

Expressive Therapies

Creating a safe and empowering space for equality with – race, gender, sexuality, age, economic status, cognitive, physical, spiritual needs and those living with mental illness – through trauma-informed care: music therapy, art therapy, dance/movement therapy, and psychotherapy, to improve health and well-being.

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Community Engagement

Expressive Therapies is involved with a variety of groups and music opportunities in the Fox Valley community, and this newsletter highlights these different community engagement projects. Each project involves a different group, setting or place in the community, and goals for the participants. Some of these community engagement projects have been ongoing for years, while others have only recently been started. Studies show that engaging in music making as a community has significant positive impacts on immediate social and emotional well-being of the participants. Additionally, a recent 2021 study found that engaging in community music over Zoom still provides social connection (see our resource section at the end of this newsletter!). During the COVID 19 pandemic, Expressive Therapies adapted or had to delay community engagement opportunities, yet was still able to provide creative engagement opportunities. Expressive Therapies is proud to be a part of so many meaningful projects, and continues to seek out other opportunities for community engagement. Check out these different projects and refer to the end of this newsletter if you want to get involved!





In Harmony

In Harmony is a partnership with the Fox Valley Symphony and has been a highlight of Expressive Therapies' community engagement projects since 2017. From January through May each year, a music therapist and a string quartet formed by Symphony members visit a variety of sites in the community and provide a selection of live music and active, music therapy-informed experiences based on a particular theme. Past themes have included Broadway, Celestial, Invitation to Dance, Express Yourself, Oldies, Movies and TV shows, and more. Some of the

sites that In Harmony has visited include: local middle and high schools, senior living centers like Peabody Manor and Touchmark, the CP Center, the Thompson Center on Lourdes, and some Fox Valley Memory Cafés.

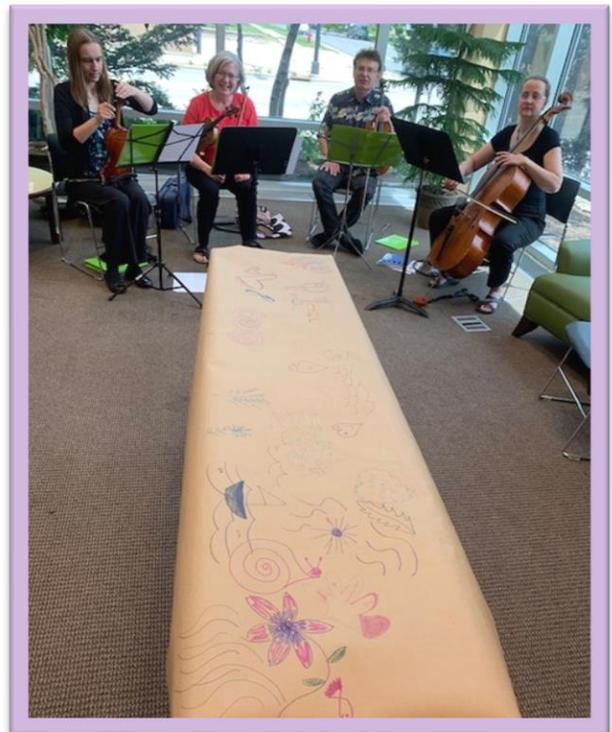
During an In Harmony event, the string quartet performs the music selections while the music therapist leads those in attendance in an assortment of movement, instrument playing, art, and other creative tasks. In many instances, the string quartet members will also share some of their background and experiences as a musician, information about their instruments, and also provide details about the history of the music being performed. Depending on the site and who is in attendance, some of the interventions involve: attention/following directions, impulse control, self-regulation, emotional expression and exploration, social engagement and communication, memory recollection, therapeutic conversation, range of motion, life review, and quality of life.

What Music Therapists Love About In Harmony:

"I think it's cool when the musicians share about their journeys as musicians, their instruments, and general things like that. Also, just the fact that we get to lead activities/interventions to live music is a really neat experience, especially when we get to have a say in when to stop, our tempo, and things like that." -JoAnna

"I loved how much our "audience members" got into the themes, interacted with each other, and really enjoyed the unique instruments that were brought, such as frog guiros, ocean drums, and finger cymbals. It was also lovely when someone in the audience shared a personal experience they had with music, such as being in community theater." -Angie

"It's amazing seeing how much people light up and engage with live music. Since both of my locations were older adults, seeing them engage with the classical side of music was great. Everyone has loved getting to have dialogue with the instrumentalists and learn about their experiences." -Leah



CP

Expressive Therapies' music therapists have been visiting CP in Green Bay and Kimberly for years, providing music enrichment groups each week. CP provides a variety of activities and experientials for adults with disabilities of all ages to participate in during the week, including the music groups offered by Expressive Therapies.

CP groups are often themed, such as music from different decades, music to match seasonal events, weather, colors, animals, and so many more. Group participants engage in an assortment of movement opportunities, instrument playing, singing, and musical games all inspired by and matched to the theme. Some instruments that group members may have the opportunity to play include: drums, bells, rhythm sticks, tambourines, shakers, and much more. Goals of these groups include: social support and engagement, healthy movement and range of motion, attention and cognition abilities, and quality of life. Group members are supported and encouraged to participate as they are able, and music experiences like instrument playing or using props are adapted for each participant. Expressive Therapies' partnership with CP provides a music experience that is meaningful and enjoyable for both the group participants and the music therapists leading the groups.



Mile of Music

Appleton has hosted Mile of Music, a free-to-attend music festival, since 2013. The Mile features performances by a variety of live music by emerging artists, as well as music education opportunities and hands-on music making experiences, in which festival goers can participate in songwriting workshops, instrument lessons, interactive drum circles, and more! The active music making aspect of Mile of Music is where Expressive Therapies comes in.

Expressive Therapies has been a part of the Mile of Music since 2015 and is looking forward to being a part of Mile 9 in August. Each

year at The Mile, Expressive Therapies has engaged a variety of participants in a drum circle, and in recent years also added a visual arts aspect to the music experience. Drum circle participants are provided with an assortment of instrument options, including: drums, tambourines, bells, shakers, and other small percussion instruments. Some of Expressive Therapies' music therapists then lead the drum circle in call-and-response opportunities, improvisations, rhythm games, and more. Some of Expressive Therapies' art therapists will simultaneously be engaging participants in an art experience inspired by the music created by the



Expressive Therapies' music / art experience at Mile 9 will take place on Saturday, August 6th from 1:30-2:20pm on the Lawrence Conservatory Lawn!

drum circle, such as creating an image that reflects what the music sounds like to them. Drum circle participants are encouraged to switch out their instrument, take a break to engage in the art experience, or even help to lead the drum circle! This year, we hope to incorporate live music and a dance/movement aspect into Expressive Therapies' Mile of Music drum circle.

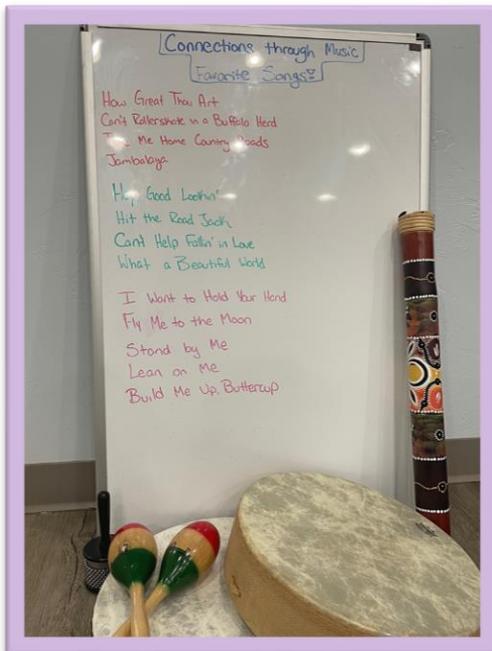
In addition to engagement of the community in active music making, some of the benefits of the Expressive Therapies drum circle at the Mile of Music include: improved mood, social connection, opportunities for self-expression and boosting self-esteem, and even attention and cognition abilities.

What Might I Do In A Drum Circle?

Call-and-Response: The classic “repeat after me” game, but make it musical and even invite some young participants to take the lead! Call-and-Response might also look like a musical conversation, where the second pattern is more of a complement or add-on to the first pattern, rather than an exact replication.

Improvisation: To improvise means to create the sound and music as you go along. Someone might improvise what an emotion/feeling sounds like for them, or even creating music that might pair with a certain experience

Rhythm Games: What would it sound like if we created a musical fruit salad? Different groups create rhythms to match the articulation of different fruits, like blueberries, grapes, or melons. Now add them altogether and play at the same time to create a musical fruit salad!



Fox Valley Memory Project

Expressive Therapies' newest community engagement project is a partnership with the Fox Valley Memory Project! The Fox Valley Memory Project was started as a means for increasing community and social engagement opportunities for individuals with dementia. You can learn more about the project and their efforts to support individuals with memory loss at their website:

<https://www.foxvalleymemoryproject.org/>. Expressive Therapies is excited to have started this pilot program for individuals with memory loss and their caregivers in the spring of 2021, and hopes to continue offering this group in partnership with the Fox Valley Memory Project in future seasons!

For the duration of 10 weeks, group participants and their caregivers engaged in this pilot program, a weekly music therapy group. The goals of this group primarily focused on quality of life, maintaining skills like limb coordination, bonding with caregivers, memory recall, attention to task, decision making and impulse control, improving mood, and reducing anxiety. Group members have engaged in a variety of experiences to address these goals, including: songwriting, instrument exploration, dynamic drumming, body percussion/rhythm-based interventions, and more!

CRESCENDO

CRESCENDO is an acronym that stands for: Creating Relationships, Ensemble, Social Connections, Embracing New skills, Defeating Old unhealthy patterns. The CRESCENDO Bands at Expressive Therapies first formed in 2015. Since then, CRESCENDO has been a staple of Expressive Therapies' group opportunities during the Fall and Winter semesters. Band members, from young teens to young adults, engage in weekly band practices to learn their own and their fellow band members songs, all inspired by a given theme. This culminates in a final concert typically held out in the community, complete with amplified instruments and microphones, where any and all are welcome to attend.

Due to the COVID-19 pandemic, Expressive Therapies was not able to host CRESCENDO in person for a brief time, and was not able to hold the live concert out in the community for a couple of years. However, creative problem-solving and flexibility allowed for virtual bands to meet and then record the concert over Zoom, to then be edited, sound checked, and pieced together into one full video concert. The most recent round of CRESCENDO included 2 in-person bands as well as 1 fully-virtual band, and it continues to be a popular group that enhances the community of the band members.

During the COVID-19 pandemic, CRESCENDO concerts were virtual. Check out these past concerts on the Expressive Therapies YouTube channel!

Also, this past April, the CRESCENDO Concert returned to an in-person, live concert with the Spring 2022 bands!

CRESCENDO is all about bringing teens and young adults together in a social, active music making experience, and then bringing that music to the community to share. Some of the goals and benefits of participation in the CRESCENDO band include: forming positive social connections, building teamwork and collaboration skills, and enhancing self-esteem.

Inpatient Psychiatric Facilities and Other Addiction/Mental Health Treatment Facilities

Expressive Therapies visits an inpatient psychiatric facility to provide music therapy services. Once a week, an Expressive Therapies music therapist leads a music therapy group on each of the inpatient units, including children, adolescents, intensive care, and adults. The group make-up in terms of who participates in the group and what

their individual needs are will differ from week to week and across the different units, but some of the overarching goal areas include: mood regulation, self-expression, emotional expression, coping skills, self-esteem, social and emotional support, motivation, self-awareness, and executive functioning skills (e.g., impulse control, decision-making, and problem-solving). During music therapy groups on an inpatient psychiatric unit, group members might participate in active music making, music listening, song analysis and



discussion, songwriting, mood vectoring, therapeutic discussion, and even art or movement to music at times. Previously, Expressive Therapies also worked with inpatient dual diagnosis (addiction and mental health) and addiction facilities to provide music therapy services. For more information about how music therapy—as well as art therapy and dance/movement therapy—can be beneficial for individuals struggling with and recovering from addiction, please see our February 2022 newsletter about creative therapies and addiction!

Outpatient Oncology Centers and Other Inpatient Oncology Facilities

In addition to inpatient psychiatric, Expressive Therapies also visits an outpatient oncology center to provide music therapy services to individuals coming into the facility for treatments. Once a week, an Expressive Therapies music therapist leads music therapy sessions with adults receiving cancer treatments and their families. Music therapy can be extremely beneficial for individuals receiving cancer treatments, as it can support and improve the well-being of patients in a variety of ways. Some of the major goal areas and significant benefits of music therapy in the oncology setting include pain and symptom management, improvements on physiological responses to physical causes or stress/anxiety (e.g., heart rate, breathing, blood pressure), increased relaxation, improved stress management and coping skills, emotional expression, self-expression, communication and connection between patients and their family members, and self-reflection and exploration. Patients participating in music therapy sessions while receiving oncology treatments may participate in active music making, music listening, music-assisted relaxation, songwriting, song analysis and discussion, and therapeutic discussion to support quality of life and wellness. Previously, Expressive Therapies also worked with other inpatient oncology facilities, and music therapy can also be a wonderful asset to patient care in pediatric oncology settings. For more information about how music therapy can be beneficial for individuals and their families in the oncology setting, please see our September 2021 newsletter about music therapy and oncology!

How Can I Get Involved?

Connecting with Expressive Therapies and exploring ideas for how music, art, and/or dance/movement therapy could be involved with your community project or event is pretty simple! The best way to start is to reach out to the office with your request in one of three different ways: first, emailing info@expressivetherapies.net with your request; second, calling the office at (920)903-1009; or third, submitting a request online through www.expressivetherapies.net. From there, Expressive Therapies can get in touch with you regarding what you're looking and hoping for, what some of the goals of the partnership might be, and what next steps might be taken from there. Even if you're just looking for some additional information to see what some possibilities might be, connecting with the office is the best way to get started!



Resources and Additional Information

Greenberg, D. M., Decety, J., & Gordon, I. (2021). The social neuroscience of music: Understanding the social brain through human song. *American Psychologist*, 76(7), 1172–1185. <https://doi.org/10.1037/amp0000819>

Expressive Therapies YouTube Page: https://www.youtube.com/channel/UC5vuxm9t0x_0pbVKWAZQLJA

Past Expressive Therapies Newsletters: <https://www.expressivetherapies.net/newsletters-press>



THANK YOU FOR READING OUR NEWSLETTER!

We appreciate connecting with the community by sharing the specifics of music therapy, art therapy, and dance/movement therapy. If you have further inquiries, we highly recommend you visit our website at www.expressivetherapies.net, our Facebook page (Expressive Therapies), the American Music Therapy Association at www.musictherapy.org, the American Art Therapy Association at <https://arttherapy.org/>, the American Dance Therapy Association at <https://www.adta.org/>, or email us at info@expressivetherapies.net.
Take care and be well!

