

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.



EXECUTIVE FUNCTIONING

Executive functioning skills are important skills that enable us to engage successfully in day-to-day experiences. There are a variety of skill areas under the executive functioning domain that each help us to accomplish various tasks, engage in social settings, learn and apply knowledge, and much more. Different individuals may excel in or struggle with any number of these skill areas, impacted by each person's strengths, experiences, or other factors that may bolster or impair executive functioning abilities. Music therapy and art therapy offer creative opportunities for developing executive functioning skills that may be challenging for an individual, and support the application of those skills in other settings.



Executive Functioning Skills:

Some skill areas in the executive functioning domain include:

- Organization
- Problem-Solving
- Decision-Making
- Inhibition / Impulse Control
- Initiation
- Flexibility / Adaptability
- Planning
- Reasoning
- Comprehension
- Analyzing / Evaluating
- Attention
- Perseverance

Music Therapy & Executive Functioning

Music therapy interventions can address a variety of different executive functioning skills and since music is processed across all areas of the brain, it is a great medium for learning skills and applying them in other settings. Music therapy interventions addressing executive functioning include:

- Stop/Start tasks with musical prompts (impulse control)
- Assorted songwriting tasks (organization, planning, attention, decision-making, problem-solving, flexibility)
- Active music making / Improvisation (planning, initiation, impulse control, attention, flexibility, decision-making)

Additionally, Musical Executive Functioning Training (MEFT) is a Neurologic Music Therapy (NMT) intervention that specifically addresses executive functioning skills through structured music interventions.



Art Therapy & Executive Functioning

Art therapy interventions, both structured and open, are great opportunities for executive functioning skill development. The process of art making incorporates many different executive functioning skill areas, enabling the skills to be practiced in a creative setting and then applied in other settings. Art therapy interventions addressing executive functioning include:

- Matching colors to experiences/feelings (decision-making, reasoning, organization)
- Art experientials or projects and use of materials (impulse control, decision-making, planning, problem-solving, reasoning, organization, flexibility, attention, perseverance)

Stay Tuned!

In future newsletters, we will explore different executive functioning skill areas more in depth, including: how each skill is used in daily life, what might impact successful use of that skill, and ways each skill can be developed through creative interventions.

Spooktacular!

At the end of October, ETLLC will have a "Spooktacular" event, during which staff and clients are invited to participate! Check out our social media for information about how you can participate from October 24 - 31.

Thank you for reading our newsletter!



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Take care and be well!