

# 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, and psychotherapy, to improve health and well-being.

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## SPRING 2021 GROUPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Social Skills I</b> Music Group for youth 4 pm <hr/> <b>REVERB</b> Music group for Teens 4:15 pm	<b>WAM</b> Storytelling, Art, & Music 4pm <hr/> <b>Social Skills II</b> Music Group for youth 4:15 pm <hr/> <b>T &amp; T</b> Music/Art group for youth - self-regulation 5pm <hr/> <b>*Attachment &amp; Attunement</b> Mothers and Infants STARTS June 1 9 am <hr/> <b>*Groovin' in the Music</b> Music & Development for Caregivers & 18 Months to 4 yrs. Old STARTS June 1 11 am <hr/> <b>*Let's Move It</b> Music & Movement for Preteens/teens STARTS June 8 10:30 am	<b>BEAT</b> Music/Art Group boys and girls 9-13 4pm <hr/> <b>Tuning In</b> Creative Arts group for preteens/teens 5pm <hr/> <b>*Rhythms &amp; Regulation</b> Music & regulation group for youth STARTS June 9 9:30am OR 10:30am *time based on therapist recommendation	<b>FLOW</b> Creative Arts & Mindfulness Teens 5pm	<b>*EnACT</b> Creative Arts Therapies for Adoptees Preteens / Teens STARTS June 11 10:30 am	<b>Socializing in Music</b> <b>New Day and Time</b> Music Group Teen/Young Adult 10:30 am



Spring Groups start Saturday, May 15  
 \*Summer Groups start weeks of June 1 and June 8  
 No groups on the following holiday dates:  
 Memorial Day: Monday, May 31  
 Juneteenth: Saturday, June 19 OR Monday, June 21  
 4<sup>th</sup> of July: Friday, July 2 through July 8  
 Registration Deadline: Saturday, May 8  
**NO LATE REGISTRATIONS WILL BE ACCEPTED**  
 For complete details:  
 Call the office at 920.903.1009 or Email [Scheduling@expressivetherapies.net](mailto:Scheduling@expressivetherapies.net)

## Spring and Summer Groups

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. Group members will have the opportunity to attend group in-person or virtually. Spring groups are scheduled to start the week of May 15th and will run for 10

sessions. Summer groups are scheduled to start at the beginning of June and will run for 10 sessions.

**Registrations for Spring/Summer Groups are due by Saturday, May 8<sup>th</sup>. No late registrations will be accepted.** Please contact Expressive Therapies with any questions and for registration information!





## Spring Groups (begin in May)

### BEAT: Marching to Your Own Rhythm

May 19 thru July 28 • No group July 7  
Wednesdays 4pm – 4:50pm • Art/Music  
Youth 9 – 13

BEAT provides youth the opportunity to explore and regulate their emotions, improve executive function skills, and practice healthy social skills through creative engagement and expression. Benefits of this group include: improved cognition and sensorimotor function, improved focus/impulse control/organization, enhanced self-esteem, improved self-regulation and emotional insight, and amplified social awareness and social skills.

### F.L.O.W. (Finding a Life of Wellness)

May 20 thru July 29 • No group July 8  
Thursdays 5pm – 5:50pm • Art and Mindfulness  
Teens (High School Age)

This group will incorporate a wide range of expressive and reflective modalities to increase ability to find a life of wellness. Group members will focus on socializing, mind/body connection, creative self-expression, regulation, and stress management. Potential benefits include: lowered symptoms of depression and anxiety, increased self-expression, improved self-regulation, improved emotional insight, increased understanding of mind/body connection, and improved abilities for stress management.

### REVERB

May 17 thru August 9 • No group May 31, June 21, or July 5  
Mondays 4:15pm – 5:05pm • Music  
Teens

REVERB is a teen only group to learn to use music and art in grounding and centering themselves, emotional regulation, distress tolerance skills, gaining empathy, and communication skills. The group will incorporate listening to music, expanding knowledge of music and instruments, creative movement, songwriting, art interventions, and working together, improving socializing, problem solving, and teamwork.

### Social Skills Level I and II

Level I: Mondays 4pm – 4:45pm

May 17 thru August 16 • No group May 31, June 21, July 5, or July 12

Level II: Tuesdays 4:15pm – 5:05pm

May 18 thru August 3 • No group July 6 or July 27

Youth of similar ages and strengths • Music

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

**May 15 thru August 7 • No group May 29, June 19, or July 3**  
**Saturdays 10:30am – 11:20am • Music**  
**Teens and Young Adults**

Socializing Through Music is a music 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.

## Tuning In Through Creative Arts

**May 19 thru July 28 • No group July 7**  
**Wednesdays 5pm – 5:50pm • Art/Music**  
**Preteens and Teens**

Tuning In Through Creative Arts is a 10-session group for preteens and teens to learn to use creative arts in grounding and centering themselves, practicing emotional regulation, distress tolerance skills, gaining empathy, and communication skills! The group will incorporate listening to favorite music, expanding knowledge of music and instruments, creative movement, songwriting, different creative art mediums and interventions, and working together with problem solving and teamwork!

## Tempo & Tempera (T&T)

**May 18 thru July 27 • No group July 6**  
**Tuesdays 5pm – 5:50pm • Art/Music**  
**Children 6 - 9**

Tempo and Tempera, or T&T, is a 10-session group for children ages 6-9 combining art therapy and music therapy to practice and build skills in self-regulation and diffusing tricky situations. Goal areas that will be addressed include: emotional insight and self-regulation, socialization and interpersonal skills, executive functioning skills like adaptability and problem-solving skills, impulse control, self-esteem, and self-expression.



### *To Register for a Spring/Summer 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 evaluation prior to the start of groups.

**Registrations for groups are due Saturday, May 8<sup>th</sup>. No late registrations will be accepted.**

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:

Phone: (920)903-1009

Email: [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net)

## **WAM!! (Writing with Art and Music)**

**May 18 thru July 27 • No group July 6  
Tuesdays 4pm – 4:50pm • Art/Music  
Children 6 - 10**

WAM!! combines art therapy, music therapy, and creative writing experiences. 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.

## **Summer Groups (begin in June)**

### **Attachment and Attunement**

**June 1 thru August 17 • No group July 6 or July 13  
Tuesdays 9am – 10:15am • Art/Music  
Mothers and Infants**

In this group, participants will take part in creative arts therapy interventions centered around mother and baby bonding, such as: breathing, gentle movement, music, self-care, guided relaxation, and support from other moms. Potential benefits include: enhanced connection between mother and baby, learning about secure attachment, supportive relationships with other moms, learn regulation skills, and affect recognition and affirmation skills.

### **EnACT (Encouraging Adoptees through Creativity and Theater)**

**June 11 thru August 20 • No group July 2  
Fridays 10:30am – 11:20am • Art/Music  
Preteens/Teens who have been adopted**

This group allows pre-teens through teens to engage with the creative process through acting games, lyric analysis, musical reviews, and character studies while learning how to reflect, honor, and share their personal experiences with others in a healing environment. This group focuses on increasing self-awareness through exploration, offering validation from a community of peers, and emotional expression. Participants will engage in various experientials centered around musical theatre incorporating music and art therapy and will reflect on personal experiences while learning how to creatively relate and share their experiences with others within this created community.

### **Groovin' in the Music**

**June 1 thru August 17 • No group July 6 or July 13  
Tuesdays 11am – 11:45am • Music/Movement  
Caregivers and 18mo – 4.5yr 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!



## Let's Move It!

**June 8 thru August 17 • No group July 6**  
**Tuesdays 10:30am – 11:20am • Music/Movement**  
**Preteens/Teens**

This group will allow members to have fun, be creative, and explore dance/movement while learning self-regulation skills, building self-confidence and self-esteem, and developing/refining their interpersonal relationship skills. Members will also gain insight into their emotions and expressing these emotions while sharing and being creative in a group environment impacting their overall sense of self. Music and Movement integrates physical, cognitive, social, and emotional learning domains.

## Rhythms & Regulation

**June 9 thru August 25 • No group July 7 or July 14**  
**Wednesdays 9:30am – 10:15am OR 10:30am – 11:15am • Music**  
**Children/Youth of similar ages and strengths**

Join us in this 10-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, calming, and grounding songs, tools, and body movements at a foundation 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](http://www.expressivetherapies.net), our Facebook page (Expressive Therapies), the American Music Therapy Association at [www.musictherapy.org](http://www.musictherapy.org), and the American Art Therapy Association at <https://arttherapy.org/>, or email us at [info@expressivetherapies.net](mailto:info@expressivetherapies.net).

Take care and be well!

