

Art Therapy

A therapeutic intervention that utilizes art media, images, the creative process, and the Covered Individual/Family Member's response to creative artworks as the primary modality of active treatment. Art Therapy is focused on individualized therapy goals and is based on a knowledge of human developmental and psychological theories which are implemented within the full spectrum of assessment and treatment, including educational, psychodynamic, cognitive, transpersonal, and other therapeutic means of reconciling emotional conflicts, fostering self awareness, developing social skills, managing behavior, solving problems, reducing depression, stress, and anxiety, aiding reality orientation, and increasing self-esteem.

Art Therapy:

- Must be delivered consistent with professional standards of practice
- Can be delivered in the Covered Individual/Family's home, the Provider's office, or in the community
- Requires face-to-face contact with the Covered Individual/Family Member to conduct assessments or provide therapy
- Addresses identified individual needs as determined by assessment and in conjunction with the Child and Family Team
- Is provided as a 1:1 service, unless specifically authorized by the Care Coordinator as a group service
- Does not include time waiting to provide services.
- Does not include the travel time of the Service Provider to-and-from the location of service, unless the Covered Individual/Family Member is present in the Provider's vehicle
- Does not include supervision of services or tasks outside the scope of professional certification
- Cannot exceed more than four consecutive hours per billable event, unless pre-authorized by the Care Coordinator.

Unit of Service: 15 minutes

Credentialing Requirement: Registered as a Board Certified Art Therapist (ATR-BC) or Registered Art Therapist (ATR) by the Art Therapy Credentials Board