



Expressive Therapies Fall 2023 Group Calendar



MONDAY

CODA

4 pm

Teens/Tweens
Music Group

REVERB

4:15 pm

Tweens Music Group

Let's Move It

4:30pm

Preteens/teens
Music & Movement

Social Skills I

5:15 pm

Youth Music Group

TUESDAY

SPACE

4:15 pm

Youth Music Spatial
Awareness, Executive
Functioning &
Self-Regulation

Social Skills II

4:30 pm

Youth Music Group

WAM

4:30 pm

Storytelling, Art,
& Music

TNT

5:30 pm

Creative Arts Group
Self-Regulation

WEDNESDAY

Groovin' in the Music

4 pm

18 ½ months to 4 years
w/Caregiver Music Group

Rhythmic Rehab

4:30 pm

Youth & Caregiver Music
Therapy & Physical Therapy
group

CRESCENDO

Starts September 6

Time recommended by
group leader

4:15-5:15pm

5:15-6:15pm

THURSDAY

BEAT

4 pm

Creative Arts Group
Ages 9-13

FLOW

4:30pm

Teens Creative Arts &
Mindfulness

Rhythms & Regulation

4:15pm

Youth & Caregiver Co-
Regulation
Music Group

Strumming & Songwriting

5:15 pm

Teens/young adults Basic
guitar/ukulele skills and
songwriting

FRIDAY

Just for Today

10:15 am

Adult Structured Art Studio



Crescendo Band starts Wednesday, September 6

10-week Creative Arts Fall Groups start the week of Monday, September 11

Group Registration Deadline: Friday, September 1

All Clients Must Complete a Registration Form

Late registrations will not be accepted

Ask your child's therapist about a group recommendation and contact the office regarding registration information.

Please see individual group flyers for full details.





This 10-week music and art therapy-based group provides youth ages 9-13 the opportunity to explore and regulate their emotions, improve executive functioning skills, and practice/enhance healthy social skills all through creative engagement and expression.

The group will incorporate music, art and play based interventions that focus on working together, improving socialization and communication skills, emotion insight and regulation, and executive function skills.

There is no need to have any experience or special talent on an instrument to benefit from the powers and motivation of music and art! Art & Music supplies will be provided; however, participants are welcome to bring personal supplies/instruments as well.

Benefits of music and art therapy in a group setting include:

- Improved cognition and executive function.
- Improved focus, impulse control, and organization skills.
- Enhanced self-esteem, self-awareness, and self-regulation skills.
- Greater emotional insight and resilience.
- Amplified social awareness and improved social skills.

Group Dates: Thursdays, September 14 thru November 16

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4:00 - 4:50 pm

Group Location: 245 N Metro Drive, Appleton, WI

Parent Check In Group members will be brought out to lobby at end of group, please meet them at the door. If you would like any updates about group, please contact a group leader.

Registration Information:

- ***Registration Deadline: Friday, September 1***
 - **No late registrations will be accepted.**
- New Clients require an initial appointment prior to the group setting.
- All Clients are required to complete a registration form.
- All groups requires a minimum of 4 confirmed registrations.
- Within 2 business days of the group registration deadline, group participants will receive an email from scheduling confirming group or alerting them if group will not run.



For more information please contact
Expressive Therapies by phone at 920.903.1009
or Email: scheduling@expressivetherapies.net

For current information regarding group, office closures and more information on staff and other services and events Expressive Therapies offers we invite you to:

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CODA: Creative Opportunities for Developing Awareness

This is a 10-week group that gathers tween and teens with similar strengths and needs with a goal to improve upon their socializing skills.

The creative arts are a very powerful tool! There is no need to have any experience or special talent on an instrument to benefit from the power and motivation of the creative arts.

This group will incorporate listening to favorite music, expanding knowledge of music and instruments, creative movement, song writing and working together with problem solving and teamwork.

The skills that will be focused on include:

- Being Socially Engaged
- Emotional Regulation
- Emotional Expression
- Initiating & Maintaining Conversations
- Improving Self Esteem
- Improving Leadership Skills

Progress is measured using an engagement scale and a prompting scale that objectively explain where individual's growth in goal areas are in each session. Our goal is for each participant to improve upon these skills by at least 1 skill level over the course of the 10-week group.

Group Dates: Mondays, September 11 thru November 13

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4-4:50 pm

Group Location: 250 N Metro Drive, Suite B, Appleton, WI

Parent Check In: Parents/Guardians are expected to join group at 4:45 for an update of the group session

Registration Information:

- **Registration Deadline:** Friday, September 1
 - No late registrations will be accepted.
- **New Clients:** require an initial appointment prior to the group setting.
- **All Clients:** Completed registration form required.
- All groups requires a minimum of 4 confirmed registrations.
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CRESCENDO

CREATING RELATIONSHIPS, ENSEMBLE, SOCIAL CONNECTIONS,
EMBRACING NEW SKILLS, DEFEATING OLD UNHEALTHY PATTERNS

JOIN US FOR THE FALL 2023 CRESCENDO BAND

A BAND FOR INDIVIDUALS LOOKING TO CONNECT, PRACTICE SOCIAL SKILLS AND PLAY AN INSTRUMENT. WE WILL BE FORMING BANDS AND PROVIDING A PLACE TO BUILD CONNECTIONS, PRACTICE SOCIAL SKILLS AND CREATE MUSIC TOGETHER.

The Fall 2023 Theme is "One Hit Wonders"

Wednesdays, Starting September 6

CRESCENDO meets for 13 sessions

Band Times

4:15 pm - 5:05 pm

5:15 pm - 6:05 pm

Registration Deadline: Friday, September 1

- A registration packet must be completed with song choices.
- No late registrations will be accepted.
- Minimum of 4 band members/Maximum of 9 band members.
- Group participants will receive an email from scheduling confirming group within 2 business days of the registration deadline.

TO SHOWCASE OUR STRENGTHS THERE WILL BE A PERFORMANCE:

WEDNESDAY, DECEMBER 6, 6PM

AT WILDER'S BISTRO

Please contact Expressive Therapies for more information.

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Finding a Life Of Wellness

FLOW is a music, art, and mindfulness group for teens.

Music, Mindfulness, and art making are all ways we can connect with our creative flow. This group will incorporate a wide range of expressive and reflective modalities to increase ability to find a life of wellness. In this group individuals will focus on mind/body connection, creative self-expression, regulation, and stress management.

No experience necessary.

Music instruments and art supplies will be provided.

Potential Benefits of Group

- lowered symptoms of depression and anxiety
- increased self-expression
- improved self-awareness
- improved emotion insight
- increased understanding of mind/body connection
- improved self-confidence
- improved regulation skills
- improved abilities for stress management

Group Dates: Thursdays, September 14 thru November 30

- No Group Thursday, September 21 and November 23
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4:30 - 5:20 pm

Group Location: 250 N Metro Drive, Suite B Appleton, WI

Parent Check In: Therapist will connect with families periodically throughout the 10 group sessions.

Registration Information:

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Groovin' in the MUSIC



This 10 session group is for caregivers & children; ages 18 months – 4 ½ years

Stimulate growth, make connections, bond!

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
Language*

*Social Emotional
Literacy*

*Motor
Memory skills*

By incorporating music and movement - we stimulate the connection of body/mind working together, allow for self-expression while building and strengthening bonds between child & caregiver!

Join us in this fun learning environment!

Utilize music and movement to ignite all areas of child's development!

Group Dates: Wednesdays, September 13 thru November 15

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4-4:37 pm

Group Location: 245 N Metro Drive, Appleton, WI

Registration Information:

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Just for Today

"Just for Today" is a 10-week closed art therapy group intended to foster creativity and encourage experimentation in an atmosphere of cultural exchange, conversation, encouragement, and freedom of expression.

The weekly sessions include structured art interventions that encourage collaboration with others and creative 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 powers of the creative arts. Art supplies will be provided; however, participants are welcome to bring personal art supplies as well.



Group Dates: Fridays, September 15 thru November 17

- **Group end date subject to change in event of rescheduling due to unforeseen circumstances.**

Group Time: 10:15 am - 11:30 am

Group Location: 245 N Metro Drive, Appleton, WI

Registration Information:

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Let's Move It!



This is a 10-week music and movement group for preteens/teens. This group will allow members to have fun, be creative, and explore movement while focusing on:

- self-regulation skills,
- building self-confidence and self-esteem,
- 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.

Other benefits of music and movement include:

- Developing small and large motor skills
- Improving balance and coordination
- Improving memory and cognitive development

There is no need to have any experience or special talent on an instrument/in dance to benefit from the power & motivation of music and movement.

Group Dates: Mondays, September 11 thru November 20

- **No Group Monday, October 23**
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4:30- 5:20 pm

Group Location: 245 N Metro Drive, Appleton , WI

Parent Check In: Therapist will connect with families periodically throughout the 10 sessions.

Registration Information:

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REVERB

A tween group focusing on utilizing the creative arts to express oneself, practicing distress tolerance, problem solving, engaging with others, learning coping and regulation strategies, and exploring emotional insight.

The group will incorporate live and recorded music of various genres, playing instruments, art, and therapeutic discussion to explore emotions, ideas, and responses.

There is no need to have any experience or special talent on an instrument to benefit from the powers and motivation of the creative arts! Creative arts supplies will be provided.

Group Dates: Mondays, September 11 thru November 20

- **No Group Monday, October 23**
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4:15 - 5:05 pm

Group Location: 245 N Metro Drive, Appleton, WI

Parent Check In: Therapist will email group updates periodically throughout the 10 sessions.

Registration Information:

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RHYTHMIC REHAB



Group setting incorporating Neurologic Music Therapy and Physical Therapy for individuals with neurological changes needing motor rehabilitation and appropriate exercise for youth with differing abilities and their caregivers.

How does NMT work with Physical Therapy (PT)?

NMT utilizes musical instruments and specifically designed patterns and configurations for playing them to help facilitate the (re)training of functional movement skills. NMT and PT work together to create these designs and configurations to best meet the needs of each individual and their motor rehabilitation. NMT "is also useful for helping one overcome unhealthy compensation strategies while increasing strength, endurance and motor control" (Mertel, Chapter 10 NMT Handbook).

Possible Benefits:

- Increase range of motion and decrease stiffness
- Limb coordination
- Finger dexterity and grasp
- Flexion/extension
- Adduction/abduction
- Rotation
- Supination/pronation in upper extremities
- Improve strength, balance, and coordination
- Improve circulation
- Improve gait speed

Group Dates: Wednesdays, September 13 thru November 15

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4:30-5:15 pm

- A caregiver is required to be with client in group.

Group Location: 250 N Metro Drive, Suite B, Appleton, WI

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or Email: scheduling@expressivetherapies.net
or contact
Christina at CK Therapy at 920.915.6655



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Rhythms & Regulation

Join us for this 10-week for this Youth & Caregiver Co-Regulation Music Therapy Group to learn the basics of co-regulation by utilizing song, rhythm, and instruments.

By participating in this group, individuals and caregivers will begin to learn about alerting, grounding, and calming regulation strategies through the use of songs, tools, and body movements at a foundational level.



Group Dates: Thursdays, September 14 thru November 16

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4:15 - 5:00 pm

- Parents/Guardians are expected to join full group session.

Group Location: 245 N Metro Drive, Appleton, WI

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Social Skills I

Strengthening Social Skills through group Music Psychotherapy!!
This 10 session group focuses on practical strategies to improve social and communication skills.

Music is a powerful tool!

One does not need to have any experience or special talent on an instrument to benefit from the power & motivation of music!

This group will incorporate listening to music, expanding knowledge of music and instruments, creative movement, song writing and working together with socializing, problem solving and teamwork!

Through small group music psychotherapy interventions – group participants will gain experiences with:

- Social use of language
- Initiating and maintaining conversations
- Gaining empathy and perspective
- Improving attention and organization
- Improving emotional regulation
- Improving interpersonal/social skills
- Improving self-esteem

Group Dates: Mondays, September 11 thru November 27

- **No Group Monday, November 13 and November 20**
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 5:15 - 5:52 pm

Group Location: 245 N Metro Drive, Appleton, WI

Parent Check In: Parents/Guardians are expected to be in group at 5:52pm for an update of the group session.

Registration Information:

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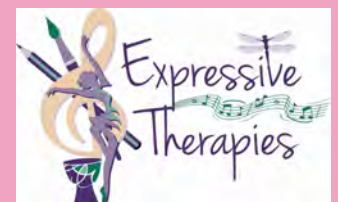
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Social Skills II

Strengthening Social Skills through group Music Psychotherapy!!
This 10 session group focuses on practical strategies to improve social and communication skills.

Music is a powerful tool!

One does not need to have any experience or special talent on an instrument to benefit from the power & motivation of music!

This group will incorporate listening to music, expanding knowledge of music and instruments, creative movement, song writing and working together with socializing, problem solving and teamwork!



Through small group music psychotherapy interventions – group participants will gain experiences with:

- Social use of language
- Initiating and maintaining conversations
- Gaining empathy and perspective
- Improving attention and organization
- Improving emotional regulation
- Improving interpersonal/social skills
- Improving self-esteem

Group Dates: Tuesdays, September 12 thru November 14

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4:30-5:20 pm

Group Location: 250 N Metro Drive, Suite B, Appleton, WI

Parent Check In: Parents/Guardians are expected to be in group at 5:15 pm for an update of the group session.

Registration Information:

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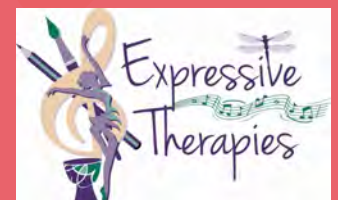
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Socially

Practicing

Assertive

Communication for my

Emotions



SPACE is a 10-week music therapy group for kids ages 6-9.

The group will incorporate creative arts interventions that focus on spatial awareness, assertive communication, self-awareness, regulation, impulse control, and attention to task.

The creative arts are a powerful tool!

There is no need to have any experience or special talent on an instrument to benefit from the powers and motivation of the creative arts!

Art & Music supplies will be provided

Group Dates: Tuesdays, September 12 thru November 14

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4:15 - 5:05 pm

Group Location: 245 N Metro Drive, Appleton, WI

Parent Check In: Parents/Guardians are expected to join group at 5:00 pm for an update of the group session

Registration Information:

- **Registration Deadline: Friday, September 1**
 - No late registrations will be accepted.
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Strumming and Songwriting

Strumming and Songwriting is a 10-week music therapy group for teens and young adults to learn how to play basic guitar chords and strumming patterns as well as learning different types of songwriting.

Group includes mindfulness and self-reflection through songwriting and learning a musical skill. Goals include increasing mindfulness, gain coping skills, decrease anxiety, improve overall mental health.

There is no need to have any experience or special talent on an instrument to benefit from the power and motivation of music and art!

Please bring your own guitar or ukulele if you have one.

If you don't have one will be provided.



Group Dates: Thursdays, September 14 thru November 16

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 5:15 - 6:05 pm

Group Location: 245 N Metro Drive, Appleton, WI

Parent Check In: Parents/Guardians are expected to join group at 6:00 pm for an update of the group session.

Registration Information:

- **Registration Deadline:** Friday, September 1
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Tempo and Tempera is a 10-week music therapy group for kids ages 6-9 focusing on building Skills in self-regulation and learning to diffuse tricky situations.

The group will incorporate creative arts interventions that focus on: developing emotional insight and expression, learning tools to support healthy self-regulation abilities, building executive functioning abilities, such as impulse control and attention, and practicing socialization and communication skills, such as taking turns and working together.

There is no need to have any experience or special talent on an instrument to benefit from the powers and motivation of the creative arts!

Art & Music supplies will be provided.

Group Dates: Tuesdays, September 12 thru November 21

- No Group Tuesday, October 24
- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 5:30 - 6:20 pm

Group Location: 245 N Metro Drive, Appleton, WI

Parent Check In: Therapist will email group updates to families periodically throughout the 10-week group session.

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WAM

WAM is a 10-week group for kids ages 6-9 combining art therapy, music therapy & creative storytelling.

Group members will participate in instrument playing, movement, art making, storytelling, and more to address these skill areas.

There is no need to have any experience or special talent on an instrument to benefit from the power and motivation of music and art! Art & Music supplies will be provided.

Group members will utilize creativity to learn and develop skills in the following areas:

- socialization and interpersonal communication, including active listening, turn-taking, teamwork and compromise,
- healthy emotion expression
- coping/regulation skills
- executive functioning abilities, such as adaptability, problem-solving, impulse control, organization, attention.

Group Dates: Tuesdays, September 12 thru November 14

- Group end date subject to change in event of rescheduling due to unforeseen circumstances.

Group Time: 4:30 - 5:20 pm

Group Location: 245 N Metro Drive, Appleton, WI

Parent Check In: Therapist will email group updates periodically throughout the 10 sessions.

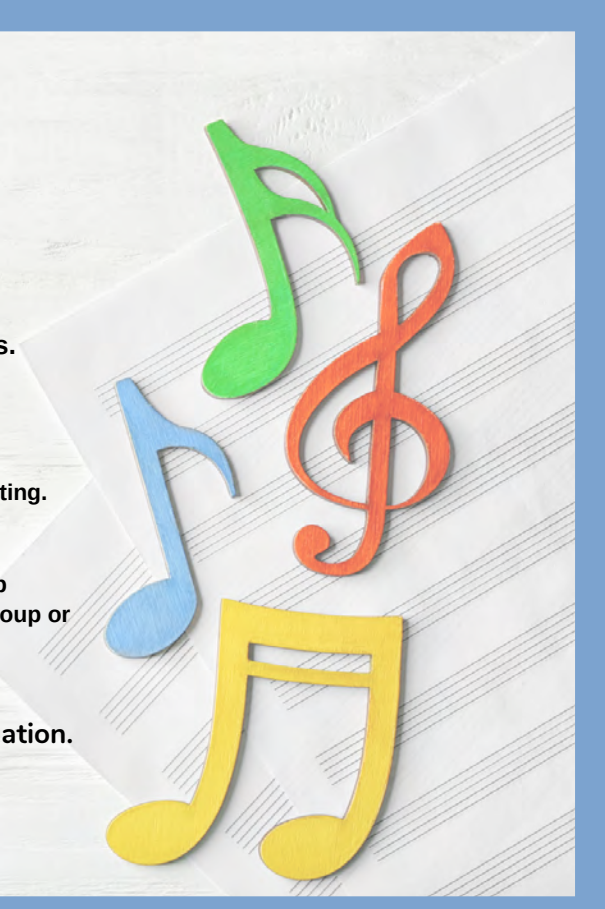
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