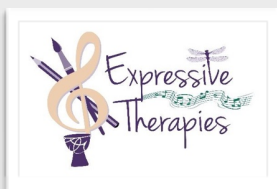


EXPRESSIVE THERAPIES

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.

Current Opportunities at Expressive Therapies

- Family Art Studio
- Empowering Art
- Neurologic Music Therapy for Aphasia
- Tuning in through Music and Art
- Socializing in Music for teens and young adults
- CRESCENDO Band
- Rhythms of Play for 18 months to 4 years old
- Social Skills Through Music Psychotherapy
- Just for Today Studio
- Syncopated Senses Level I and Level II
- Drawing on Strengths
- Music and Imagery
- Music Enrichment



REHABILITATIVE MUSIC AND ART THERAPY



<https://yimg.com/vi/QMZmCGQICA/maxresdefault.jpg>

“All rehabilitation is aimed at improving the independence of the patient physically as well as psychologically, and at increasing their chances of engaging in activities of daily living by improving their functioning and abilities” (p. 7 NMT Handbook). Music therapy and Art therapy use the creative arts to improve impairments in daily living activities. From neurologic music therapy techniques to art therapy techniques, the creative arts can address impairments within music and art therapy sessions as well as collaborative sessions with physical therapists, occupational therapists, speech language pathologists, and other health professionals. Expressive Therapies has board certified music therapists and registered art therapists that have experience in rehabilitative work with children and adults in both individual and collaborative settings. Specific techniques used to address rehabilitative needs and are expounded on throughout the newsletter!



Rehabilitative Music and Art Therapy Settings

Rehabilitation services help people return to daily life. Art and Music therapy can provide the means to creatively address rehabilitative goals within the following settings:

- Outpatient
- Inpatient
- Hospice Facilities
- Palliative Care
- Assisted Living Facilities
- Skilled Nursing Facilities
- Oncology Units



Paralysis or Loss of Muscle Movement

In the event that muscles are injured and need rehabilitation, Expressive Therapies can provide services that include muscle movement interventions while adding a creative component of art and or music. Interventions include walking to the beat of a song to help improve and steady the walking gait of client with Parkinson's, post stroke or post injury, or partnering with a physical therapist and creating specific movements while utilizing instruments and rhythm to rehabilitate specific muscle groups. Another is using instruments such as drums, piano, wind instruments, or art such as painting, sculpting, or weaving to work on improving the use of all movements between your head and toes. Expressive Therapies aims to create an experience that is both rehabilitative as well as creative and enjoyable!

Difficulty Swallowing or Talking

When someone cannot express with spoken language due to difficulty in developing or producing spoken language, or having had lost it, Expressive Therapies uses a variety of methods to either reestablish the loss or cope with the loss. Singing can help practice letter sounds and retrieve words from familiar songs, rhythm can help regulate the pace of speech for someone post stroke or with a stutter, playing the piano while saying social phrases can help with vocal inflection, and singing or playing a wind instrument like a recorder can help with breath control. If verbal language is not an option, expression through creating art through paints, clay, yarn, paper, and music can help express and communicate without the use of words. Expressive Therapies aims to provide a method to communicate through the abilities of each individual client.

Memory Loss or Thinking Difficulties

Increasing the ability to pay attention is a common goal area addressed at Expressive Therapies. There are many interventions that promote attending skills. Examples include copying a rhythmic pattern on a drum or copying a melody on the piano. Another example is attaching an action to a sound, such as play when you hear the guitar and stop playing when you hear the drum. Participating in active music making is a means to address difficult attending skills while making the experience fun!

Memory is a priceless gift that can be compromised by trauma and or sickness. Expressive Therapies uses the arts to create reminiscent work for those whose memory is failing as well as their loved ones. This art can be represented in a painting, a sculpture, or in the creation of a tangible representation of a past experience, relationship, or feeling. This tangible representation can be a keepsake for the artist or their loved ones. Songs can be sung to activate memories, and songs can be created to give to loved ones a way to express past experiences, relationships, and or feelings. Overall, memories can be represented and maintained by the arts. Here at Expressive Therapies, we use art and music to maintain and honor memories that wished to be saved.

Did You Know?

There is research that describes which parts of the brain are activated when participating in artistic experiences. Expressive Therapies' neurologic music therapists are able to explain how music activates multiple areas of the brain SIMULTANEOUSLY during neurologic music therapy interventions. The combination of language, movement, mood, and memory stimulates multiple areas of the brain in both hemispheres, adding more to the client's rehabilitative experience. No matter what rehabilitative service is being sought, it is certain that music will work many areas of the brain and aim to improve the client's overall quality of life!

THANK YOU FOR SUBSCRIBING TO 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 visiting our website at www.expressivetherapies.net, look-up our Facebook page by typing Expressive Therapies into the Facebook search bar, check out the American Music Therapy Association's website 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!

Sincerely, Expressive Therapies LLC

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