

EXPRESSIVE THERAPIES

Empowering individuals — those living with social, cognitive, emotional, physical and/or spiritual needs — through music, art and mental health therapies to improve health and well-being.

WEBSITES



Music Therapy

musictherapy.org



Art Therapy

arttherapy.org

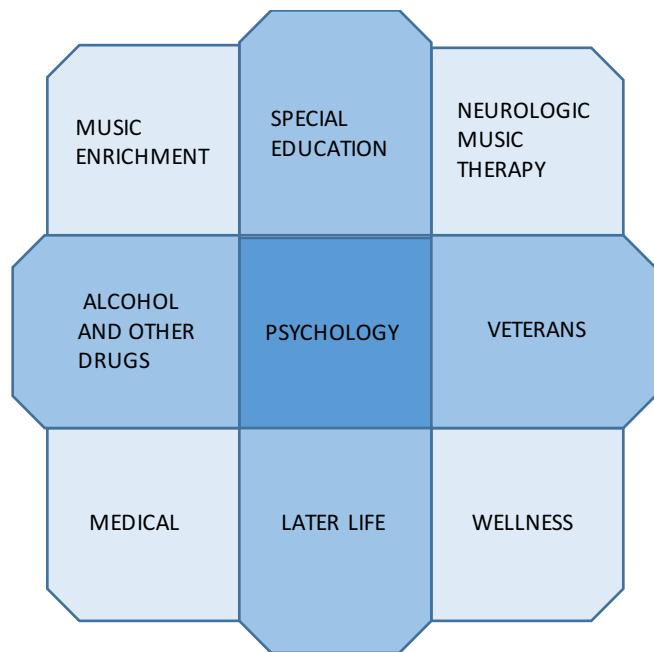


Expressive Therapies

expressivetherapies.net

LATER LIFE

Expressive Therapies offers art therapy and music therapy services to individuals and their families who need support physically, psychologically, socially, and spiritually here in the Fox Valley. We address needs in a variety of settings including but not limited to facilities providing hospice, palliative, and oncology services, assisted living facilities, skilled nursing facilities, as well as in-home services. Read more about how Expressive Therapies can serve individuals in later stages of life.



What Do You Mean, “Later Life”?

Later life within the scope of Expressive Therapies services

1

DIAGNOSES

Dementia, Terminal Illness, End of Life, Cancer Treatment, etc.

2

GOALS

Pain Management, Emotional Expression, Family Dynamics, Legacy Projects

3

SETTINGS

Hospice, Assisted Living, Skilled Nursing Facilities, Oncology Units, etc.

extends to those who aim to improve their quality of life through the arts. This could be as personal as improving one's self-concept by discovering strengths in music and art. It could be painting, learning an instrument, or reminiscing on music or art that elicits positive emotions. Treatment can be a means to improve quality of life. Music and art therapists at Expressive Therapies do not aim to provide a quick fix with therapy; the aim is to provide tools to enhance quality of life at any point in time during and after treatment.

Populations

Later life populations do not automatically equate to unfortunate health scenarios. Expressive Therapies offers enrichment services for groups of adults who may enjoy a creative outlet. From directing a choir, providing a facilitated paint session, or creating a rock and roll band, Expressive Therapies uses music and art as a social tool to get communities interacting with each other.

Dementia is a common diagnosis treated within the scope of Expressive Therapies. Clients and their loved ones face the fear of deteriorating neurological function that can affect relationships, daily tasks, and more. Using the arts is known to increase neurologic functioning through research based techniques. Whether it's using known art from the client's past (songs, photos, etc.) or creating new songs to help with the daily routine, creative arts therapies are a common means to approach treatment with families. Art and music can also be used to offer a form of communication/expression when other types of communication start to deteriorate, to encourage social interaction which often improves attitude and mood, and to distract from unpleasant feelings or pain.

Other terminal or chronic illnesses are unfortunately a reality for some families. Using the arts to find meaning in life can give patients a purpose in life to feel positive about. This may take form in creating art and/or music. Patients can also partake in a legacy project that can provide closure to a season of life and be a keepsake for loved ones. Validation is also key to treatment, whether it's addressing pain, addressing emotional states, or addressing the needs of the patient. Expressive Therapies creates individualized treatment plans to validate the happenings within the patient's journey in their illness.

Upcoming Events

CRESCENDO CONCERT

A free concert taking place at the Copper Rock Coffee Company in Downtown Appleton.

6pm

Thursday, December 14

Later life events can also lead to some unexpected ailments. Whether a patient is post hip-surgery or post stroke, music therapy has a field that focuses on the physical and neurological rehabilitation of patients within a rehabilitative setting. This field is called Neurologic Music Therapy (NMT). NMT has a wide research base including but not limited to speech treatment for post stroke patients, gait rehabilitation for patients with Parkinson's, and executive functioning exercises for all ages. More information about music therapy in a rehabilitative setting will be coming in the next monthly newsletter.

Goals and Interventions

COMMON GOALS INCLUDE:

- Reduce Pain Perception
- Reduce Anxiety
- Provide Relaxation
- Provide Comfort
- Provide Spiritual Support
- Offer Life Review
- Increase Emotional Expression
- Provide Bereavement Support for Family
- Improve Sense of Self
- Improve Motivation
- Decrease Agitation
- Address Grief and Loss of Independence, Physical Body, etc.



COMMON

INTERVENTIONS USED INCLUDE:

- Improvisation
- Singing
- Song Writing
- Active Music Making
- Music Imagery and Guided Relaxation
- Lyric Analysis
- Legacy Projects
- Creative Journaling
- Life Narratives and Reminiscence Work
- Self Portraiture - Identity Exploration and Strength Building
- Repetitive Techniques for Relaxation: Painting, Sewing, Collage, Sculpting, Weaving
- Using Colors and Lines to Explore Emotions
- Art Making in a Group Setting to Combat Isolation and Make Connections

“Art and music therapies in later life provide opportunities to engage in identifying and improving sense of self, improving mood through emotional expression and finding meaning and leaving a legacy.”

-Sara Devine

Settings

Expressive Therapies is connected with a variety of settings in the Fox Valley to serve clients in their later stages of life. We have provided treatment in the following settings so far:

- In home and in office treatment for clients with dementia
- Music enrichment services for adults in facilities
- Pain, anxiety and nausea management, spiritual support, and emotional expression in oncology settings

Expressive Therapies is working to establish services in local hospice and palliative programs here in the Fox Valley. Here is a list of hopeful places Expressive Therapies wants to collaborate with:

- Hospice Facilities
- Palliative Care
- Assisted Living Facilities
- Skilled Nursing Facilities
- Oncology Units
- Veterans Homes
- In-home Treatment
- Caregiver groups
- In Office Support for Individuals and Families
- Bereavement Program

THANK YOU FOR SUBSCRIBING TO OUR NEWSLETTER!

We appreciate connecting with the community by sharing specifics of art therapy and music therapy. If you have further inquiries, we highly recommend visiting our website at www.expressivetherapies.net, look-up our Facebook page by typing Expressive Therapies into the Facebook search bar, check out the American Music Therapy Association's website at www.musictherapy.org, check out the American Art Therapy Association at www.arttherapy.org, or email us at info@expressivetherapies.net.

Take care and Be Well!

Sincerely, Expressive Therapies LLC

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