



Mental Health & Well-Being  
Expressive Therapies Department

***M.A. Clinical Mental Health Counseling***  
***with specializations in Art Therapy, Dance/Movement Therapy,***  
***Drama Therapy, Expressive Arts Therapy, and Music Therapy***

***Applicable to Students Beginning on or after July 2024***

Depending on your professional goals, where you intend to seek licensure or plan to practice, and the licensure structures that exist within that state, there are different pathways towards licensure and/or credentialing that may be relevant for you:

- I. **State Professional Mental Health Counseling Licensure**
- II. **Student Location and Field Training Placements**
- III. **Expressive Therapies Specialization Certification and Licensure**
  - a. **National Certification** (Step 1)
  - b. **State Modality Specialization Licensure**, where applicable (Step 2)

If you have any questions after reviewing the information below, please contact us at [cert\\_off@lesley.edu](mailto:cert_off@lesley.edu).

**I. State Professional Mental Health Counseling Licensure**

Our Master of Clinical Mental Health Counseling with specializations in Art Therapy, Dance/Movement Therapy, Drama Therapy, Expressive Arts Therapy, and Music Therapy (the “Program”) meets the current educational requirements for Licensed Mental Health Counselor (LMHC) licensure in Massachusetts. Professional mental health counseling licensure requirements vary from state to state, are a matter of individual state legislation, and are outside of the control of educational institutions. State licensing boards make determinations as to whether an applicant’s program of study meets the educational requirements for a license at the time of licensure application.

Due to our unique focus on the expressive therapies’ modality specializations, and the variations of professional mental health counseling licensure standards from state to state, our Program may not completely align with the current educational and/or accreditation requirements for licensure as a professional mental health counselor in certain states. In some states, the definition of professional mental health counseling in state licensing regulations, and/or the state licensure board’s interpretation of mental health counseling regulations, specifically excludes educational programs and/or coursework that incorporates training and practice in the expressive therapies. In these states, graduates of our Program may only be eligible to seek a credential or license specific to their expressive therapies’ specialization, or as a creative arts therapist, which is described below in Section III.

**State-by-State Listing: Professional Mental Health Counseling Licensure**

- A. Our Program’s curriculum **meets** the current educational requirements to apply for licensure in clinical mental health counseling in the following state: Massachusetts.
- B. Per an internal review process and curricular changes by Lesley University, our Program’s curriculum as of July 1, 2024 also **meets** the current educational requirements to apply for licensure in clinical mental health counseling in the following states: Alabama, Alaska, Arizona, Colorado, Connecticut, D.C., Delaware, Georgia, Hawaii, Idaho, Illinois, Iowa, Louisiana, Maine, Maryland, Michigan, Minnesota, Mississippi, Missouri (On Campus format of the Program only), Montana, Nebraska, Nevada, New Hampshire, New Mexico, North Dakota, Oklahoma, Oregon, Pennsylvania, Puerto Rico, Rhode Island, South Carolina, South Dakota, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wyoming.



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- a. ***As noted above, state licensing boards make determinations as to whether an applicant's program of study meets the educational requirements for a license at the time of licensure application, and Lesley University has no influence on individual licensure determinations.***
- C. Our Program's curriculum **does not meet** the current educational requirements to apply for licensure in clinical mental health counseling in the following states, but graduates may be eligible to apply with supplemental course work, field training, or other actions: California, Indiana, Ohio, Tennessee, Wisconsin.
  - a. ***Individuals who intend to pursue professional mental health counseling licensure in one of the states listed in category C are strongly encouraged to request guidance from state licensing boards as to whether supplemental coursework, field training, or other actions would be necessary to make them eligible to apply for professional mental health counseling licensure in that state.***
  - b. ***Due to federal regulations, we are unable to admit applicants who are located in one of the states listed in category C at the time of initial enrollment to the Low Residency format of the Program unless those applicants attest to seeking licensure in a different state.***
- D. Our Program's curriculum **does not meet** the current educational or accreditation requirements to apply for licensure in clinical mental health counseling in the following states and graduates of our Program are ineligible for professional mental health counseling licensure in the following states: Arkansas, Florida, Kansas, Kentucky, Missouri (Low Residency format of the Program only), New Jersey, New York, North Carolina.
  - a. ***Due to federal regulations, we are unable to admit applicants who are located in one of the states listed in category D at the time of initial enrollment to the Low Residency format of the Program unless those applicants attest to seeking licensure in a different state (except for applicants located in New York and North Carolina).***

\*New York categorizes Lesley University's Expressive Therapies' programs under the Licensed Creative Art Therapist (L-CAT) credential.

While licensure information is provided above, you may research the specific requirements for professional mental health counseling licensure for the state in which you intend to seek licensure or plan to practice and can visit the National Board for Certified Counselors (NBCC) website at <https://www.nbcc.org/search/stateboarddirectory> or the National Council for State Authorization Reciprocity Agreements (NC-SARA) at <https://www.nc-sara.org/resource-directories-and-guides> for contact information and website links. We advise you to become familiar with and understand the state requirements for professional mental health counseling licensure for the state in which you intend to seek licensure or plan to practice and to contact us at [cert\\_off@lesley.edu](mailto:cert_off@lesley.edu) with any questions.

#### Accreditation and Program Approvals

- Lesley University's Master of Clinical Mental Health Counseling with specializations in Art Therapy.
- Dance/Movement Therapy, Drama Therapy, Expressive Arts Therapy, and Music Therapy is accredited by the New England Commission of Higher Education (NECHE).
- The Art Therapy specialization is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) upon the recommendation of the Accreditation Council for Art Therapy Education (ACATE).
- The Dance/Movement Therapy specialization is approved by the American Dance Therapy Association (ADTA).
- The Drama Therapy specialization is accredited by the North American Drama Therapy Association (NADTA).



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- The Expressive Arts Therapy specialization meets the current educational requirements established by the International Expressive Arts Therapy Association (IEATA).
- The Music Therapy specialization is approved by the American Music Therapy Association (AMTA).
- The Program is not accredited by the Council for Accreditation of Counseling & Related Educational Programs (CACREP), and we cannot guarantee CACREP equivalency or a finding by a state licensing agency of CACREP equivalency.

## **II. Student Location During the Program and Field Training Placements**

### **Periodic Review of Licensure Regulations and Moving to a New State**

It is important for all applicants and students to understand the specific requirements of the state in which they intend to apply for licensure and plan to practice, and to periodically review the requirements in order to be aware of any future changes to those requirements. If a student's plans for where they intend to seek licensure or plan to practice change, they must become aware of the requirements for licensure for the new state.

Throughout the Program, students are required to keep the University informed of any changes in their location (state) via the [Address Change Form](#) available on the Registrar's Office webpage.

### **Field Training Placements**

- A. Low Residency format of the Program:* Students cannot be located in or complete field training placements in these states while enrolled in the Program: New York, North Carolina.
- B. On Campus format of the Program:* Students are required to complete their field training placements in Massachusetts.

*Lesley University has attempted to ensure the accuracy and reliability of the information provided at the time this guide was created. Please be aware that state licensure is a matter of individual state legislation and is outside of the control of educational institutions; therefore, the information presented in this guide is subject to change.*



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### III. National Certification and State Modality Licensure for your specialization

Click the link below or scroll to the page number indicated to find credentialing and licensure information related to each specialization.

- [Art Therapy specialization](#) (pg. 4)
- [Dance/Movement Therapy specialization](#) (pg. 5)
- [Drama Therapy specialization](#) (pg. 6)
- [Expressive Arts Therapy specialization](#) (pg. 6)
- [Music Therapy specialization](#) (pg. 7)

#### Art Therapy: National Certification, State Modality Licensure

##### Step 1 – National Certification: Registered Art Therapist (ATR).

Any person looking to obtain their national Registered Art Therapist (ATR) credential to practice art therapy is required to become certified by the Art Therapy Credentials Board, Inc. (ATCB). Lesley University has determined that our Art Therapy curriculum **meets** the current educational requirements to apply for the national Registered Art Therapist (ATR) credential. For more information, visit the American Art Therapy Association (AATA) website at <https://www.arttherapy.org> and the Art Therapy Credentials Board, Inc. (ATCB) website at <https://www.atcb.org/>.

**Step 2 – State Modality Licensure**, where applicable. After obtaining national certification, some states require an additional state license to practice art therapy in that state.

##### State-by-State Listing: Art Therapy State Licensure

*The following information is based on the American Art Therapy Association (AATA) website, <https://arttherapy.org/state-advocacy/>.*

- A. Our Program's Art Therapy curriculum **meets** the current educational requirements to apply for state licensure in art therapy in the following states:
  - a. Connecticut – Clinical Licensed Art Therapist (CLAT)
  - b. Delaware – Licensed Professional Art Therapist (LPAT) and Licensed Associate Art Therapist (LAAT)
  - c. Washington D.C. – Licensed Professional Art Therapist (LPAT)
  - d. Kentucky – Professional Art Therapy License (LPAT) and Professional Art Therapist Associate License (LPATA)
  - e. Maryland –Professional Clinical Art Therapy License (LPCAT) and Professional Graduate Art Therapy License (LGAT)
  - f. Mississippi – Professional Art Therapy License (LPAT)
  - g. New Jersey\* – Professional Art Therapy License (LPAT) and Licensed Associate Art Therapist (LAAT)
  - h. New Mexico – Professional Art Therapist License (LPAT)
  - i. Nebraska\* – Certified Art Therapist License
  - j. Oregon – Licensed Art Therapist (LAT) and Licensed Certified Art Therapist (LCAT)
  - k. Ohio\* – Licensed Professional Art Therapist (LPAT)
  - l. Tennessee – Licensed Professional Art Therapist (LPAT) and Licensed Associate Art Therapist (LAAT)
  - m. Virginia\* – Licensed Art Therapist (LAT) and Licensed Associate Art Therapist (LAAT)
  
- B. Our Program's Art Therapy curriculum **meets** the current educational requirements to apply for the **art therapy related licenses** in the following states:
  - a. New York – Creative Arts Therapist License (LCAT)



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- b. Pennsylvania – Art therapy defined in regulation as a qualifying “closely related field” for the professional counseling license (LPC)
  - c. Texas – Professional Counselor with Specialization in Art Therapy License (LPC-AT)
  - d. Utah – Art therapists with clinical art therapy master’s degrees recognized by the Utah Division of occupational and Professional Licensing as meeting the education requirements for the Associate Clinical Mental Health Counselor license
  - e. Wisconsin – Registered Art Therapist with License to Practice Psychotherapy
- C. According to the AATA website, there currently is **no state licensure process required** to practice art therapy in the following states, though some states may have legislation in process that could require such licensure in the future: Alabama, Alaska, Arizona, Arkansas, California, Colorado, Florida, Georgia, Guam, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Louisiana, Maine, Massachusetts, Michigan, Minnesota, Missouri, Montana, Nevada, New Hampshire, North Carolina, North Dakota, Oklahoma, Puerto Rico, Rhode Island, South Carolina, South Dakota, U.S. Virgin Islands, Vermont, Washington, West Virginia, Wyoming

\*Procedures for applying for licensure are currently being developed and will be posted on the respective government webpages when complete.

## **Dance/Movement Therapy: National Certification, State Modality Licensure**

### **Step 1 – National Certification: Registered Dance/Movement Therapist (R-DMT).**

Any person looking to obtain their national Registered Dance/Movement Therapist (R-DMT) credential to practice dance/movement therapy is required to become certified by the Dance/Movement Therapy Certification Board (DMTCB). Lesley University has determined that our Dance Therapy curriculum **meets** the current educational requirements to apply for the national Registered Dance/Movement Therapist (R-DMT) credential. For more information, visit the American Dance Therapy Association (ADTA) website at <https://www.adta.org/>.

**Step 2 – State Modality Licensure**, where applicable. After obtaining national certification, some states require an additional state license to practice dance/movement therapy in that state.

### **State-by-State Listing: Dance/Movement Therapy State Licensure**

*The following information is based on the American Dance Therapy Association (ADTA) website, <https://adta.wildapricot.org/StateLicensingTools>.*

- A. Our Program’s Dance Therapy curriculum **meets** the current educational requirements to apply for state licensure in dance therapy in the following states: Wisconsin, New Jersey\*
- B. Our Program’s Dance Therapy curriculum **meets** the current educational requirements to apply for the **dance therapy related licenses** in the following state: New York (Creative Arts Therapist License – LCAT)
- C. According to the ADTA website, there currently is **no state licensure process required** to practice dance/movement therapy in the following states, though some states may have legislation in process that could require such licensure in the future: Alabama, Alaska, Arizona, Arkansas, California, Colorado, Connecticut, Delaware, Florida, Georgia, Guam, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Mexico, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Puerto Rico, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, U.S. Virgin Islands, Utah, Vermont, Virginia, Washington, Washington D.C., West Virginia, Wyoming



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\*Procedures for applying for licensure are currently being developed and will be posted on the respective government webpages when complete.

## **Drama Therapy: National Certification, State Modality Licensure**

### **Step 1 – National Certification: Registered Drama Therapist (RDT).**

Any person looking to obtain their national Registered Drama Therapist (RDT) credential to practice drama therapy is required to become certified by the North American Drama Therapy Association (NADTA). Lesley University has determined that our Drama Therapy curriculum **meets** the current educational requirements to apply for the national Registered Drama Therapist (RDT) credential. For more information, visit the NADTA website at <https://www.nadta.org/>.

### **Step 2 – State Modality Licensure**, where applicable.

After obtaining national certification, some states require an additional state license in order to practice drama therapy in that state.

### **State-by-State Listing: Drama Therapy State Licensure**

*The following information is based on the North American Drama Therapy Association (NADTA) website, <https://www.nadta.org/advocacy/drama-therapy-licensure.html>.*

- A. Our Program's Drama Therapy curriculum **meets** the current educational requirements to apply for state licensure in dance therapy in the following state: New Jersey\*
- B. Our Program's Drama Therapy curriculum **meets** the current educational requirements to apply for the **drama therapy related license** in the following state: New York (Creative Arts Therapist License - LCAT)
- C. According to the NADTA website, there currently is **no state licensure process required** to practice drama therapy in the following states, though some states may have legislation in process that could require such licensure in the future: Alabama, Alaska, Arizona, Arkansas, California, Colorado, Connecticut, Delaware, Florida, Georgia, Guam, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Puerto Rico, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, U.S. Virgin Islands, Utah, Vermont, Virginia, Washington, Washington D.C., West Virginia, Wisconsin, Wyoming

\*Procedures for applying for licensure are currently being developed and will be posted on the respective government webpages when complete.

## **Expressive Arts Therapy: National Certification, State Modality Licensure**

### **Step 1 – National Certification: Registered Expressive Arts Therapist (REAT).**

Any person looking to obtain their national Registered Expressive Arts Therapist (REAT) credential to practice expressive arts therapy is required to become certified by the International Expressive Arts Therapy Association (IEATA). Lesley University has determined that our Expressive Arts Therapy curriculum **meets** the current educational requirements to apply for the national Registered Expressive Arts Therapist (REAT) credential. For more information, visit the IEATA website at <https://www.ieata.org/>.





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**Step 2 – State Modality Licensure**, where applicable. After obtaining national certification, some states require an additional state license to practice dance/movement therapy in that state.

**State-by-State Listing: Expressive Arts Therapy State Licensure**

*The following information is based on the International Expressive Arts Therapy Association (IEATA) website, <https://www.ieata.org/>.*

- A. Our Program’s Expressive Arts Therapy curriculum **meets** the current educational requirements to apply for the **expressive arts therapy related license** in the following state: New York (Creative Arts Therapist License - LCAT)
- B. According to the IEATA website, there currently is **no state licensure process required** to practice expressive arts therapy in the following states, though some states may have legislation in process that could require such licensure in the future: Alabama, Alaska, Arizona, Arkansas, California, Colorado, Connecticut, Delaware, Florida, Georgia, Guam, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Puerto Rico, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, U.S. Virgin Islands, Utah, Vermont, Virginia, Washington, Washington D.C., West Virginia, Wisconsin, Wyoming

**Music Therapy: National Certification, State Modality Licensure**

**Step 1 – National Certification: Board Certified Music Therapist (MT-BC).**

Any person looking to obtain their national Board-Certified Music Therapist (MT-BC) credential to practice music therapy is required to become certified by the Certification Board for Music Therapists (CBMT). Lesley University has determined that our Music Therapy curriculum **meets** the current educational requirements to apply for the national Board-Certified Music Therapist (MT-BC). For more information, visit the American Music Therapy Association (AMTA) website at <https://www.musictherapy.org/> and the Certification Board for Music Therapists (CBMT) website at <https://www.cbmt.org/>.

**Step 2 – State Modality Licensure**, where applicable. After obtaining national certification, some states require an additional state license to practice dance/movement therapy in that state.

**State-by-State Listing: Music Therapy State Licensure**

*The following information is based on the Certification Board for Music Therapists (CBMT) website, <https://www.cbmt.org/state-requirements/>.*

- A. Our Program’s Music Therapy curriculum **meets** the current educational requirements to apply for state licensure in music therapy in the following states: Georgia, Illinois\*, Maryland\*, New Jersey\*, Nevada, North Dakota, Ohio\*, Oklahoma, Oregon, Rhode Island, Utah, Virginia\*, Washington\*, Wisconsin
- B. Our Program’s Music Therapy curriculum **meets** the current educational requirements to apply for the **music therapy related licenses** in the following state: New York (Creative Arts Therapist License - LCAT)
- C. According to the AMTA website, there currently is **no state licensure process required** to practice music therapy in the following states, though some states may have legislation in process that could require such licensure or registration in the future: Alabama, Alaska, Arizona, Arkansas, California,

Licensure and Credentialing Information for Students and Applicants



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Colorado, Connecticut, Delaware, Florida, Guam, Hawaii, Idaho, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, New Hampshire, New Mexico, North Carolina, Pennsylvania, Puerto Rico, South Carolina, South Dakota, Tennessee, Texas, U.S. Virgin Islands, Vermont, Washington, Washington D.C., West Virginia, Wyoming

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