

TO: Senator McColley

The Senate Transportation, Commerce and Workforce Committee

Dear Senator McColley and Committee,

I am writing this letter on behalf of Music Therapy Licensure in the State of Ohio.

Currently, I am a Licensed Professional Clinical Counselor with a Supervision designation in the State of Ohio. I have been an Independently Licensed Counselor in the State of Ohio since 2001. I have over 20 years of experience working with children and adolescents in the mental health field in the areas of diagnosing and treating mental and emotional disorders using a variety of different therapies I have received training in.

I also have a background in music and music therapy. I received a Bachelor Degree in Music from the Ohio State University and originally began my Masters studies in Music Therapy at Ohio University before completing my Masters in Education in Community and Agency Counseling. I have also provided clinical supervision for the past two years for Music Therapists from Central Ohio Music Therapy that provide music therapy services to clients from Hopewell Health Centers, Inc.

First and foremost, I would like to speak to the clinical benefit I have seen with implementing music therapy in the mental health treatment of children and adolescents from a qualified music therapist. Music Therapy helps many children and adolescents that are often resistant to or leery of therapy begin to develop a rapport with the music therapist as well as a resulting openness to their assigned counselor. Music has the potential to reach children on a non-verbal level that can help them express and process feelings in creative ways that can otherwise often be difficult to do with words, given a child's developmental level. Music Therapy is a very beneficial tool to help build self-esteem, coping and social skills and reduce anger and anxiety in both children and adolescents. In the school-based program that I supervise through Hopewell Health Centers, Inc., I have seen music therapy assist many children and adolescents in successfully meeting their treatment goals.

I also believe it is of the utmost importance that Music Therapists have the proper training and licensure in order to successfully provide music therapy. It is important for a Music Therapist to have the essential training of understanding mental and emotional disorders and the resulting music therapy techniques that can provide the most clinical benefit in each case. Training in how to appropriately form a therapeutic relationship and be aware of potential trauma or mental health triggers is essential. Music Therapy is an extremely valuable clinical resource. However without the appropriate training, supervision and licensure, a person practicing music therapy could potentially do more harm than good.

Overall, I am an avid proponent of Music Therapy and the potential benefits it can provide in the clinical treatment of children and adolescents. I believe it is of the utmost importance that there be an established course of study and licensure for music therapists in the state of Ohio to ensure the proper

delivery of services and to prevent the clinical harm that could happen if someone without proper training and licensure was attempting to provide these services.

Please feel free to contact me with any other questions, thoughts or comments at this email or the number listed below my signature.

Sincerely,

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School-Based Therapist/Supervisor
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