

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.

Upcoming Events



CRESCENDO Concert!

Our CRESCENDO Concert has moved to a bigger location! On Thursday, May 10 at 6:30pm we will be performing at **The Source Public House** in Menasha. We are asking that all band members please wear their t-shirts and be at The Source by 6:20pm. Please come and enjoy the fun!!



<http://www.expressivetherapies.net>



<http://www.veterans.com>

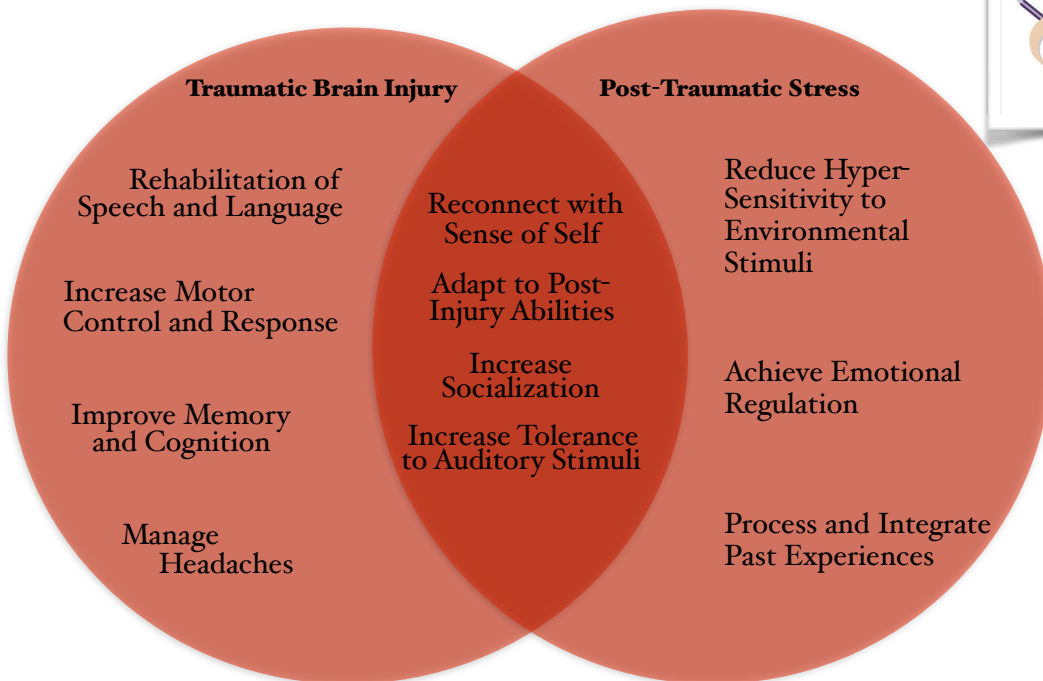
Veterans

It has been a long term goal of Expressive Therapies to be involved with the veteran community here in Northeastern Wisconsin. Our art therapists and music therapists are trained to address goal areas for those suffering from traumatic brain injuries (TBI), post-traumatic stress disorder (PTSD), physical rehabilitation, bereavement, addictions — substance and behavioral, and other challenges our veterans face today. There are also opportunities for loved ones to address their needs through music therapy and art therapy groups and individual treatment. This newsletter expounds on goal areas commonly addressed, as well as examples of research and approaches used to help veterans.



<http://coloradodom.com/featured/the-dandelion-tattoo/>

Treatment Options at Expressive Therapies



Hannah Bronson, Rebecca Vaudreuil, Joke Bradt; Music Therapy Treatment of Active Duty Military: An Overview of Intensive Outpatient and Longitudinal Care Programs, *Music Therapy Perspectives*, , miv006. <https://doi.org/10.1093/mt/miv006>. p.4 Figure 1. Functions of Music Therapy Interventions.

Goal Areas

Wellness

Self-expression goals through art therapy and music therapy provide structure and intention through the creative process to empower those who may or may not have the ability to verbalize or articulate stressors in their life. Many interventions in music therapy and art therapy tailor to the interests and preferences of each individual through their style of music and their strengths in any creative art (sculpting, painting, drawing, knitting, etc.). These preferences and strengths are then structured with the therapist to equip individuals to communicate ideas that are otherwise difficult to put into words. This expression can be done in an individual setting or group setting to better suit the needs and preferences of the client.

Physical Rehabilitation:

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 or partnering with a physical therapist and creating specific movements while utilizing instruments and rhythm to rehabilitate specific muscle groups. Other interventions can use 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. The therapists at Expressive Therapies aim to create an experience that is both rehabilitative as well as creative and enjoyable!

Trauma: BMGIM, TI-MT

“You can’t imagine...”

“No one could ever understand...”

“There are no words.”

Memories of traumatic events are not a part of conscious thought — they are based in a physical response before any emotion or sensory experience comes into play, and are disconnected from time and place. Trauma Informed Music Therapy (TI-MT) takes this into account when addressing reactions to trauma - such as PTSD - and uses a Bottom-Up Approach. This approach focuses on the basic physical needs of an individual first before emotions and integration of thoughts. For veterans, this means that TI-MT provides an approach that reflects an

individual journey and experience towards healing, rather than a one-size-fits-all method that addresses cognitive reasoning and reflection before understanding of the physical and emotional is reached.



The Bonny Method of Guided Imagery and Music (BMGIM) is another approach within music therapy that is a music-centered exploration of consciousness, which uses primarily classical music programs chosen for individuals, specific to their presented needs to tap into their inner selves and find the resources that they have from within. "BMGIM practitioners affirm that both imagery and music are therapeutic agents. Therapists work with a variety of populations, including clients adjusting to chronic illness, depression, anxiety, grief, addictions, trauma or those seeking personal and spiritual growth. Music provides structure and direction for the experience, facilitates emotional expression, and contributes to changes and peak experiences. Experiences can include images, feelings, and thoughts associated with the client's present and past experiences. The music also provides security to express conflict and move towards constructive behavioral change." (Darrow, p. 49-50). Expressive Therapies provides BMGIM services to those who can benefit from the treatment.

Darrow, A. (2008). *Introduction to approaches in music therapy*. Silver Spring, MD: American Music Therapy Association. Neural Rehabilitation: NMT.

Opportunities with Expressive Therapies

Family Studio:

Start each month with creativity and reflection! Expressive Therapies will be offering a Family Art Studio the first Saturday of each month. This is a great opportunity for you to explore your creativity, to create a piece of art, or participate in music with a loved one. Bring your family, bring your friends, we hope to see you there!

Networking:

Expressive therapies wants to network with facilities in the area who support our veterans. If there is a facility looking to add to their veteran support services, please contact Expressive Therapies to discuss options.

Physical Rehabilitation

We will have an upcoming group led by a neurologic music therapist and physical therapist for physical rehabilitation.

Mindfulness:

We will also be having a group for mindfulness and art therapy that is adult focused with both for veterans and/or for veteran's loved ones — who are adults. More information will be provided in future emails.

Neural Rehabilitation: NMT

Neural Rehabilitation through music based interventions is optimal to address improving skills affected by Traumatic Brain Injuries, cognitive delays, hearing impairments, and auditory processing disorders.

“Music has a strong effect on multiple neural networks, and can assist with rebuilding connection between various regions of the brain. For example, recalling traumatic memories shows deactivation in the Broca’s area, primarily associated with expressive speech, and conversely, heightened activation of the limbic system, specifically the amygdala. This produces a physiological response often experienced as fear or anxiety. The encoding of traumatic events creates an interruption in connecting cause and effect in memories, often resulting in trauma recalled as physical sensations, rather than verbal or linguistic encoding. As a result, patients often have trouble expressing or understanding sensations verbally and can encounter unexpected reactions to environmental sensory triggers reminiscent of the trauma event” (p. 5).

Hannah Bronson, Rebecca Vaudreuil, Joke Bradt; Music Therapy Treatment of Active Duty Military: An Overview of Intensive Outpatient and Longitudinal Care Programs, *Music Therapy Perspectives*, , miy006, <https://doi.org/10.1093/mtp/miy006>.

The specific use of music to rewire the brain can activate multiple areas of the brain while engaging in a positive and controlled intervention. The intervention then works to counteract the negative physiological affects of the trauma by utilizing the traumatized part of the brain in a non-traumatic manner. The neural treatment takes time and aims to regulate the trauma so that the individual is in control of their responses — both physical and emotional. Working with a music therapist trained in trauma and neurologic music therapy can give opportunity to regain abilities of managing stress, gaining impulse control, increasing ability to attend to one task, understanding emotional triggers, and regaining some or all of former physical abilities.

Bereavement

Music therapy and art therapy can help process the death of a loved one. Whether it is a veteran who has lost many comrades in battle or whether it is family members suffering the loss of veteran, Expressive Therapies provides treatment for individuals and family. Treatment goals include self expression through the creative process of song writing, paintings, murals, lyric analysis, and more.



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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