

# Expressive Therapies LLC

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Creating a brave 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.



## SELF-EXPRESSION

What is self-expression? Oxford Languages defines it as, "the expression of one's feelings, thoughts, or ideas, especially in writing, art, music, or dance." Self-expression can be practiced at home, at school, at work, or in a therapeutic setting—anywhere you want to express yourself! Whether in art therapy, music therapy, or mental health counseling, self-expression is practiced regularly at Expressive Therapies. Here are some examples of ways we practice self-expression:

### **Movement**

Movement allows you to express yourself by moving your body in different ways. Dancing and yoga are common methods of self-expression through movement. Movement brings attention to the connection between the mind and body and is an excellent way to express yourself without words.



### **Writing**

Writing allows you to express yourself through written words. Activities such as journaling, poetry, and writing stories are common methods of self-expression through writing. Writing can be a helpful tool for communicating and making sense of thoughts, ideas, and emotions through words.





## Art

Art allows you to express yourself through the visual arts. These include activities such as painting, collage-making, woodworking, sculpting, and drawing. At Expressive Therapies, our art therapists use a variety of art-based interventions to promote self-expression. Art can facilitate the understanding and communication of abstract and complex emotions and thoughts.



## Music

Music allows you to express yourself by creating music, including writing songs, playing instruments, and actively listening to music that reflects emotions. At Expressive Therapies, our music therapists create an environment for self-expression through various music-based interventions. Music allows for self-expression with or without words and can often facilitate the communication of thoughts and emotions.

## What are some of your favorite ways to express yourself??

### Update!

#### Teletherapy

Teletherapy can be a wonderful tool to ensure continuity and consistency of therapy services when situations such as inclement weather or illness arise. Talk to your therapist to for more details about how teletherapy can benefit you/your child!

#### Upcoming Office Closures

As the holiday season approaches, there are some days in the upcoming months that our offices will be closed:

- Tuesday, December 24th, 2024
- Wednesday, December 25th, 2024
- Wednesday, January 1st, 2025

#### Winter Groups 2025

Stay tuned for our January newsletter which will feature information about our 2025 Winter Groups!

### Thank you for reading our newsletter!



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### Take care and be well!