

# Expressive Therapies

Empowering individuals—those living with social, cognitive, emotional, physical, and/or spiritual needs—through music, art, and mental health therapies to improve health and well-being.

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SPRING/SUMMER 2020 GROUPS				
<p><b>MONDAY</b></p> <p><b>Social Skills I</b>                      Music Group                      Youth Social Skills                      4-4:45 pm</p> <p>-----</p> <p><b>REVERB</b>                      Music group for Teens                      4:15-5:15 pm</p> <p>-----</p> <p><b>Socializing in Music:</b>                      Music Group                      Teen/Young Adult                      Social Skills                      5:15-6:15pm</p> <p>-----</p> <p><b>New: FLOW</b>                      Creative Arts and Movement                      Teens                      6:30 - 7:30 pm</p>	<p><b>TUESDAY</b></p> <p><b>Attachment &amp; Attunement</b>                      A group for mothers and infants                      9am-10:15 am                      July 7-August 11</p> <p>-----</p> <p><b>Rhythms &amp; Regulation**</b>                      Music and regulation group for youth                      10-10:45 am                      11-11:45 am</p> <p>-----</p> <p><b>WAM</b>                      Writing, Art and Music                      4-5 pm</p> <p>-----</p> <p><b>Social Skills II</b>                      Music Group                      Youth Social Skills                      4:30-5:30 pm</p> <p>-----</p> <p><b>T &amp; T</b>                      Music and Art group for youth - focusing on self-regulation                      5-6 pm</p> <p>-----</p> <p><b>Let's Move It!</b>                      Music and Movement                      preteen/teens                      6-7 pm</p>	<p><b>WEDNESDAY</b></p> <p><b>Color Continuum**</b>                      Music &amp; OT for regulation                      Grades 6-7: 8am-9am                      Grades 4-5: 9am-10am                      Grades 2-3: 10am - 11am                      Grades K-1: 11am-12pm                      Teens/Young Adults: 1pm-2pm</p> <p>-----</p> <p><b>Groovin' in the Music**</b>                      Music &amp; Development for Caregivers &amp; 18 Months to 4 yrs old                      11:15-12 pm</p> <p>-----</p> <p><b>BEAT</b>                      Music/Art Group boys and girls 9-13                      4-5 pm</p> <p>-----</p> <p><b>Tuning In</b>                      Creative Arts group for preteens/teens                      5-6 pm</p>	<p><b>THURSDAY</b></p> <p>No Groups</p>	<p><b>FRIDAY</b></p> <p><b>Just for Today</b>                      Open art studio for all ages &amp; abilities                      10:00 am - 11:15am                      Starts June 5 for 8 weeks (No group July 3)</p>
<p><b>Spring Art/Music Groups start the week of May 11</b>                      Registration Deadline: Saturday, May 2</p> <p><b>** Summer Art/Music Groups start the week of June 7</b>                      Registration Deadline: Saturday, May 9</p> <p><b>NO GROUPS June 29-July 3</b>                      See Group Flyers for details on start and end dates                      New to a group?                      A registration form must be completed.</p> <p>Returning to a previously attended group?                      Email: <a href="mailto:scheduling@expressivetherapies.net">scheduling@expressivetherapies.net</a> to confirm Group Participation</p> <p>For complete details please ask at the front desk for a group flyer or registration form.</p>				

## Summer Groups 2020

During the 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. Most Summer Groups are scheduled to start the week of May 11th and will run for 10 sessions, through the week

of July 20th. Other Summer Groups are scheduled to start in June or July and will run for a differing number of weeks, depending on the group. Registrations for Summer Groups starting the week of May 11th are due by May 2nd. Deadlines for other Summer groups are designated below. Please contact Expressive Therapies with any questions and for registration information!



## Summer Groups beginning in May

### BEAT: Marching to Your Own Rhythm

Art/Music

Wednesdays 4 – 5pm

Youth 9 – 13

BEAT is a music and art therapy group that provides boys and girls ages 9-13 the opportunity to explore and regulate their emotions, improve executive functioning skills, and practice/engage in healthy social skills all 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)

Art/Music/Movement

Mondays 6:30 – 7:30pm

Teens (High School Age)

Music, dance, yoga, 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 socializing, mind/body connection, creative self-expression, regulation, and stress management. No experience necessary! 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.



## *To Register for a 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 beginning the week of May 11th are due by May 2nd.

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)

## Let's Move It! (Movement for Regulation)

### Music/Movement

Tuesdays 6 – 7pm

Preteens/Teens

This music and movement group will allow members to have fun, be creative, and dance while learning self-regulation skills, build self-confidence and self-esteem, while also developing and refining their social skills. Members will gain insight into their emotions and expressing these emotions, and build self-esteem and self-confidence while sharing and being creative in a group environment. Music and movement integrates physical, cognitive, social, and emotional learning domains. There is no need to have any experience or special talent in musical instruments/dance to benefit from participation in this group.



## Midweek Mindfulness

### Mindfulness

Wednesdays 11:45am – 1pm

Women of any age

Each week, participants in this group will have an opportunity to engage in a Mindfulness or Guided Imagery experiential, and then have time to artistically reflect on their emotional, mental, and physical well-being. Our goal is for each participant to improve Mindfulness Skills, and connect mind, body, and breath over the course of the 10-week group.

## REVERB

### Music

Mondays 4:15 – 5:15pm

Early teens 12 – 15

REVERB is a teen only group to learn to use music and other creative outlets in grounding and centering themselves, emotion 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, and working together with problem solving and teamwork.

## Social Skills Level I and II

### Music

Level I: Mondays 4 – 4:45pm

Level II: Tuesdays 4:30 – 5:30pm

Youth of similar ages and strengths

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, emotion regulation, interpersonal skills, and self-esteem.





## Socializing Through Music

### Music

**Mondays 5:15 – 6:15pm**

**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, emotion expression and regulation, initiating and maintaining conversations, self-esteem, and leadership skills.



## Tempo and Tempera (T&T)

### Art/Music

**Tuesdays 5 – 6pm**

**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: emotion insight and self-regulation, socialization and interpersonal skills, executive functioning skills like adaptability and problem-solving skills, impulse control, self-esteem, and self-expression.

## Tuning In Through Creative Arts

### Creative Expression (Music, Movement, Art)

**Wednesdays 5 – 6pm**

**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 emotion 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!



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

### Art/Music/Writing

**Tuesdays 4 – 5pm**

**Children 6 – 10**

WAM!! combines art therapy, music therapy, and creative writing. Benefits and goal areas addressed include: emotion insight and self-regulation, socialization and interpersonal skills, executive functioning skills including adaptability and impulse control, problem solving skills, and self-esteem and self-expression.

## Summer Groups beginning in June/July

### Attachment and Attunement

#### Music

**July 7 – August 11**

**Tuesdays 9 – 10:15am**

**Mothers of children 1 week to 18 months**

**Registration due by Friday, June 26th**

This group, led by a music therapist, will guide you through interactive activities rooted in mindfulness, creative expression, and discussion utilizing an innovative curriculum integrating the creative arts and journaling to promote a balanced sense of well-being as a woman and as a mom. The focus will be on building a bond/secure attachment style between mother and infant along with a positive self-image in the many roles of life, supportive relationships, confidence, and emotional resiliency.

### Color Continuum (Led by Occupational Therapist and Music Therapist)

**Sensory-based music, movement, art, and cognition activities**

**\*\* May 27, June 3, 10, 17, 24; July 8, 15, 22; August 12, 19, 26**

**Grades Kindergarten – 1st: 11am – 12pm**

**Grades 2nd – 3rd: 10am – 11am**

**Grades 4th – 5th: 9am – 10am**

**Grades 6th – 7th: 8am – 9am**

**Teen/Young Adults: 1pm – 2pm**

**Registration due by Saturday, May 9th**

Join us for practical and functional original music, sensory based interventions to improve social participation, teamwork, self-regulation, sensory modulation, gross and fine motor development and cognition; all through activities that look and feel like fun! Music, movement, art, independent skill building, and cognitive activities will all be utilized to address the following sensory areas: gustatory (taste), visual (sight), auditory (hearing), olfactory (smell), tactile (touch), proprioception (muscles and joints), vestibular (balance), and interoception (inner physiology). Other benefits include: improved mood, improved sense of self, growth in learning how regulate own emotions, growth in learning how to regulate own sensory needs, and improved body awareness and sense of space.

### Groovin' in the Music

#### Music/Movement

**June 10 – August 19**

**Wednesdays 11:15am – 12pm**

**Caregivers and 18mo – 4yr old children**

**Registration due by Saturday, May 9th**

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

### Open Art Studio

June 5 – July 24

Fridays 10 – 11:15am

All ages and abilities

Registration due by Saturday, May 30th

This open art studio is intended to foster creativity and encourage experimentation in an atmosphere of cultural exchange, conversation, encouragement, and freedom of 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.

## Rhythms and Regulation

### Music

June 9 – August 18

Level I: Tuesdays 10 – 10:45am

Level II: Tuesdays 11 – 11:45am

Children/Youth of similar strengths and ages

Registration due by Saturday, May 9th

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/](https://arttherapy.org/), or email us at [info@expressivetherapies.net](mailto:info@expressivetherapies.net).

Take care and be well!

