


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.

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WINTER 2023 GROUPS

<p>MONDAY Social Skills I Music Group for youth 4 pm</p> <p>-----</p> <p>CODA Creative Arts Group for Teens/Tweens 4 pm</p> <p>-----</p> <p>REVERB Music Group for Tweens 4:15 pm</p> <p>-----</p> <p>Let's Move It Music & Movement for Preteens/teens 5:15 pm</p> <p>-----</p> <p>Socializing through Music Music Group Teen/Young Adult 6:15 pm</p>	<p>TUESDAY Social Skill II Music Group for youth 4:15 pm</p> <p>-----</p> <p>WAM Storytelling, Art, & Music 4:30 pm</p> <p>-----</p> <p>TNT Creative Arts Group Self-Regulation 5:30 pm</p>	<p>WEDNESDAY Rhythms and Regulation Music & regulation group for youth 4:15 pm</p> <p>-----</p> <p>FLOW Creative Arts & Mindfulness for Teens 5 pm</p> <p>-----</p> <p>CRESCENDO Starts January 25 Ages 10-15: 4:15-5:15 pm +16 - Adults: 5:15-6:15pm Crescendo for Musicians: 6:15-7:15pm</p>	<p>THURSDAY Music & Mindfulness VIRTUAL ONLY Teens/young adults 1 pm</p> <p>-----</p> <p>Rhythmic Rehab NEW GROUP Music Therapy & Physical Therapy group for youth with differing abilities along with their caregivers 1:00 pm</p> <p>-----</p> <p>Groovin' in the Music Music Group 18 ½ months to 4 years w/Caregiver 2 pm</p> <p>-----</p> <p>BEAT Creative Arts Group Ages 9-13 4 pm</p> <p>-----</p> <p>Tuning In Creative Arts Group Teen/Young Adult 5:15 pm</p> <p>-----</p> <p>EnACT Creative Arts Group for Adoptees 5:30 pm</p>	<p>FRIDAY Just for Today Open Art Studio for adults 10:15 am</p>
<p>IMPORTANT DATES 10 Week Creative Arts Groups start Monday, January 16 *Registration Deadline: Sunday, January 8 ----- CRESCENDO starts Wednesday, January 25 *Registration Deadline: Saturday, January 14* NO LATE REGISTRATIONS WILL BE ACCEPTED</p>		<p>Please read group flyers For full group details. Contact Expressive Therapies with additional questions. Phone: 920.903.1009 Email: scheduling@expressivetherapies.net</p>		



Winter 2023 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 social and interpersonal skills, self-regulation, emotional expression, self-esteem, cognition and executive functioning skills, anxiety, and stress reduction, and more! Winter groups are scheduled to start the week of January 16th and will run for 10 sessions. **Registrations for Winter Groups are due by Sunday, January 8th. No late registrations will be accepted.** Addition information about the groups being offered can be found in this newsletter, as well as in specific flyers for each group! Please contact Expressive Therapies with questions and for registration information!



Winter 2023 Groups

BEAT: Marching to Your Own Rhythm

January 19 – March 23, 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. Group members will also practice healthy social skills through creative engagement and expression, as well as practice healthy ways to express and regulate their emotions.

CODA: Creative Opportunities for Developing Awareness

January 16 – March 20, 2023

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.



EnACT (Encouraging Adoptees through Creativity and Theater)

January 19 – March 23, 2023

Thursdays 5:30 – 6:20pm • Art/Music

Preteens/Teens who have experienced foster care/adoption



Group members will engage with the creative process through acting games, lyric analysis, musical reviews, and character studies while learning how to reflect, honor, and share their individual experiences with others in a healing environment. This group focuses on increasing self-awareness through exploration, offering validation from a community of peers, and emotional expression. Participants will engage in various experientials centered around musical theatre incorporating music and art therapy and will reflect on individual experiences while learning how to creatively relate and share their experiences with others within this created community.

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

January 18 – March 22, 2023

Wednesdays 5 – 5:50pm • Art and Mindfulness

Teens (High School Age)

This group incorporates a variety of expressive and reflective modalities to improve overall wellbeing. 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 stress management.

Groovin' in the Music

January 19 – March 23, 2023

Thursdays 2 – 2:37pm • Music and Movement

Caregivers and children ages 18 months – 4.5 years

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 skills. By incorporating music and movement, we stimulate the connection of body/mind working together and allow for self-expression while building and strengthening bonds between child and caregiver!

Just For Today

January 20 – March 24, 2023

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

Adults 18+

Just For Today is a 10-session open art studio intended to foster creativity and encourage experimentation in an atmosphere of cultural exchange, conversation, encouragement, and freedom of expression. The group encourages participants to reflect on the present moment and find connection in the creative space. 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 16 – March 20, 2023

Mondays 5:15 – 6:05pm • Music and Movement

Preteens and Teens

This music and movement group will allow 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 while sharing and being creative in a group environment, impacting their overall sense of self.

Music & Mindfulness (M&M)

January 19 – March 23, 2023

Thursdays 1 – 1:50pm • Music and Mindfulness

VIRTUAL ONLY • Teens and Young Adults

Through music and mindfulness, 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, self-confidence, self-awareness, and stress management.

REVERB

January 16 – March 20, 2023

Mondays 4:15 - 5:05pm • Music and Creative Arts

Preteens 10 – 13

REVERB is a group for preteens to learn to use creative arts 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

January 19 – March 30, 2023

Thursdays 1:00 – 1:45pm • NMT and PT

Individuals with neurological changes needing motor rehabilitation and appropriate exercise for youth with differing abilities and their caregivers

Rhythmic Rehab 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 functioning 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, dexterity and grasp, flexion/extension, adduction/abduction, rotation, supination/pronation, improved strength and balance, improved circulation, and improve gait.



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 by Friday, December 30th to register and participate in a group.*

Registrations for Winter groups are due Sunday, January 8th.

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



Rhythms and Regulation

January 18 – March 22, 2023

Wednesdays 4:15 – 4:52pm • Music

Youth of similar ages and ability

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 I and II

Social Skills I: January 16 – March 20, 2023 • Mondays 4 – 4:37pm

• ~Ages 4 – 7

Social Skills II: January 17 – March 21, 2023 • Tuesdays 4:15 – 5:05pm

• ~Ages 7 – 10

The Social Skills groups present small group music psychotherapy interventions to improve social and communication skills. Participants will gain experiences with social use of language/communication, initiating and maintaining conversations, turn-taking and following leaders, gaining empathy, attention, organization, emotional regulation, interpersonal skills, and self-esteem.

Socializing Through Music

January 16 – March 20, 2023

Mondays 6:15 – 7:05pm • 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.

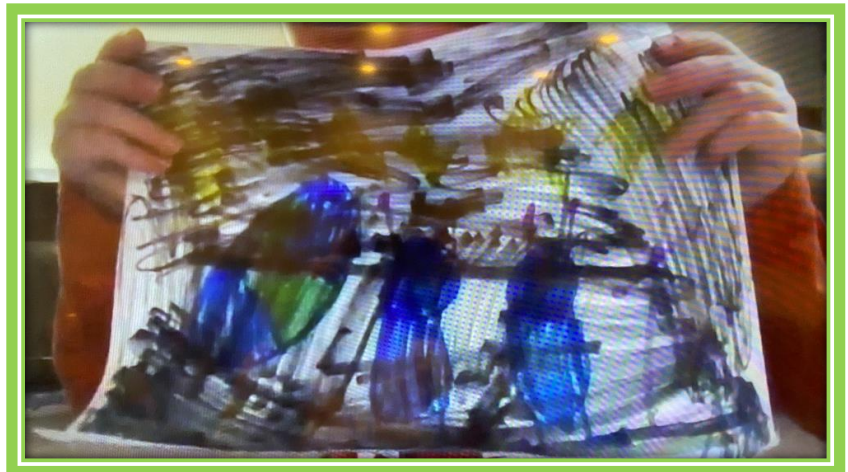
Tempo & Tempera (TNT)

January 17 – March 21, 2023

Tuesdays 5:30 – 6:20pm • Music and Creative Arts

Children 6 – 9

Tempo and Tempera, or TNT, is a group that incorporates music, art, and movement interventions to build skills in the following goal areas: developing emotional insight and expression; learning tools to support healthy self-regulation abilities; building executive functioning abilities, such as impulse control and attention; and practicing regulation related to social situations. Creative interventions will primarily focus on developing emotional insight, awareness, and self-regulation skills.



Tuning In Through the Creative Arts

January 19 – March 23, 2023

Thursdays 5:15 – 6:05pm • Music and Creative Arts
Teens and young adults

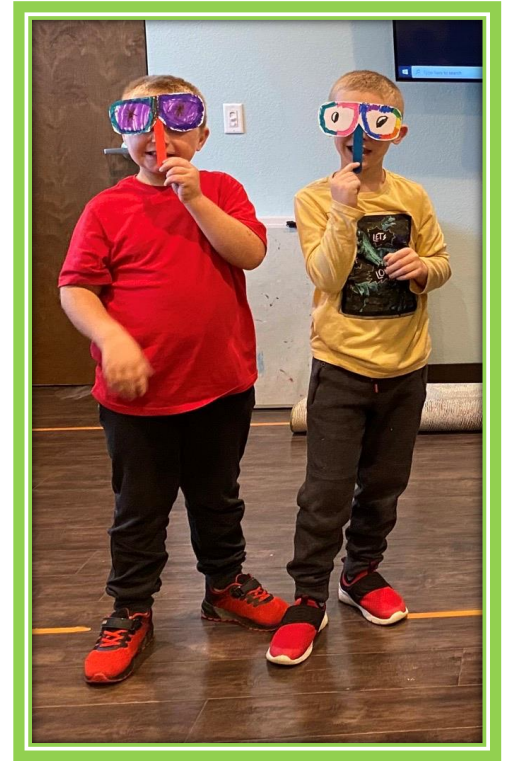
Tuning In is a group for teens and young adults to use the creative arts to develop skills in assertive communication, reciprocal communication, empathy, peer support, and socialization skills. The group will incorporate listening to favorite music, expanding knowledge of music and instruments, creative movement, songwriting, different creative art mediums and interventions, and working together with problem solving and teamwork.

WAM!! (Writing with Art and Music)

January 17 – March 21, 2023

Tuesdays 4:30 – 5:20pm • Art/Music
Children 6 – 9

WAM!! combines art therapy, music therapy, and creative storytelling experiences. Group members will utilize creativity to learn and develop skills in the following areas: socialization and interpersonal communication, including active listening, turn-taking, teamwork, and compromise; healthy emotion expression and coping/regulation skills; and executive functioning abilities, such as adaptability, problem-solving, impulse control, organization, and attention.



CRESCENDO Band

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

Commitment of 13 weeks • January 25 – April 19, 2023

Concert Date: 6pm on Wednesday, April 19 at Wilder's Bistro, Appleton

Theme: Songs about Food

CRESCENDO Bands (No musical/instrument experience needed)

4:15 Band: Wednesdays 4:15 – 5:15 pm

5:15 Band: Wednesdays 5:15 – 6:15 pm

CRESCENDO for Musicians (Basic skills on an instrument)

Wednesdays 6:15 – 7:15 pm

The CRESCENDO bands are 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 the band members' hard work and strengths in a final concert at 6pm on April 19 at Wilder's Bistro in Appleton.



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, our Facebook page (Expressive Therapies), the American Music Therapy Association at 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.

Take care and be well!

