

By: Parker

H.R. No. 981

R E S O L U T I O N

1           WHEREAS, The practice of art therapy has greatly benefited  
2 the physical, mental, and emotional well-being of countless Texans;  
3 and

4           WHEREAS, Based on the finding that creative self-expression  
5 can be a healing and life-enhancing practice, art therapy helps  
6 individual patients reduce stress, increase self-esteem and  
7 self-awareness, and resolve conflicts and problems in their lives;  
8 it can also be used to help patients dealing with such serious  
9 issues as depression, anxiety, abuse and domestic violence,  
10 physical and mental disability, and trauma and loss; and

11           WHEREAS, Art therapy combines visual arts such as drawing,  
12 painting, and sculpture with the techniques of counseling and  
13 psychotherapy; it has been found to be very beneficial to patients  
14 of all ages and backgrounds, both individually and in groups; and

15           WHEREAS, Art therapists are trained professionals whose  
16 degree requirements include courses in counseling, ethics and  
17 standards of practice, individual and family techniques, and human  
18 and creative development, as well as experience in clinical and  
19 other settings; they provide skilled assessment that can help  
20 ensure a patient's healing and growth, and they offer therapy in a  
21 variety of settings, including hospitals, clinics, and schools; and

22           WHEREAS, This innovative technique has played an important  
23 role in bettering the lives of many Texans, and art therapists  
24 across the Lone Star State are to be commended for their skill,

1 insight, and compassion; now, therefore, be it

2           RESOLVED, That the House of Representatives of the 81st Texas  
3 Legislature hereby recognize November of 2009 as Art Therapy Month  
4 and extend sincere best wishes to art therapists and their patients  
5 across Texas for success in their important work.