

### NEWS RELEASE

## ATR-BC Receives Accreditation

WASHINGTON, D.C.—The National Commission for Certifying Agencies (NCCA) has accredited the Art Therapy Credentials Board's (ATCB's) Board Certified Art Therapist (ATR-BC) credential for a five-year period, expiring January 31, 2017, during its recent meeting.

Founded in 1993, the ATCB is a professional certification organization acting in the public interest by establishing and enforcing education, examination, experience and ethics requirements for certification. Currently, over 2,500 art therapists are certified to use the ATR-BC designation.

ATCB received NCCA accreditation of its ATR-BC credential by submitting an application demonstrating the program's compliance with the NCCA's *Standards for the Accreditation of Certification Programs*. NCCA is the accrediting body of the Institute for Credentialing Excellence (ICE, formerly the National Organization for Competency Assurance). Since 1977, the NCCA has been accrediting certifying programs based on the highest quality standards in professional certification to ensure the programs adhere to modern standards of practice in the certification industry. To view the standards visit [www.credentialingexcellence.org/ncca](http://www.credentialingexcellence.org/ncca).

There are 254 NCCA accredited programs that certify individuals in a wide range of professions and occupations including nurses, financial professionals, respiratory therapists, counselors, emergency technicians, and more. Of ICE's more than 330 organizational members, 119 of them have accredited programs.

ICE's mission is to advance credentialing through education, standards, research, and advocacy to ensure competence across professions and occupations. NCCA was founded as a commission whose mission is to help ensure the health, welfare, and safety of the public through the accreditation of a variety of certification programs that assess professional competence. NCCA uses a peer review process to: establish accreditation standards; evaluate compliance with these standards; recognize programs which demonstrate compliance; and serve as a resource on quality certification.

ICE and NCCA are located at 2025 M Street, N.W., Suite 800, Washington, DC 20036-3309; telephone 202/367-1165; fax 202/367-2165; website [www.credentialingexcellence.org](http://www.credentialingexcellence.org).



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## ATCB Review

Contact the Art Therapy Credentials Board by mail: 3 Terrace Way, Greensboro, NC 27403; by phone at 877-213-2822; by fax at 336-482-2852; by e-mail at [atcb@nbcc.org](mailto:atcb@nbcc.org); or internet [www.atcb.org](http://www.atcb.org).

ATCB Review is published three times annually. Submission deadline for publication is January 15 for the Spring issue, April 15 for the Summer issue, and September 15 for the Fall issue. Information should be sent to [atcb@nbcc.org](mailto:atcb@nbcc.org).

## ATCB MISSION

The mission of the Art Therapy Credentials Board is to protect the public by promoting the competent and ethical practice of art therapy through the credentialing of art therapy professionals.

## A Message from the ATCB President



Penelope Orr  
ATCB President

Welcome to the Summer Edition of the *ATCB Review*. In addition to being available on-line, this edition has been printed in hard copy so that it can be disseminated at the AATA conference in Savannah. Feel free to stop by our table in Savannah to pick up an extra copy and share it with your employers and friends.

The ATCB held its Spring Board Meeting March 23-24<sup>th</sup> at our main office in Greensboro, NC. We were able to accomplish a great deal of work at this meeting and will continue to work hard to meet our mission.

There are many exciting new things going on in the field of art therapy and with the ATCB. In this *Review*, several Board Members have written articles in which they share their expertise and focus on current trends effecting the art therapy profession, and also provide updates regarding ongoing projects and deadlines. In this issue, there is a wonderfully inspiring profile written by Kostas Matheos, clarification on requirements for supervision, a discussion of the distinctions between a membership association and a credentialing board, and ATCB's suspension of the BC renewal fee.

This issue will also include an update on all our new credential holders and a listing of important dates.

I look forward to seeing you at the AATA conference in July. Please visit the ATCB booth in the Exhibit Hall for your credential holder or future credential holder ribbon and ATCB gift.

Best wishes,  
Penelope Orr, PhD, ATR-BC, ATCS

"Tulips" by  
Kostas Matheos,  
oil painting  
A profile of Kostas is  
featured beginning on  
page 6



## FAQ: Eligibility for ATR Supervision

Libby Schmanke, ATR-BC, ATCB Secretary



**Who is eligible to supervise my post-education experience hours for the ATR?**



A minimum of half\* of your post-education supervision must be provided by a current ATR, ATR-BC, or ATCS. It is a good idea to ver-

ify that your prospective supervisor's registration (ATR) is current by checking with the ATCB National Office. Unfortunately, there have been occasions when a supervisor's credential had lapsed due to simple inattention, and the applicant was left to repeat the required hours.

It is great if you can get *all* your supervision hours from an ATR. If not, the remainder of your required supervision hours may be provided by "a *master's level licensed or credentialed* practitioner with a *master's degree or higher* in art therapy or a related mental health field." This language from the ATR application sounds redundant at first, but the reason is explained further in the paragraph: "In order for a supervisor's license or credential to be accepted, a master's or higher degree in a mental health field must be required to obtain that license or credential" (ATR application p. 4).

To explain: in some professions, *the same license* is available to a bachelor's OR master's level degree holder. Even if your supervisor holds the master's degree in that field, if the license he or she holds can be obtained by someone with a bachelor's degree, the supervisor would not qualify for your ATR needs. In making this distinction, the ATCB is ensuring the rigor of its credentialing process. Our standards could be called into question if we allowed someone seeking our master's level credential to receive their qualifying su-

pervision by someone with a bachelor's level credential.

Related mental health fields that are acceptable for a supervisor at the master's or above level include counseling, marriage and family therapy, social work, psychology, addictions counseling, psychiatric nursing, and psychiatry. (Note that in some states, bachelor's level social workers or addiction counselors may be licensable; but in nearly every such state, the master's level professionals have a distinct license. In a state where a license is granted indiscriminately to any level of education, the supervisor must have a master's level license in another field.)

Professions not named in the above list will be considered on a case-by-case basis. The ATR applicant would need to provide documentation of the requirements for the particular supervisor's license or credential, to show that a master's degree in a mental health field is required. The supervisor should be able to show the applicant where this information can readily be found (e.g., licensure application on the professional or state regulatory board website).

More information about qualifying for the ATR can be found in the current ATR application –go to <http://atcb.org/applications/> and click on the ATR link. As always, if you need further assistance, the National Office is only a phone call or email away!

\*This portion would come to a minimum of 50 hours if you graduate from an AATA-approved master's degree program; 75 hours if you graduate from an art therapy program that is not AATA-approved; and 100 hours if your master's degree is in another field and you obtain post-graduate coursework in art therapy. These pathways to the ATR are described in more detail in the ATR application. ✍

## “I Still Don’t Get It”: The Difference Between ATCB and AATA

Mary Ellen McAlevey, ATR-BC, ATCS, Director

Many art therapists ask about the difference between the Art Therapy Credentials Board (ATCB) and the American Art Therapy Association (AATA). The ATCB was incorporated in 2001 as a distinct organization from the American Art Therapy Association. AATA is a membership organization; ATCB is a credentialing body. To quote Janet Eskridge, ATR-BC, then President of ATCB, and Marcia Rosal, ATR-BC, HLM, then President of AATA: “Much confusion has been expressed regarding AATA dues and ATCB maintenance fees. *Dues for membership* are paid annually to AATA. The *annual maintenance fee* for registration [and board certification] as an art therapist is billed separately by ATCB” (ATCB, 2000).

To clarify, let’s make a comparison between membership and credentialing: the AAA is a membership organization that automobile drivers voluntarily join. It represents drivers (i.e., educating about graduated driver’s licenses, advocating against toll increases) and offers benefits such as travel services, education, and other incentives. AAA is a national organization with local chapters. Using the same category as driving, citizens who want to drive can test for a license within their state-sponsored motor vehicle agency. That agency assures competence behind the wheel. The same agency serves to protect the public by providing written or computer based testing to the driver for completed education on rules, then a behind-the-wheel test for performance on the road. In short, AAA represents the driver; the driver’s license protects the public.

Similarly, physicians can belong to the American Medical Association, which is a membership organization. Its mission is “to promote the art and science of medicine and the betterment of public health” (AMA, 2012a). The AMA represents physicians by “enacting physician-friendly laws at the state level, demanding fair and transparent private payer practices or providing legal support to physicians,” etc (AMA, 2012b). Various boards of

practice (i.e., cardiology, endocrinology, etc.) exist within the medical field to ensure competence. For example, the American Board of Internal Medicine “enhances the quality of health care by certifying internists and subspecialists who demonstrate the knowledge, skills, and attitudes essential for excellent patient care.” Again, the AMA represents the physician; the board protects the public.

In the field of art therapy, the mission statement of the membership organization, American Art Therapy Association, is as follows: “The American Art Therapy Association, Inc. is an organization of professionals dedicated to the belief that the creative process involved in the making of art is healing and life-enhancing. Its mission is to serve its members and the general public by providing standards of professional competence and developing and promoting knowledge in and about the field of art therapy” (AATA, 2012). One of the purposes of this membership organization is to provide standards of education so that art therapists are prepared for credentialing by registration (ATR) and examination (ATR-BC). Both of these credentials are overseen and administered by the Art Therapy Credentials Board (ATCB), whose mission is “to protect the public by promoting the competent and ethical practice of art therapy through the credentialing of art therapy professionals” (ATCB, 2012).

In short, membership organizations and credentialing boards are separate entities that serve different and equally important purposes. With regards to art therapist competency, please help to broadcast our message to the public by encouraging your colleagues and clients to visit the Art Therapy Credentials Board Web site, [www.atcb.org](http://www.atcb.org), where anyone can find a credentialed art therapist.

American Art Therapy Association. (2012). American Art Therapy Association Mission Statement [Web site]. Retrieved from <http://www.arttherapy.org/aata-ethics.html>

(continued on next page)



## ATR-BC Renewal Fee Rollback!

The Art Therapy Credentials Board is exploring the feasibility of suspending the ATCB Recertification fee for ATR-BCs. This \$20 fee has historically appeared on the annual maintenance fee statement of ATR-BCs after their fifth year of certification. While the ramifications of eliminating this \$20 annual fee are being explored, you may notice that your current annual fee statement (sent in May 2012) does not list a \$20 recertification fee for the current year. This omission does not mean that your Board Certification status is suspended. If you are an ATR-BC, your Board Certification will remain active and in good standing as long as you remit your annual maintenance fee as reported on your ATCB billing statement, complete your recertification application, demonstrating that you meet the recertification requirements, and continue to follow ATCB's *Code of Professional Practice*. Please contact the ATCB National Office if you have any questions or concerns regarding the status of your ATCB credentials. ☞

## Difference ATCB and AATA

*(continued from previous page)*

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ATCB\_Review\_Spring\_2012\_revised4.pdf ☞

## 2012 DEADLINES

**June 1 Recertification**—If you are an ATR-BC who is recertifying this year and if you were selected for audit, your application for recertification, completed CEC tracking form, and copies of your recertification documents must be received by the ATCB National Office by this date.

**June 30 Annual Maintenance Fees**—ATR/ATR-BC/ATCS annual maintenance fees are due by this date. Notices will be mailed by May 15. If you have not received a notice by June 1, please contact the ATCB National Office right away.

**July 10 Election Ballots**—Your vote is important in our selection process for new members of the Board of Directors. Please complete your ballot; it must be postmarked no later than July 10 to be counted.

**July 14 ATCB Examination Day**—National administration of the Art Therapy Credentials Board Examination (ATCBE).

*It only takes a minute to look at your ATCB wallet card to check your expiration date, and if you're an ATR-BC, your recertification date. Please contact the National Office if you realize that your card has expired and you forgot to pay your fee or if your recertification date has passed and you didn't submit your application for recertification. Please help us help you avoid the consequences of a lapsed or expired credential. Please contact the ATCB National Office if you have questions about any of these deadlines.*

## CREDENTIAL HOLDER PROFILE

### KOSTAS MATHEOS, ATR

I was fifteen when I first heard of art therapy. My art teacher asked us what we wanted to do when we grew up. I can remember saying, "I have no clue...all I know is I want to do something with art, and helping people." She said there is a great



Kostas Matheos

profession waiting for you—it's called art therapy! Little did I know as a ninth grader that that conversation would begin to pave the road to my future. I had always been passionate about art since I was a small child.

I went to the University of Mississippi, where I majored in art, and minored in psychology and business. The first semester I was home, my parents and I were out to eat and my father, who is from Greece, asked me what I had learned in college. I replied, "I can make beautiful bowls!" I thought he was going to have a heart attack! Here was this man who left his home as a teenager with no education sending me to college, and I was telling him I can throw bowls on a wheel! So I decided maybe I should study business as well as art and psychology to give my father peace of mind.

Life is never as we plan, or at least as I plan. I graduated in May 1999 and I intended to take a year off after college before I went to graduate school. But then June 8<sup>th</sup>, 1999 happened. I was at a lake with two of my very close friends when tragedy struck. One of my friends was a victim of a senseless act of violence. My friend was murdered that day sitting next to me, and my life was spared. I am a true believer that we are given many gifts in life, and often those gifts are initially seen as horrors or nightmares, but somewhere within them lies a treasure if we allow ourselves to go there and find it. I went on to graduate school that fall. It was my anchor. I engrossed myself in my studies at Southwestern College in Santa Fe,

studying art therapy. It was here that I began my exploration using art to find meaning and understand things that at first glance don't seem to make any sense.

After completing my studies, I was very fortunate to work at a residential treatment center in New Mexico that served clients from all over the world who suffered from trauma and addictions. It took me about six months after graduating to find this dream job; I remember being very discouraged at every rejection letter I received because I was not licensed. I sent letters and resumes everywhere from Costa Rica to New York City! I discovered at this time the true importance of being licensed and what being board certified meant. When the clinical director at the treatment center called to offer the position to me, I was so shocked that I said "Are you serious!" I was in total disbelief after so many interviews and rejections.

I look back today as I write this and smile remembering "Cabin 7," the art therapy studio where I was so privileged to witness the healing of so many men and women. I quickly found my feet within my work and my passion for using art to help people express the unspeakable. I learned that healing is not what you know or learn in a book, it is about a heart connection and meeting people there. I fell in love with my job and what I did. The saying that "it is not work if you love what you do" is true, and I have been blessed with loving my profession. I became trained in EMDR while working in Cabin 7 and I used art therapy in my EMDR sessions with clients. The power of combining the two has been amazing. Since that time, I still have clients do a series of trauma drawings before we do EMDR and utilize the images in the sessions.

During that time, I was working towards my hours for licensure as an LPC and an LPAT, and eventually my LPCC. I also began my training to be a Certified Sex Addiction Therapist (CSAT). I wanted to have both licenses in the event that I ever moved to another state that did not license art therapists. At that time, *(continued on next page)*

## CREDENTIAL HOLDER PROFILE *(continued)*

Unfortunately, not many states did. Ironically enough I am from Mississippi, which licenses art therapists, and I eventually moved back home. The credentialing of art therapists and being board certified protects not only our profession and strengthens it, but more importantly it protects our clients. It is very important to me that clinicians do not practice outside of their scope of training and abilities. Often I hear of other therapists who are not trained or licensed doing art therapy with individuals, and this is alarming to me. Without the training and the true knowledge and understanding of the power that lies within using art therapy with clients, I believe the safety container may not be there for the client which could cause further damage to the individual seeking help.

While working in Santa Fe at the residential treatment center, I quickly became aware of the lack of quality outpatient treatment centers that provide in-depth continuing care for our clients after discharge. I would receive calls from clients who would follow aftercare recommendations we had given them. They would go to an Intensive Outpatient Program (IOP) and they would complain about feeling as though they were being babysat. I checked into this and visited numerous IOPs and found that the clients' reports were true. This was when I decided that all individuals, whether they had been to a residential treatment program, whether it was their first or fifteenth treatment program, deserved to have good quality care that addresses the underlying issues that were fueling the negative, self-destructive behaviors.

I put together a ten-week program that addressed issues such as abstinence vs. recovery, family of origin issues, codependency, addiction interaction, and grief and loss. I became involved with an outpatient program in Albuquerque and was allowed to run my ten-week program with their clients. Soon I helped open an office in Santa Fe, then Taos, and Las Cruces. I incorporated art therapy into most groups and found the same miracles that I witnessed while working with individuals in residential treatment unfold before my eyes in these settings.

I quickly burned out. There are many miles between Las Cruces and Taos, and I found myself driving and supervising more than doing what I loved. After being gone from Mississippi and my family for over seven and one-half years, I was ready to return home and simplify my life by opening my own outpatient treatment center. In 2007, I opened A Bridge to Recovery in Ridgeland, Mississippi. It is an outpatient treatment center that specializes in treating adults who suffer from trauma and addictions. I have an amazing team that all specialize in treating different addictions, from eating disorders to sex addiction and substance abuse. Coming home and opening my office brought me full circle on this journey that began twenty years ago.

My passion still lies in treating individuals who have suffered what I call the "Big T" or severe trauma. When I moved back to Mississippi, the Commissioner of Public Safety came to my open house at A Bridge to Recovery. He knew my passion for treating trauma and asked me to be involved in helping law enforcement. In 2007 I became involved with Mississippi's first ever LEAPS program (Law Enforcement Alliance Peer Support.) It was created to help the men and women who protect our community everyday who are involved in *(continued on page 9)*



*"Lilies" by  
Kostas  
Matheos, Oil*

## Congratulations to Our New Credential Holders

January 15, 2012 to April 30, 2012

### New ATCSs

Rachel Brandoff

### New ATR-BCs

Jennifer Beasley  
Emily Daingerfield  
Cristina Maria Fort  
Catherine Rogers Jonsson  
Gayle Torres  
Jami Anne Parfitt Unger  
Mary Woods  
Heather Wulfers

### New ATRs

Sarah Abramovitz  
Hye Sung Ahn  
Viviana Alvarez  
Catherine Baasch  
Brooke Baker  
Dani Baker  
Erica Bissett  
Shannon Bradley  
Danielle Brant  
Kim Caolo  
Cathy Carter  
Jennie Clay  
Kelly Darke  
Arlette Davis  
Courtney Dietz  
Claire Donnelly  
Margaret Duhl  
Melissa Engelhardt  
Lisa Marie Foster  
Nancy Franke  
Joanna Ginder  
Tomika Gotch  
Erin Graham  
Janetta Graves  
Rena Grosser  
Rosamaria Guardascione  
Anne Harding

### New ATRs (continued)

Laura Harrison  
Maggie Hart  
Jill Hayes  
Joseph Heiderscheit  
Patricia Heiser  
Natalie Helen Hoffman  
Christina Hoodho  
Rebekah S. Howell  
Nicholas Hughes  
Lydia Johnson  
Kathryn Kajdan Bell  
Rebecca Kelly  
Hyun-Jin Kim  
Elizabeth King  
Wei Lin Ku  
Jessica Lamoureux  
Nadene Landry  
Joyce Law  
Aynisa Leonardo  
Joung-Hyok Lim  
Fiona Logusch  
Stefanie Louie  
Lucy Lu  
Laurie McArthur  
Meredith McCulloch  
Mika McLane-Bowes  
Nancy McReynolds  
Sarah Melancon  
Alyssa Miller  
Ernesto Molino  
Erin Morgan  
Molly Nace  
Ann Naumoff  
Rachel Patoray  
Jennifer Patterson  
Margaret Prescott  
Jennifer Radil  
Lauren Kathleen Rice  
Kristina Rim  
Amelia Robinson  
Sara Roizen

### New ATRs (continued)

Sarah Smith  
Stephanie Socolick  
Bridgette Stolee  
Anthony Philip Stroud  
Rachel Taylor Martin  
Gloria Toscano  
Kristina Avalo Urquhart  
Stephanie Vazzano  
Stella Week  
Sara Weum  
Jane Zweibel





## Credential Holder Profile

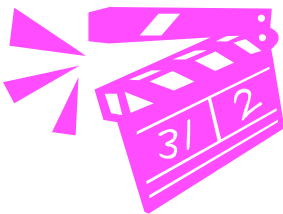
(continued from page 7)

a critical incident learn how to defuse a situation, and then come back a few days later and do a debriefing. The first training was three days long. I went into the police academy with a laundry basket full of art supplies and did what I do best! Here was a room full of law enforcement officers from all agencies and I used art therapy with them. It was an amazing experience I will never forget, witnessing the power of art transform their faces, their body language, and the vulnerability that each one of them shared with me and each other. Today, there are hundreds of law enforcement officers in our state who have been trained. At A Bridge to Recovery we treat law enforcement from all over the state for free; it is my way of giving back to the community.

I am grateful for the treasures I have found in my life. My hopes, wishes and dreams are that everyone will go and search for his or her treasure; sometimes we have to go into the dark to see the light where it shines. If I am blessed to witness another person's journey using art therapy, then I know my treasure chest will only continue to be brighter. ☞

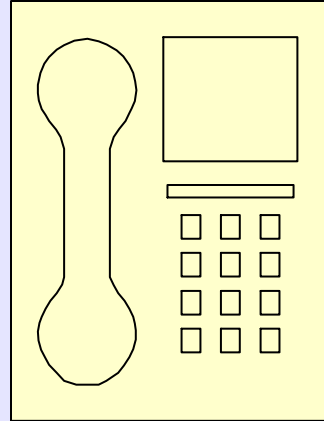
### If you are the Director or Chair

of an art therapy education program,  
please check your mailbox in the Fall  
for an informational packet about  
art therapy credentialing  
from us !



## The Board Hears You

The National Office receives inquiries from credential holders who are experiencing financial difficulties during these austere times. In an effort to work with art therapists experiencing financial hardship, the ATCB offers temporary inactive and retired statuses. Requirements to file for either status differ, and your situation might dictate the best route for you. PLEASE contact the National Office to inquire



about your situation BEFORE you allow your credential to lapse. The National Office of the ATCB can be reached at 3 Terrace Way, Greensboro, NC 27403, or fax at 336-482-2852, or e-mail [atcb@nbcc.org](mailto:atcb@nbcc.org).

## VISIT



## TO FIND

- A listing of current ATRs and ATR-BCs by state
- Information about ATCB's Board of Directors
- Guide for Students
- *Code of Professional Practice*
- Complete applications for the ATR, ATR-BC, and ATCS
- Recertification Standards
- ATCBE Preparation Guide
- Continuing Education Tracking Form
- Archive of *ATCB Review* newsletters

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