
- United Healthcare

You will contract your cost with them and can apply for increases over time.

Use an address other than your own unless you want clients to have it on their EOB

Have to reconstruct each time you change job venue.

*Apply individually or with your practice/group.
Am I job ready?

- LPATA Application/Secure Supervisor
- Job Application
- NPI/Medicaid ID
- Liability Insurance
- Workman’s Comp Insurance
- Self-care plan
Practicing in a Digital World

- Ethics
- HIPPA Compliance (BAA)
- Board Requirements
- ATR & LPAT

For telehealth you must be licensed in the state in which the client is physically during the session.

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<thead>
<tr>
<th></th>
<th>Benefits</th>
<th>Potential Challenges</th>
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<tbody>
<tr>
<td>Private Practice</td>
<td>• Flexible hours</td>
<td>• More work maintaining practice</td>
</tr>
<tr>
<td></td>
<td>• Work at your own pace</td>
<td>• Expensive on the front end</td>
</tr>
<tr>
<td></td>
<td>• You set your caseload</td>
<td>• Cost to maintain practice</td>
</tr>
<tr>
<td></td>
<td>• Have it your way!</td>
<td>• Responsible for your own insurance billing</td>
</tr>
<tr>
<td></td>
<td>• Telehealth options</td>
<td>• Cost of advertising/ networking/marketing</td>
</tr>
<tr>
<td>Contracting</td>
<td>• Largely flexible hours</td>
<td>• Maintaining LLC</td>
</tr>
<tr>
<td></td>
<td>• You can set limits on your workload</td>
<td>• Up to 6-8 weeks to process payment</td>
</tr>
<tr>
<td></td>
<td>• Assisted with insurance panels</td>
<td>• Out of pocket for insurance, retirement, and time off</td>
</tr>
<tr>
<td></td>
<td>• Assisted with filing billing procedures</td>
<td>• Out of pocket supervision</td>
</tr>
<tr>
<td></td>
<td>• Assisted with marketing/ advertising</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Space provided</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Telehealth options</td>
<td></td>
</tr>
<tr>
<td>Salary Employment</td>
<td>• Benefits (health insurance, retirement, job security, paid time off)</td>
<td>• Schedule not as flexible</td>
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<tr>
<td></td>
<td>• Billing is managed for you</td>
<td>• No promise promotions or raises</td>
</tr>
<tr>
<td></td>
<td>• Liability insurance sometimes included</td>
<td>• Usually large caseload</td>
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<tr>
<td></td>
<td>• Regular/predictable paychecks</td>
<td>• High focus on productivity</td>
</tr>
<tr>
<td></td>
<td>• High frequency of face-to-face with clients</td>
<td>• Community mental health clientele</td>
</tr>
<tr>
<td></td>
<td>• Sometimes supervision is included</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Some telehealth options</td>
<td></td>
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Supplemental Materials

Additional Sources:

https://www.atcb.org/
https://arttherapy.org/

Suggested Reading:

Final Important Things...

- June 9th, 2022: Advocacy Training Session through AATA; watch for emails!
- Tyler Kirby, AATA’s Policy & Public Affairs Manager...get involved! Contact Tyler at mail to: Tkirby@arttherapy.org 703-548-5862
- All member meetings held virtually 7:00-8:00p ET
  - July 21st, October 20th and December 7th
- National Conference in person and virtual, Minneapolis, MN, November 9-13th