

Testimony- Emma Rogers

March 5, 2020

Health and Government Operations Committee

HB1102- Board of Professional Counselors and Therapists-Maryland Music Therapists Act

My name is Emma Rogers and I am a licensed clinical social worker and sole owner of Argo Counseling and Wellness in Annapolis, Maryland. Argo Counseling and Wellness provides individual, family, and couples psychotherapy in addition to wellness services. Argo currently serves 600 clients per month and employs 14 licensed or certified therapists, including Licensed Clinical Marriage and Family Therapists, Licensed Clinical Professional Counselors and Certified Addictions Counselors. Argo sets itself apart in the behavioral health field by prioritizing person-centered care and a holistic approach to treatment. Not only are the Argo counseling staff hired for their extensive experience in the healing profession but also for their ability to provide evidence based and diverse treatment modalities to serve a complex client base.

Recent research in the treatment of trauma, anxiety, depression, and substance use suggest that utilizing experiential and integrative treatment modalities in addition to psychotherapy greatly increases a clients progress in treatment - in some cases out strapping those results traditionally provided my pharmacology. At Argo Counseling and Wellness I feel it is my responsibility to provide access to these types of treatments in order to give our clients the most effective care. This belief prompted our partnership with Annapolis Music Therapy and has yielded fantastic results for our clients participating in their services.

While many of our clients would benefit from Music Therapy, only some of them are able to access this resource due to a lack of insurance reimbursement. Music Therapy, just as psychotherapy, massage, acupuncture, and pharmacology has an important role to play in the healing of complex trauma and psychological disorders. Without the support of a state licensing board insurance companies may continue to refuse reimbursement for these services and limit access to a great number of individuals who could benefit from treatment. It is my hope that the board of professional counselors will see the value that comes from the extensive training and education Music Therapists receive and the application of that training to aid client recovery. From my personal experience as a licensed therapist and business owner Music Therapists are talented, knowledgeable, and independent healers with a great contribution to provide to the profession of counseling.