

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.

SPRING-SUMMER 2019 GROUPS

MONDAY

Just for Today*
Open art studio for
all ages & abilities
12 - 1:30 pm

Social Skills I
4-4:45 pm

Boys Only!
Art Therapy Group
for Tween boys
4-5 pm

**Socializing in
Music: Teen
Social Skills**
5:15-6:15pm

**Creative
Expressions for
Tweens!**
Art/Writing/Music
7-8 pm

TUESDAY

**Attachment &
Attunement**
Mothers & infants
10:30 - 11:30am

Aphasia Group
8-week group
12 - 1 pm

**Rhythms and
Regulation I***
1-1:45 pm

**Rhythms and
Regulation II ***
2-2:45

WAM II
4-5 pm

Social Skills II
4:30-5:30 pm

WAM I
5-6 pm

WEDNESDAY

**Midweek
Mindfulness**
11:45 - 1 pm

**Creative
Expressions***
8-10 years old
Art/Writing/Music
2 - 3 pm

Tuning In
5:15 - 6:15 pm

THURSDAY

**Groovin' in the
Music**
Music therapy for
Caregivers with 18
Months to 4yrs old
12-12:45 pm

Empowering Art*
Art Therapy group
for Adoptees
1-2 pm

Empowering Art*
Art Therapy group
for Siblings of
Adoptees
2-3 pm

FRIDAY

Just for Today
Open art studio for
all ages & abilities
1-2:30 pm

**Drawing on
Strengths**
Teen Art Group
4-5 pm

*Spring Art/Music Groups start the week of May 6 through Monday July 22
Summer* Groups start Week of June 10 through August 24
No groups on Memorial Day or the Week of July 4
Please see Melissa to register for a group or for more information!
Request a group flier for detailed information and dates!*



**Expressive
Therapies LLC**

245 N Metro Dr
Appleton, WI 54913
(920) 903-1009
expressivetherapies.net

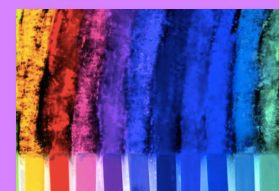
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Summer Groups 2019

During the spring and summer, Expressive Therapies offers a variety of groups for children and adults. The skills addressed and goals for each group differ, including: socialization and interpersonal skills, self-regulation, emotional insight and expression, self-esteem, cognition and executive functioning skills, anxiety and stress reduction, and more! Check out each of the groups below and reach out to our office with any questions and for registration information. Most Spring Groups start the week of May 6th and will run through Monday, July 22nd. Registrations for Spring Groups are due by April 26th. Most Summer Groups start the week of June 10th and will run through August 24th. Registrations for Summer Groups are due by May 31st. There will be no groups on Memorial Day or the week of July 4th. Please contact Expressive Therapies with any questions and for registration information!

Spring Groups (Week of May 6 - Mon, July 22)

Aphasia Group

8-week Music Group

Tuesdays 12-1pm

Individuals with aphasia & their caregivers (Solo or together)

When the left side of the brain is damaged, speech and language are often impacted. Through specific Neurologic Music Therapy (NMT) protocols, NMT-trained music therapists use music to “bypass” the affected areas of the brain and work with undamaged areas to create new neuropathways. Often if someone’s speech is affected, they are still able to sing! This 8-week group will utilize rhythm and melody within NMT protocols to help rebuild damaged areas of the brain.

Attachment & Attunement

Music/Movement/Art

Tuesdays 10:30-11:30am

Mothers and Infants

There is dramatic brain growth and sculpting that is stimulated by the close and continuing interactions between baby and caregiver/parent. In this 60-minute group, participants will have the opportunity to take part in various art and music therapy interventions centered around mother and baby bonding. These interventions range in variety including: breathing, self-care, yoga, guided relaxation, and support from other moms.

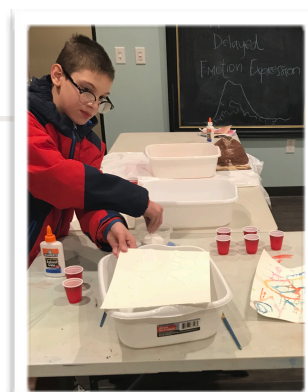
Boys Only!

Art

Mondays 4-5pm

Tween boys, ages 11-13

This art therapy-based group provides tween boys the opportunity to explore and regulate their emotions through creative expression. Benefits include: improved cognition and sensory-motor function, enhanced self-esteem and self-awareness, emotional resilience and insight, social skills, and conflict and distress skills.



TO REGISTER FOR A SPRING GROUP:

All groups are open to new and returning clients, and no previous experience or skill in the creative arts is necessary. New clients will need to complete an initial appointment prior to the start of group. Registrations for all Spring groups are due by April 26th.

Insurance and/or other funding may be available to help offset the cost of many of our groups. Please

contact Expressive Therapies to discuss what out-of-pocket and/or insurance costs may be for your individual situation! For registration information and forms, to schedule an initial appointment, or for any other questions, please reach out to:

(920)903-1009

sara@expressivetherapies.net

melissa@expressivetherapies.net

Spring Groups (Week of May 6 - Mon, July 22)

Creative Expressions for Tweens!

Art/Writing/Music

Mondays 7-8pm

Tween girls, ages 11-13

Creative Expressions is a group for tween girls to explore and enhance their self-esteem and self-identity with the creative process. Benefits of experiences in this group include: enhanced self-esteem and self-awareness, emotional resilience and insight, amplified social skills, cognition and sensory-motor function, and conflict and distress tolerance skills.

Drawing on Strengths

Art

Fridays 4-5pm

Teens ages 14-19

Drawing on Strengths is a teen group for challenging negative thinking and building self-esteem. Focuses will include: self-esteem, creating friendships, self-awareness, and regulating emotions through challenging negative thinking and building new coping techniques. It is open any teen individuals, neurotypical or atypical.



Groovin' in the Music

Music & Movement

Thursdays 12-12:45pm

Caregivers and 18mo-4yr old children

Research shows that music impacts all areas of our brains and by utilizing music in an intentional way, we can stimulate and ignite our child's brain in the following areas: Intellectual, Social Emotional, Motor, Language, Literacy, and Memory. By incorporating music and movement, we stimulate the connection of mind/body working together, allow for self-expression, and build and strengthen bonds between child and caregiver!

Spring Groups (Week of May 6 - Mon, July 22)

Just for Today (Group I, Spring Session)

Open Art Studio

Fridays 1-2:30pm

All ages and abilities

This open art studio is intended to foster creativity and encourage experimentation in an atmosphere of cultural exchange, conversation, encouragement, and freedom of expression. Benefits of art making in a group atmosphere include: stress reduction, increased sense of self-awareness, greater sense of control, increased sense of independence, improvements in communication, and improvements in social skills.



Midweek Mindfulness

Mindfulness

Wednesdays 11:45-1pm

Adults of any age

Each week, participants in this group will have an opportunity to engage in a Mindfulness or Guided Imagery experiential, and then have time to artistically reflect on their emotional, mental, and physical well-being. Our goal is for each participant to improve Mindfulness Skills, and connect mind, body, and breath over the course of the 10-week group.



Social Skills Level I and II

Music

Level I: Mondays 4-4:45pm

Level II: Tuesdays 4:30-5:30pm

Children of similar ages and strengths, 5-8 and 8-11

Both Social Skills groups present small group music psychotherapy interventions to improve social and communication skills. Participants will gain experiences with: social use of language, initiating and maintaining conversations, gaining empathy and perspective, attention and organization, emotional regulation, interpersonal skills, and self-esteem.

Socializing Through Music

Music

Mondays 5:15-6:15pm

Teens and Young Adults

Socializing Through Music is a 10-week group that gathers teens and young adults with similar strengths and needs with a goal to improve upon their social skills. Benefits and skills focused on include: social engagement, emotional expression and regulation, initiating and maintaining conversations, self-esteem, and leadership skills.

Spring Groups (Week of May 6 - Mon, July 22)

Tuning In Through Music and Art

Music/Art

Wednesdays 5:15-6:15pm

Preteens and Teens

Tuning In Through Music and Art is a 10-week group combining music therapy and art psychotherapy interventions. Through participation in Tuning In, group members will gain experience in: social and interpersonal skills, grounding and regulation skills, emotional insight and expression, attention and organization, and self-esteem and leadership skills.



WAM!! (Writing with Art and Music)

WAM I: Tuesdays 5-6pm

WAM II: Tuesdays 4-5pm

Children ages 6-10

WAM!! is a 10-week group combining art therapy, music therapy, and creative writing. Benefits and goal areas addressed include: emotional insight and self-regulation, socialization and interpersonal skills, executive functioning skills like adaptability and impulse control, problem solving skills, and self-esteem and self-expression.



STAY TUNED FOR AUGUST WORKSHOPS!

Beginning in August 2019, Expressive Therapies will be offering a selection of workshops to close out the summer. These will range from short one- or two-day experiences to one-week long groups with a specific focus. Information regarding these workshops will be coming soon, so stay tuned!

Summer Groups (Week of June 10 - August 24)

Creative Expressions

Art/Writing/Music

Wednesdays 2-3pm

Young girls, ages 8-10

Creative Expressions is a group for younger girls, ages 8-10, to explore and enhance their self-esteem and self-identity with the creative process. Benefits of experiences in this group include: enhanced self-esteem and self-awareness, emotional resilience and insight, amplified social skills, cognition and sensory-motor function, and conflict and distress tolerance skills.

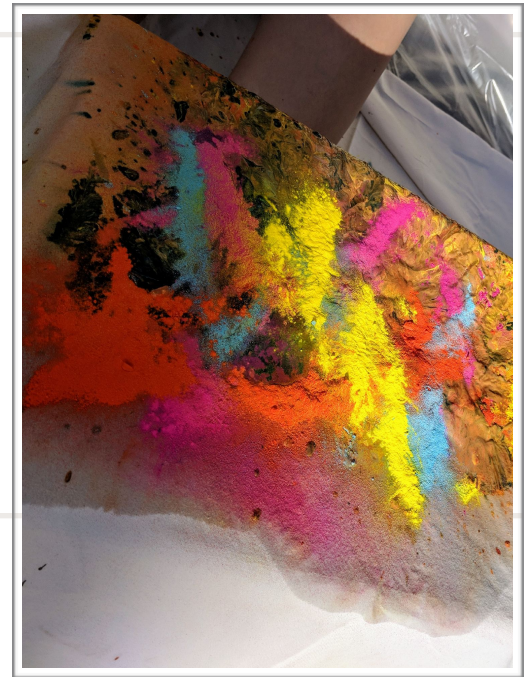
Just for Today (Group II, Summer Session)

Open Art Studio

Mondays 12-1:30pm

All ages and abilities

This open art studio is intended to foster creativity and encourage experimentation in an atmosphere of cultural exchange, conversation, encouragement, and freedom of expression. Benefits of art making in a group atmosphere include: stress reduction, increased sense of self-awareness, greater sense of control, increased sense of independence, improvements in communication, and improvements in social skills. There is no need to have any prior experience or artistic skill level to benefit from the creative arts.



Empowering Art for Adoptees and Siblings of Adoptees

Art

Adoptees: Thursdays 1-2pm

Siblings: Thursdays 2-3pm

Adoptees and their siblings

These groups allow pre-teens through young adults to engage with the creative process and learn how to reflect, honor, and share their personal experiences with others in emotionally safe ways. Skills addressed will include: interpersonal relationship skills, verbal and nonverbal communication, emotional regulation and expression, relaxation, self-esteem, and gratitude.

Summer Groups (Week of June 10 - August 24)

Rhythms and Regulation I & II

8-Week Music Group

Level I: Tuesdays 1-1:45pm

Level II: Tuesdays 2-2:45pm

Youth

Join us in this 8-week music therapy group to learn the basics of regulation by utilizing song, rhythm, and instruments. By participating in this group, individuals will gain more insight into external and internal emotions, and will learn healthy ways to regulate their own bodies. Individuals will begin to learn about alerting, grounding, and calming songs, tools, and body movements at a foundational level.

THANK YOU FOR READING OUR NEWSLETTER!

We appreciate connecting with the community by sharing the specifics of music therapy and art 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 and the American Art Therapy Association at <https://arttherapy.org/>, or email us at info@expressivetherapies.net.

Take care and be well!

