



Ohio Administrative Code

Rule 4757-18-04 Scope of Practice for an art therapist.

Effective: July 1, 2024

(A) Art therapy means the integrated use of psychotherapeutic principles and methods with art media and the creative process to assist individuals, families, or groups in doing any of the following:

- (1) Improving cognitive and sensory motor function.
- (2) Increasing self-awareness and self-esteem.
- (3) Coping with symptoms related to stress, anxiety, grief, guilt, anger, and traumatic experiences.
- (4) Enhancing cognitive abilities.
- (5) Resolving conflicts and distress.
- (6) Enhancing social functioning.
- (7) Reducing psychiatric symptoms of mental health disorders such as, but not limited to depression, anxiety, posttraumatic stress, and attachment disorders.
- (8) Explore feelings, gain insight into behaviors, and reconcile emotional conflicts.
- (9) Improve school performance, family functioning and parent/child relationship.

(B) Art therapy includes:

- (1) Therapeutic intervention to facilitate alternative modes of receptive and expressive communication, evaluation, and assessment to define and implement art-based treatment plans to address cognitive, behavioral, developmental, and emotional needs within a therapeutic relationship.



- (2) Clinical appraisal and treatment activities during individual, couples, family or group sessions, which provide opportunities for expression through the creative process.
 - (3) Using the process and products of art creation to explore client inner fears, conflicts, and core issues with the goal of improving physical, mental and emotional functioning and well-being;
 - (4) Using art therapy assessments to determine treatment goals and implement therapeutic art interventions which meet developmental, mental, and emotional needs.
- (C) Practice of art therapy means the rendering or offering to render art therapy in the prevention or treatment of cognitive, developmental, emotional, or behavioral disabilities or conditions.
- (D) Provide training supervision for students and persons completing supervised experience to qualify for a license as a licensed professional art therapist when services are within their scope of practice.
- (E) Persons completing supervised experience to qualify for a license as an art therapist may work in the scope of practice of an art therapist, provided that experience is completed under the supervision of a licensed art therapist and the person under supervision does not hold herself or himself out as a person licensed or registered under this chapter.
- (F) Beginning one year after October 3, 2023, no person shall knowingly engage in the practice of art therapy or use the title "art therapist" or a similar title unless the person holds a valid license issued under this chapter that is in good standing.
- (G) This rule does not apply to members of other professions licensed, certified, or registered by this state while performing services within the recognized scope, standards, and ethics of their respective professions