

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.

Expressive Therapies LLC

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FALL 2021 GROUPS

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Social Skills I Youth Music Group 4 pm	Momentum NEW ADULT GROUP Trauma Informed Care Group 8:45am-10am	BEAT Music/ Art Group Ages 9-13 4pm	Midweek Mindfulness Starts September 9 Women Ages 18+ Art therapy group 11:45am -1pm	Groovin' in the Music Music & Development for Caregivers & 18 Months to 4 yrs. Old 10:30 am	Socializing through Music Music Group Teen/Young Adult 10:30 am
CODA NEW GROUP Creative Arts Group for Teens/Tweens 4pm	WAM Storytelling, Art, & Music 4pm	Tuning In Creative Arts Group for preteens/teens 5pm	REVERB Teen Music Group 4pm		
	Social Skills II Youth Music Group 4 pm		Socializing through the Creative Arts Creative Arts group for teens/young adults 5pm		
	T & T Youth Music/ Art Group Self-Regulation 5pm		CRESCENDO Starts September 9 Ages 10-15: 4:15-5:15 pm +16 - Adults: 5:15-6:15pm +16 - Adults: 6:15-7:15pm		
	FLOW Creative Arts & Mindfulness for Teens 5pm				



Fall Groups are starting in
September for Adults and Youth!
September 9:
CRESCENDO and Midweek Mindfulness start!
Week of September 13:
All other groups start!
All groups run for 10 sessions.
Registration Deadline: Saturday, August 28
NO LATE REGISTRATIONS WILL BE ACCEPTED
For complete details:
Call the office at 920.903.1009
or Email scheduling@expressivetherapies.net

Fall 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: 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. Fall groups are scheduled to start the week of September 13th and will run for 10 sessions.



Registrations for Fall Groups are due by Saturday, August 28th. No late registrations will be accepted. Please contact Expressive Therapies with any questions and for registration information!



Fall Groups

BEAT: Marching to Your Own Rhythm

September 15 – November 17

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

September 13 – November 15

Mondays 4 – 4:50pm • Music

Tweens/Teens

CODA is a new social skills group for tweens/teens 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)

September 14 – November 16

Tuesdays 5 – 5:50pm • Art and Mindfulness

Teens (High School Age)

This group incorporates 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.

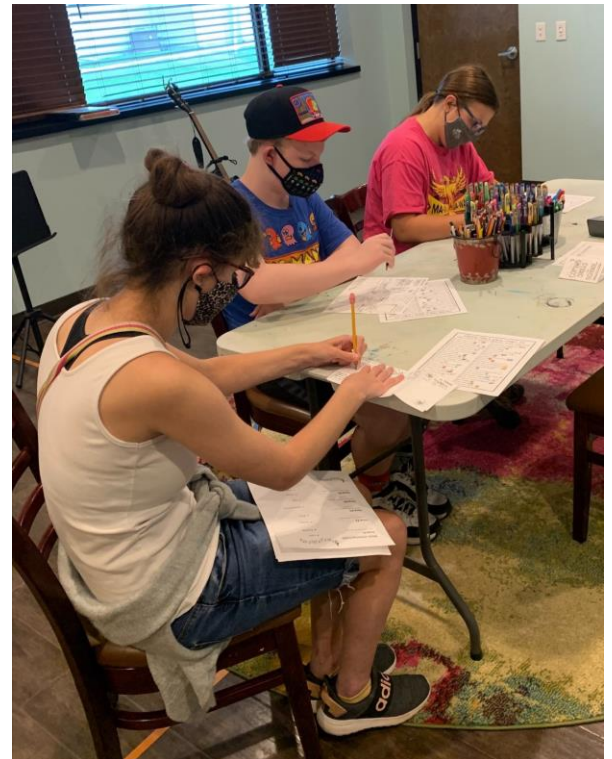
Groovin' in the Music

September 17 – November 19

Fridays 10:30 – 11:15am • Music and Movement

Toddler – 4 year-old 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!



Midweek Mindfulness

September 9 – November 11

Thursdays 11:45am – 1pm • Art and Mindfulness

Adult women of any age

Each week, participants in this group will have an opportunity to engage in a Mindfulness 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.



Momentum

September 14 – November 16

Tuesdays 8:45 – 10am • Trauma-informed care

Adults • Music/Art/Psychotherapy/Movement/Yoga

In this group, individuals will learn about trauma and the impact of trauma on one's emotional and physical health. Different modalities utilized in this group include trauma-informed: art therapy, music therapy, psychotherapy, and movement/yoga. Potential benefits of group participation include: reconnecting with bodies through movement/yoga/drumming/breath work, insight into activating events, discovering positive self-care interventions, and insight into personal barriers.

REVERB

September 16 – November 18

Thursdays 4-4:50pm • 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 4 – 4:40pm

September 13 – November 15

Level II: Tuesdays 4 – 4:50pm

September 14 – November 16

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.



To Register for a Fall 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, August 28th. 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

Socializing Through Music

September 18 – November 20

Saturdays 10:30 – 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.

Socializing Through the Creative Arts

September 16 – November 18

Thursdays 5 – 5:50pm • Music/Art

Teens and Young Adults of similar ages and strengths

This group is for teens and young adults with similar strengths and needs to use the creative arts as a means for improving social skills. This group will incorporate listening to music, creative movement, songwriting, playing instruments, different creative art mediums and interventions, and working together through problem-solving and teamwork. Group members will gain experience in: social engagement, initiating and maintaining conversations, gaining empathy and perspective, improved attention and organization skills, insight into emotions and healthy self-regulation, and improved self-esteem.





Tuning In Through the Creative Arts

September 15 – November 17

Wednesdays 5 – 5:50pm • Art/Music
Preteens and Teens

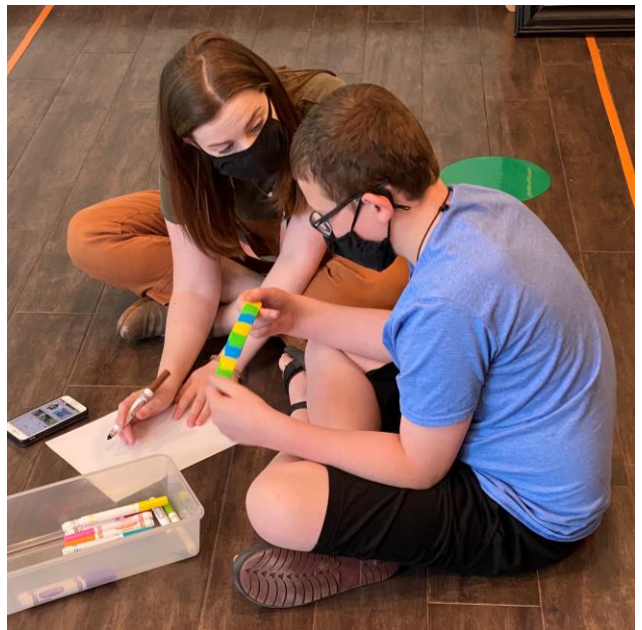
Tuning In Through Creative Arts is a 10-session group for preteens and teens to learn to use creative arts in grounding and centering themselves, practicing emotional regulation, distress tolerance skills, gaining empathy, and communication skills! The group will incorporate listening to favorite music, 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)

September 14 – November 16

Tuesdays 5 – 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.



WAM!! (Writing with Art and Music)

September 14 – November 16

Tuesdays 4 – 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.

CRESCENDO (Hybrid Band)

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

Commitment of 13 weeks

September 9 – December 2 • No CRESCENDO November 25

Theme: Celebrating Differences

Ages 10 – 15: Thursdays 4:15 – 5:15 pm

+16 – Adults: Thursdays 5:15 – 6:15 pm

+16 – Adults: Thursdays 6:15 – 7:15 pm

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 at the beginning of December. More information to come regarding the concert.

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, our Facebook page (Expressive Therapies), the American Music Therapy Association at www.musictherapy.org, and the American Art Therapy Association at <https://arttherapy.org/>, or email us at info@expressivetherapies.net.

Take care and be well!

