

# 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.



## FALL 2023 GROUPS

During the fall, Expressive Therapies offers a variety of groups for children and adults. The skills addressed and goals for each group differ, including: social and interpersonal skills, self-regulation, emotional expression, self-esteem, cognition and executive functioning skills, anxiety and stress reduction, and more! Fall groups will start the week of September 11. All groups will run for 10 sessions. Registration for a group is due by Friday, September 1: no late registrations will be accepted. Additional information about the groups being offered can be found in this newsletter, in upcoming social media posts, and in specific group flyers! Please contact Expressive Therapies with questions and for registration information.



### To Register for a Group:

- All groups are open to new and returning clients, and no experience or skill in the creative arts is necessary. New clients will first need to complete an initial evaluation to participate in a group.
- Fall group registrations are due by Friday, September 1. No late registrations will be accepted.
- Insurance and/or other funding may be available to help offset the cost of groups. Please contact Expressive Therapies to discuss specific options for you/your child.
- For registration information and forms, to schedule an evaluation, or for other questions, reach out to:
  - Phone: (920) 903-1009
  - Email: [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net)

## **BEAT: Marching to Your Own Rhythm**

- September 14 to November 16, 2023
- Thursdays 4 - 4:50pm
- Art & Music, Youth 9 - 13

BEAT provides youth the opportunity to improve executive functioning skills, such as: problem-solving, impulse control, flexibility, attention, and decision-making. Youth will also practice social skills and emotional expression and regulation.



## **CODA: Creative Opportunities for Developing Awareness**

- September 11 - November 13, 2023
- Mondays 4 - 4:50pm
- Music, Teens/Tweens 11 - 16

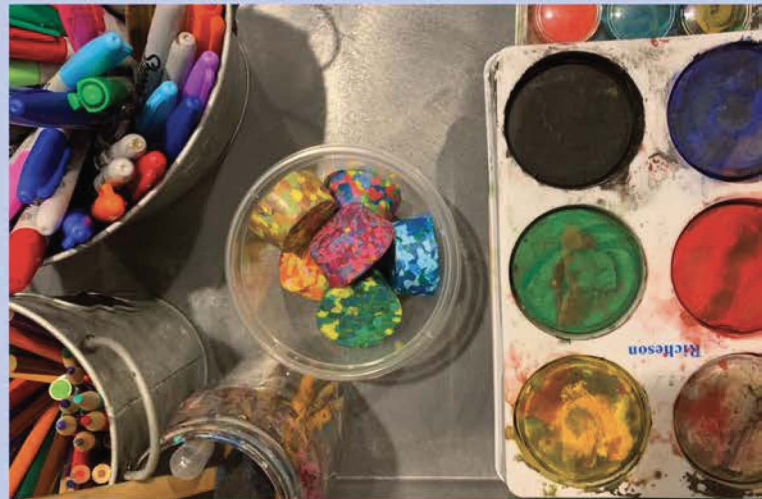
CODA is a social skills group for youth/tweens with similar strengths to build and improve social skills. Additional benefits include: emotional regulation, emotional expression, self-esteem, leadership, and social awareness.



## **FLOW: Finding a Life Of Wellness**

- September 14 - November 30, 2023
- Thursdays 4:30 - 5:20pm
- Art/Music/Mindfulness, Teens

FLOW incorporates a variety of expressive and reflective modalities to improve mind/body connection and overall wellbeing. Additional benefits include: decreased symptoms of anxiety and depression, improved coping skills, and improved self-expression and self-esteem.



## **Groovin' in the Music**

- September 13 - November 15, 2023
- Wednesdays 4 - 4:37pm
- Music/Movement, Caregivers & children 18 months - 4 years

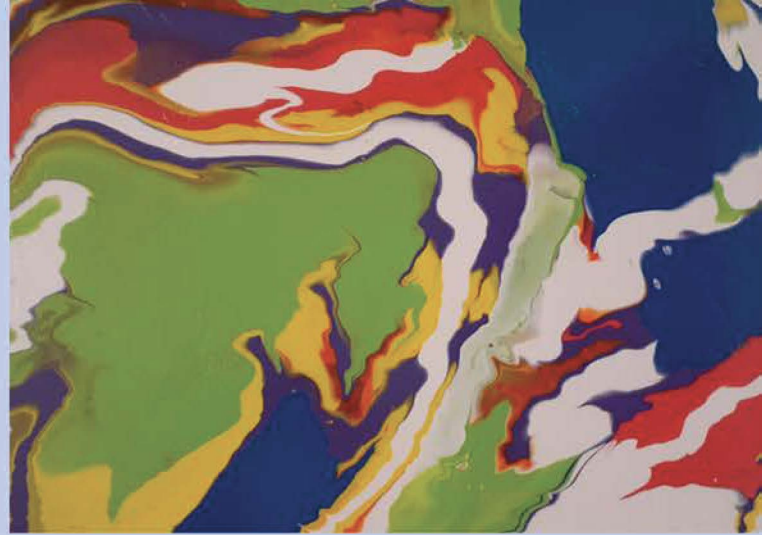


Music impacts all areas of the brain and use of intentional music ignites development of social emotional, intellectual, motor, language, literacy, and memory skills. Music supports mind/body connection, self-expression, and strengthened bonds between child and caregiver.

## Just For Today

- September 15 - November 17, 2023
- Fridays 10:15 - 11:30am
- Structured Art Studio, Adults 18+

This weekly group includes 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.



## Let's Move It!

- September 11 - November 20 2023
- Mondays 4:30 - 5:20pm
- Music/Movement, Tweens

This music and movement group will enable members to have fun, be creative, and explore movement to develop self-regulation skills, build self-confidence and self-esteem, and develop/ refine interpersonal relationship skills. Members will also gain insight into their emotions and expression of these emotions through movement.

## REVERB

- September 11 - November 20, 2023
- Mondays 4:15 - 5:05pm
- Music & Creative Arts, Tweens 10 - 13

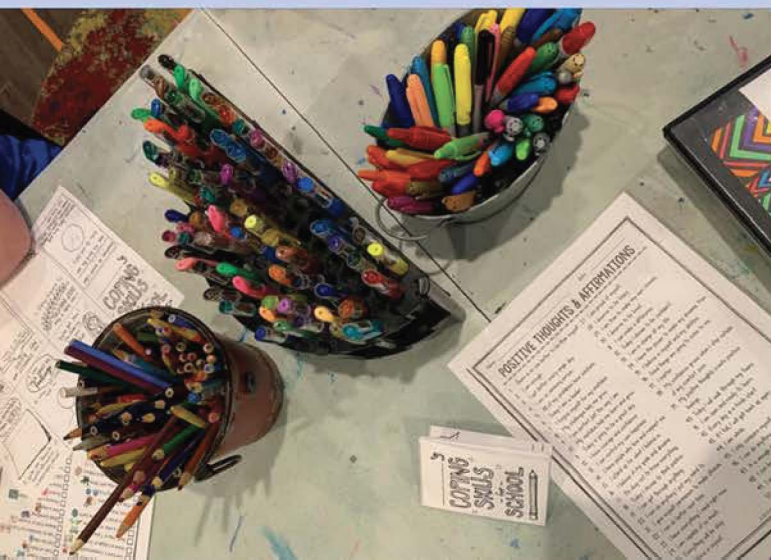
Group members will learn to use creative arts in grounding and centering themselves, emotional regulation, distress tolerance, empathy, and communication. Group members will also practice socializing, problem-solving, and teamwork.



## Rhythms and Regulation

- September 14 - November 16, 2023
- Thursdays 4:15 - 5:00pm
- Music, Youth and caregivers

In this group, youth learn and practice the basics of regulation by utilizing song, rhythm, and instruments. Group members will learn healthy ways to regulate their bodies, and learn alerting, grounding, and calming songs/tools/movements at a foundational level.



## Rhythmic Rehab

- September 13 - November 15, 2023
- Wednesdays 4:30 - 5:15pm
- Neurologic Music Therapy (NMT) and Physical Therapy (PT)
- Individuals with neurological changes needing motor rehabilitation and appropriate exercise for youth with different abilities, and their caregivers

NMT uses instruments and specific patterns and configurations for playing them to facilitate the (re)training of functioning movement skills. In this group, NMT and PT work together to best meet the needs of each individual and their motor rehabilitation. Possible benefits include: grasp and dexterity, increased range of motion, limb coordination, decreased stiffness, rotation, flexion/extension, adduction/abduction, supination/pronation, improved strength and balance, improved circulation, and improved gait.



## Social Skills I

- September 11 - November 27, 2023
- Mondays 5:15 - 5:52pm
- Youth ages 4-7

The Social Skills I group presents music psychotherapy interventions to improve communication and social skills. Participants will practice: social language/ communication, initiating/maintaining conversations, turn-taking and following leaders, empathy, attention, organization, regulation, interpersonal skills, and self-esteem.

## Social Skills II

- September 12 - November 14, 2023
- Tuesdays 4:30 - 5:20pm
- Youth ages 7-10

The Social Skills II group presents music psychotherapy interventions to improve communication and social skills. Participants will practice: social language/ communication, initiating/maintaining conversations, turn-taking and following leaders, empathy, attention, organization, regulation, interpersonal skills, and self-esteem.



## Strumming & Songwriting

- September 14 - November 16, 2023
- Thursdays 5:15 - 6:05pm
- Music/Guitar/Ukulele
- Teens & Young Adults

Group members will learn basic guitar chords and strumming patterns as well as different types of songwriting. Goals include: increase mindfulness, gain coping skills, decrease anxiety, and improve overall mental health.



## SPACE

- September 12 - November 14, 2023
- Tuesdays 4:15 - 5:05pm
- Music, Children 6 - 9

Group members will develop skills in: social and spatial/situational awareness, self-regulation and assertive communication of emotions and needs, self-awareness of individual needs, and executive functioning skills like impulse control, attention, flexibility, and decision making.



## Tempo & Tempera (TNT)

- September 12 - November 21, 2023
- Tuesdays 5:30 - 6:20pm
- Music & Creative Arts, Children 6 - 8

TNT incorporates music, art, and movement to build skills in emotional insight and expression, self-regulation, and executive functioning skills like impulse control and attention, so that group members develop skills for self-regulation across different settings and emotions.



## WAM: Writing with Art and Music

- September 12 - November 14, 2023
- Tuesdays 4:30 - 5:20pm
- Music/Art/Storytelling, Children 6 - 9

Group members will develop skills in: socialization and interpersonal communication, including active listening, turn-taking, teamwork, compromise, and leadership; emotional expression and coping skills; and executive functioning, such as adaptability, problem-solving, organization, decision-making, and attention.



## CRESCENDO

# Creating Relationships, Ensemble, Social Connections, Embracing New Skills, Defeating Old Unhealthy Patterns

- September 6 - December 6, 2023
- Wednesdays
  - 4:15 - 5:05pm Band
  - 5:15 - 6:05pm Band
- THEME: One Hit Wonders
- CONCERT: Wednesday, December 6 at 6pm, at Wilder's Bistro

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, engage socially, and create music together. To showcase group members' strengths, there will be a final performance at Wilder's Bistro on the final group meeting day.



## Reminders & Important Dates!

- New clients wanting to participate in a group must complete an initial evaluation prior to registration.
- Registration is due by Friday, September 1.
- No late registrations will be accepted.
- For registration information and forms, to schedule an evaluation, or for other questions, reach out to:
  - Phone: (920) 903-1009
  - Email: [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net)



## Thank you for reading our newsletter!

Website: [www.expressivetherapies.net](http://www.expressivetherapies.net)  
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**Take care and be well!**