

Expressive Art Therapies

We hope you will join us in our mission to promote guiding principles for professional practice, and work to increase recognition and use of expressive arts as a powerful tool for psychological, physical and spiritual wellness.

What is Art Therapy?



Art Therapy is an established mental health profession that uses the creative process of art making to improve and enhance the physical, mental, and emotional well being of individuals of all ages and populations. It is based on the belief that the creative process involved in artistic self-expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness, and achieve insight (www.Arttherapy.org). The above information was retrieved from [www. Arttherapy.org](http://www.Arttherapy.org) website Jan. 2011)

- ❖ Art therapy is used in a wide variety of populations and supports the belief that all individuals have the capacity to express themselves creatively. Like other forms of psychotherapy and counseling it is used to enhance personal growth, increase self-understanding, and assist in emotional reparation. It is a modality that can help individuals of all ages create meaning and achieve insight, find relief from overwhelming emotions of trauma, resolve conflicts and problems, enrich daily life, and achieve an increased sense of well-being (Malchiodi, 1998, as cited in Malchiodi (Ed), 2003, p.1)

Example of Art Therapy



Picture 1) Collage of Nature Images created by patient in hospital to symbolize life. This was created during a bedside art therapy session & was displayed in their room. (Patient release granted May 2003)

Art therapy is a clinical intervention based on the belief that the creative process involved in the making of art is healing and life enhancing. It is being used in the medical setting to help cancer patients relieve common symptoms, enhance emotional expression and psychological well-being, and spirituality, provide psychosocial support, communication of experiences, adapt to stressful experiences that illness brings.

What is Music Therapy?



Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. Music Therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. After assessing the strengths and needs of each client, the qualified music therapist provides the indicated treatment including creating, singing, moving to, and/or listening to music. Through musical involvement in the therapeutic context, clients' abilities are strengthened and transferred to other areas of their lives. Music therapy also provides avenues for communication that can be helpful to those who find it difficult to express themselves in words. Research in music therapy supports its effectiveness in many areas such as: overall physical rehabilitation and facilitating movement, increasing people's motivation to become engaged in their treatment, providing emotional support for clients and their families, and providing an outlet for expression of feelings. (www.musictherapy.org/about/quotes) The above information retrieved from www musictherapy.org Sept.. 2011)

What is Expressive Therapy?



Expressive/(Intermodal) therapy combines the visual arts, movement, drama, music, literature, writing, and poetry with the practice of psychology/psychotherapy. Expressive therapist integrate these modalities and other creative processes to foster deep personal growth. By integrating the arts processes and allowing one to flow into another, one can gain access to his/her inner resources for healing, clarity, illumination and creativity.

What is Dance/Movement Therapy?



Based on the empirically supported premise that the body, mind and spirit are interconnected, the American Dance Therapy Association defines dance/movement therapy as the psychotherapeutic use of movement to further the emotional, cognitive, physical and social integration of the individual.

Dance/movement therapy is:

- Focused on movement behavior as it emerges in the therapeutic relationship. Expressive, communicative, and adaptive behaviors are all considered for group and individual treatment. Body movement, as the core component of dance, simultaneously provides the means of assessment and the mode of intervention for dance/movement therapy.
- Is practiced in mental health, rehabilitation, medical, educational and forensic settings, and in nursing homes, day care centers, disease prevention, health promotion programs and in private practice.
- Is effective for individuals with developmental, medical, social, physical and psychological impairments.
- Is used with people of all ages, races and ethnic backgrounds in individual, couples, family and group therapy formats. (www.adta.org) The above information was retrieved from www.adta.org Sept. 2011

What is Play Therapy ? (This type of therapy is not usually labeled an expressive therapy).



Play Therapy uses a variety of play and creative arts techniques to alleviate chronic, mild and moderate psychological and emotional conditions in children that are causing behavioral problems. Play therapy is particularly effective with children who cannot, or do not want to talk about their problems.

The Play Therapist works while using a wide range of play and creative arts techniques, mostly responding to the child's verbalizations/requests. Play therapy may be non-directive (where the child decides what to do in a session, within safe boundaries or directive (where the therapist leads the way) or a mixture of the two. The Play Therapist forms a short to medium term therapeutic relationship and often works systemically taking into account and perhaps dealing with the social environment of the clients (peers, siblings, family, school etc). Some of the above information was retrieved from www.playtherapy.org Sept. 2011