

# 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, dance-movement therapy and psychotherapy, to improve health and well-being.

Expressive Therapies LLC

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## WINTER 2022 GROUPS

### MONDAY

**Social Skills I**  
Music Group  
for youth  
4 pm

**CODA**  
Creative Arts  
Group for  
Teens /weens  
4pm

**REVERB**  
Teen Music Group  
4: 15 pm

### TUESDAY

**WAM**  
Storytelling, Art,  
& Music  
4: 30 pm

**Rhythms and  
Regulation**  
Music & regulation  
group for youth  
4 pm

**T & T**  
Youth  
Music/Art Group  
Self-Regulation  
5: 30 pm

**FLOW**  
Creative Arts &  
Mindfulness  
for Teens  
5pm

### WEDNESDAY

**BEAT**  
Music/Art Group  
Ages 9-13  
4pm

**Let's Move It**  
Music &  
Movement for  
Preteens/teens  
5pm

**Rhythmic Rehab  
NEW GROUP**  
Music Therapy &  
Physical Therapy  
group for youth with  
differing abilities  
along with their  
caregivers  
5 pm

### THURSDAY

**Rhythmic Rehab  
NEW GROUP**  
Music Therapy &  
Physical Therapy  
group for youth with  
differing abilities  
along with their  
caregivers  
1: 15 pm

### CRESCENDO

Starts January 20  
**Ages 10-15:**  
4: 15-5: 15 pm  
**+16 - Adults:**  
5: 15-6: 15pm  
**+16 - Adults:**  
6: 15-7: 15pm

### FRIDAY

**Just for today**  
Open Art Studio  
for adults  
10: 15 am -11: 30am

**Groovin' in the  
Music**  
Connections thru  
Music for  
Caregivers  
& Child (18 Months  
to 4 yrs. Old)  
10: 30 am

### SATURDAY

**Socializing  
through Music**  
Music Group  
Teen/Young Adult  
10: 30 am



### Winter Group Information:

All 10-week groups start the week of Monday January 10  
CRESCENDO starts Thursday, January 20 for 13 sessions

Registration Deadline: Wednesday December 22

**NO LATE REGISTRATIONS WILL BE ACCEPTED**

For additional information: Call the office at 920.903.1009

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

As we enter the Winter season, please update your email/phone number with our scheduling department and watch our social media pages for any updated information on office closures or group cancellations due to inclement weather.

## Winter 2022 Groups

During the winter, 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. Winter groups are scheduled to start the week of January 10th and will run for 10 sessions.

**Registrations for Winter Groups are due by Wednesday, December 22nd. No late registrations will be accepted.** Please contact Expressive Therapies with questions and for registration information!



## Winter 2022 Groups

### BEAT: Marching to Your Own Rhythm

January 12 – March 16, 2022

Wednesdays 4 – 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.

### CODA: Creative Opportunities for Developing Awareness

January 10 – March 14, 2022

Mondays 4 – 4:50pm • Music  
Youth/Tweens about ages 11-16

CODA is a social skills group for youth/tweens with similar strengths to build upon and improve their social skills. Benefits of this group also include: emotional regulation, emotional expression, self-esteem, leadership opportunities, and improved social and conversational awareness.

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

January 11 – March 15, 2022

Tuesdays 5 – 5:50pm • Art and Mindfulness  
Teens (High School Age)

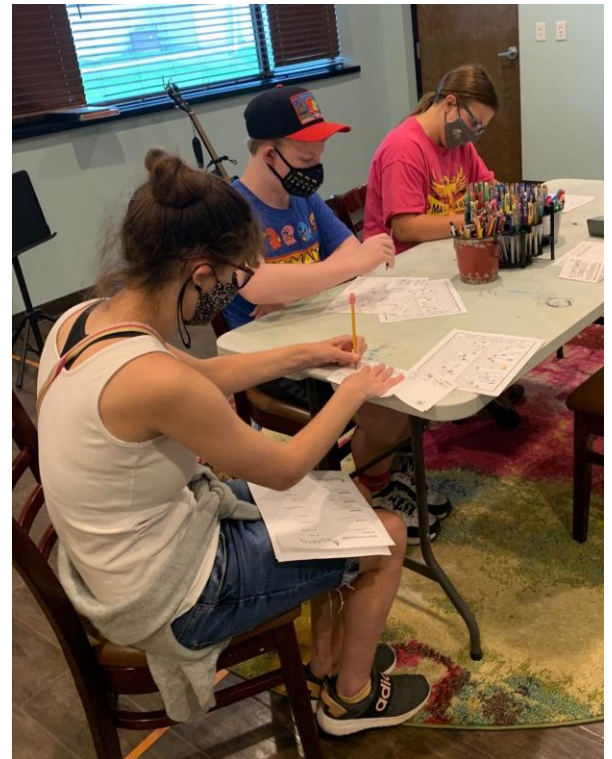
This group will incorporate a wide range of expressive and reflective modalities to increase ability to find a life of wellness. Group members will focus on socializing, mind/body connection, creative self-expression, regulation, and stress management. Potential benefits include: lowered symptoms of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

### Groovin' in the Music

January 14 – March 18, 2022

Fridays 10:30 – 11:15am • Music and Movement  
18 months – 4-year-olds and parent/caregiver

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!



## Just For Today

**January 14 – March 18, 2022**

**Fridays 10:15 – 11:30am • Open Art Studio**

**Adults 18+**

Just For Today is a 10-week open art studio intended to foster creativity and encourage experimentation in an atmosphere of cultural exchange, conversation, encouragement, and freedom of expression. The weekly sessions of creative expression encourage participants to reflect on the present moment, and there is no need for participants to have any prior experience or artistic skill level to benefit from participation. Benefits of art making in a group include: stress reduction, increased sense of self-awareness, greater sense of control, increased sense of independence, improved communication, and improved social engagement.



## Let's Move It!

**January 12 – March 16, 2022**

**Wednesdays 5 – 5:50pm • Music and Dance/movement**

**Preteens and Teens**

This 10-week music and dance/movement 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 interpersonal relationship skills. Members will also gain insight into their emotions and expression these emotions while sharing and being creative in a group environment, impacting their overall sense of self.



## REVERB

**January 10 – March 14, 2022**

**Mondays 4:15 - 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.

## Rhythmic Rehab

**Wednesdays 5 – 5:45pm • January 12 – March 16, 2022**

**Thursdays 1:15 - 2:00pm • January 13 – March 17, 2022**

**Neurologic Music Therapy and Physical Therapy**

**Youth of differing abilities (and their caregivers) with neurological changes needing motor rehabilitation and appropriate exercise**

Rhythmic Rehab is a group for youth with neurological changes that combines Neurologic Music Therapy (NMT) and 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. Possible benefits include: increased range of motion, decreased stiffness, limb coordination, finger dexterity and grasp, flexion/extension, adduction/abduction, rotation, improved strength/balance/coordination, improve circulation, and improved gait.



## Rhythms and Regulation

**January 11 – March 15, 2022**

**Tuesdays 4 – 4:37pm • Music**

**Youth ages 6-10**

Rhythms and Regulation is a group for youth to learn and practice the basics of regulation by utilizing song, rhythm, and instruments. By participating in this group, individuals will gain insight into external and internal emotions and will learn healthy ways to regulation their own bodies. Individuals will begin to learn about alerting, grounding, and calming songs, tools, and body movements at a foundational level.

## Social Skills

**January 10 – March 14, 2022**

**Mondays 4 - 4:37pm • Music**

**Youth of similar ages and strengths**

The Social Skills group presents 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.

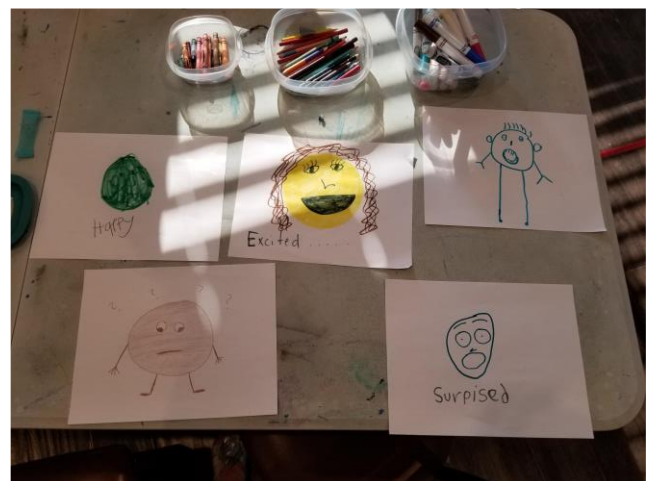
## Socializing Through Music

**January 15 – March 19, 2022**

**Saturdays 10:30 – 11:20am • Music**

**Teens and Young Adults**

Socializing Through Music is a 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.





## Tempo & Tempera (T&T)

January 11 – March 15, 2022

Tuesdays 5:30 – 6:20pm • Art/Music

Children 6 - 10

Tempo and Tempera, or T&T, is a 10-session group for children ages 6-10 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.

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

January 11 – March 15, 2022

Tuesdays 4:30 – 5:20pm • Art/Music

Children 6 - 10

WAM!! combines art therapy, music therapy, and creative storytelling 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.

## *To Register for a Winter 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 Wednesday, December 22nd. 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)

## CRESCENDO Band

Creating Relationships, Ensemble, Social Connections, Embracing New Skills, Defeating Old unhealthy patterns

**Commitment of 13 weeks**

**January 20 – April 14, 2022**

**Theme: Heroes/Superheroes**

**Ages 10 – 15: Thursdays 4:15 – 5:15 pm (In-person only)**

**+16 – Adults: Thursdays 5:15 – 6:15 pm (In-person only)**

**+16 – Adults: Thursdays 6:15 – 7:15 pm (Virtual only)**

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. Expressive Therapies will highlight band members' hard work and strengths in a final concert in April. More information to come regarding the concert.

**Registration for CRESCENDO is due by Saturday, January 8.**

**No late registrations will be accepted.**

### THANK YOU FOR READING OUR NEWSLETTER!

We appreciate connecting with the community by sharing the specifics of music therapy, art therapy, and dance/movement 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), the American Art Therapy Association at <https://arttherapy.org/>, the American Dance Therapy Association at <https://www.adta.org/>, or email us at [info@expressivetherapies.net](mailto:info@expressivetherapies.net).

Take care and be well!

