

Expressive Therapies LLC

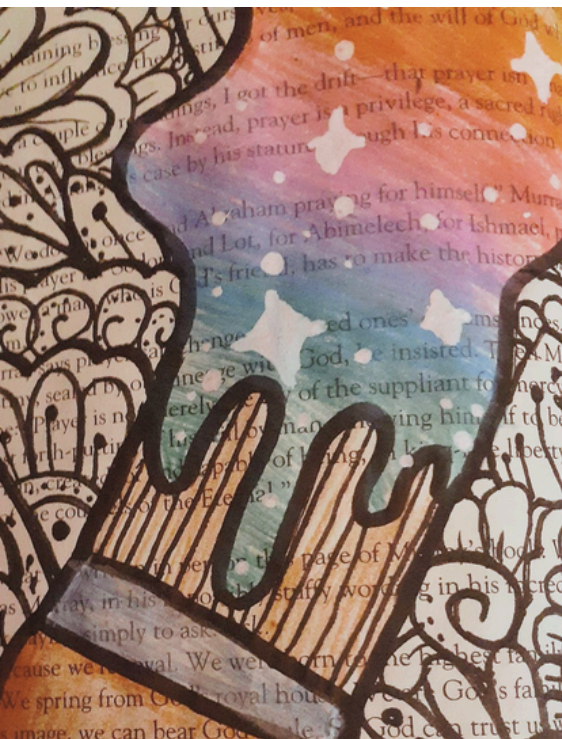
Vol. 9 | Is. 3 | August 2024

Creating a brave 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.



FALL 2024 GROUPS

Expressive Therapies has a variety of groups to offer children and adults this fall. Each group addresses different goal areas, including social and interpersonal skills, self-regulation, emotional expression, self-esteem, cognition and executive functioning skills, anxiety and stress reduction, and more! Fall groups will start the week of September 16th and will run for 10 sessions (Crescendo is an exception-see below for more information). Registration for a group is due by Friday, September 6th; no late registrations will be accepted. Additional information about the groups being offered can be found in this newsletter, social media posts, and in specific group flyers! Please contact Expressive Therapies for registration information and any questions about the groups being offered.



To Register for a Group:

- All groups are open to new and returning clients, and no experience or skill in the creative arts is necessary. New clients will first need to complete an initial evaluation to participate in a group.
- **Fall group registrations are due by Friday, September 6th. No late registrations will be accepted.**
- Insurance and/or other funding may be available to help offset the cost of groups. Please contact Expressive Therapies to discuss specific options for you/your child.
- For registration information and forms, to schedule an evaluation, or for other questions, reach out to:
 - Phone: (920) 903-1009
 - Email: scheduling@expressivetherapies.net



CODA: Creative Opportunities for Developing Awareness

- September 16th - November 18th, 2024
- Mondays 5:30 pm - 6:20 pm
- Music, Teens/Tweens

CODA is a social skills group for teens/tweens with similar strengths to build and improve social skills. Additional benefits include: emotional regulation, emotional expression, self-esteem, leadership, and social engagement.



CRESCENDO

**Creating Relationships, Ensemble, Social Connections, Embracing New Skills,
Defeating Old Unhealthy Patterns**

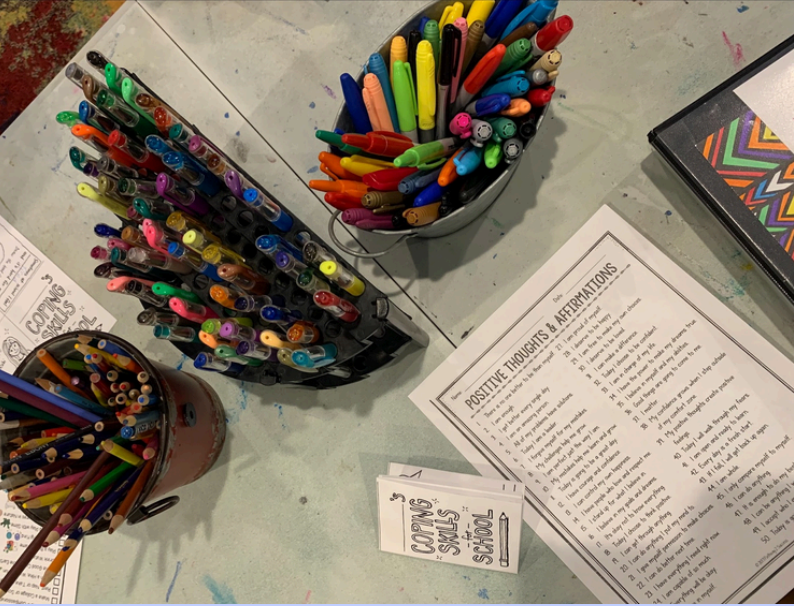
- September 5th - December 4th, 2024 (No group on Thursday, November 28th)
- Thursdays 4:15 pm - 5:05 pm OR 5:15 pm - 6:05 pm
 - Band time will be recommended by therapist
- CONCERT: Wednesday, December 4th, 6:00 pm at Wilder's Bistro
- **REGISTRATION DEADLINE: Wednesday, August 28th**

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, engage socially, and create music together. To showcase group members' strengths, there will be a final performance at Wilder's Bistro on Wednesday, December 4.

Drawing Together

- September 20th - November 22nd, 2024
- Fridays 10:15 am - 11:30 am
- Art, Adults 18+

This weekly group includes structured art interventions that encourage collaboration with others and creative 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.



Go with the Flow

- September 18th - November 20th, 2024
- Wednesdays 4:30 pm - 5:20 pm
- Creative Arts/Mindfulness, Teens

This group will incorporate a wide range of expressive and reflective modalities to increase ability to find a life of wellness. Individuals will focus on mind-body connection, creative self-expression, regulation, and stress management.

Moving to the Arts

- September 26th - December 5th, 2024
- Thursdays 4:00 pm - 4:50 pm
 - No group Thursday, November 28th
- Creative Arts, Youth 9 - 13

This group provides youth the opportunity to explore and regulate emotions, improve executive functioning skills, and enhance healthy social skills. The group will incorporate creative arts and movement-based interventions that focus on working together, improving socialization and communication skills, and executive function skills.



Resolve

- September 16th - December 2nd, 2024
- Mondays 5:00 pm - 5:50 pm
- Creative arts, Teens 13 - 15

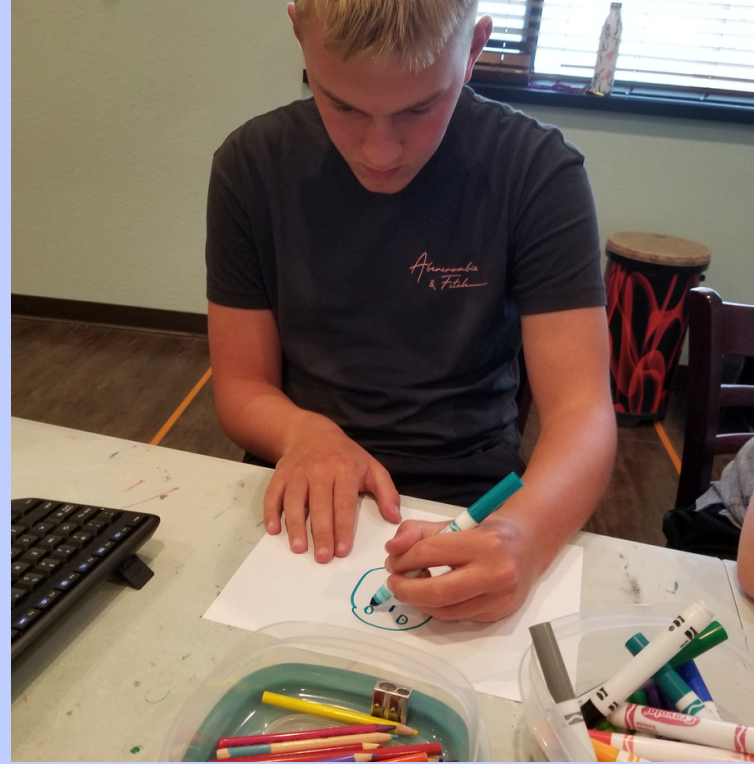
Group members will engage music listening, active music making, art making, and therapeutic conversation and processing opportunities to address the following goal areas: emotional insight and depth of understanding and awareness, self-esteem and self-confidence, and distress tolerance and coping strategies. Resolve is a continuation of REVERB.



Rhythmic Rehab

- September 18th - November 20th, 2024
- Wednesdays 4:30 pm - 5:15 pm
- Neurologic Music Therapy (NMT) and Physical Therapy (PT)
- Individuals with neurological changes needing motor rehabilitation and appropriate exercise for youth with different abilities, and their caregivers

NMT uses instruments and specific patterns and configurations for playing them to facilitate the (re)training of functioning movement skills. In this group, NMT and PT work together to best meet the needs of each individual and their motor rehabilitation. Possible benefits include: grasp and dexterity, increased range of motion, limb coordination, decreased stiffness, rotation, flexion/extension, adduction/abduction, supination/pronation, improved strength and balance, improved circulation, and improved gait.



REVERB

- September 16th - November 18th, 2024
- Mondays 4:00 pm - 4:50 pm
- Music & Creative Arts, Tweens 10 - 12

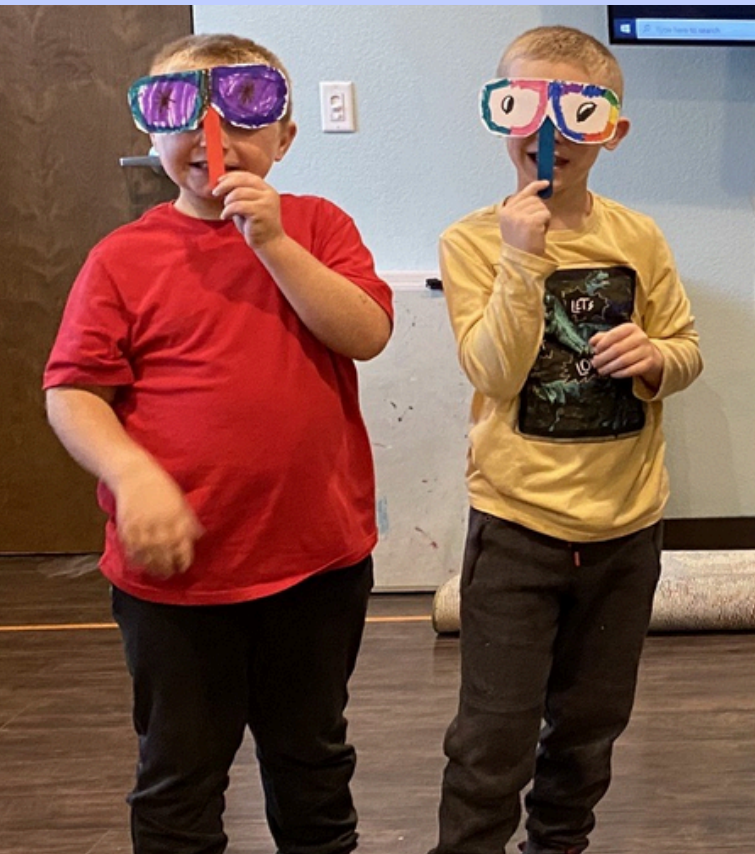
Group members will engage in music listening, art making, instrument play, and therapeutic discussion to address executive functioning, interpersonal skills, and emotional insight. No experience is needed in the creative arts to participate in this group! REVERB is a continuation of RISE Up.



RISE: Regulate, Interact, Socialize, Express

- September 16th - November 18th, 2024
- Mondays 4:30 pm - 5:20 pm
- Creative arts therapy, children ages 6-8

RISE will incorporate movement, art making, storytelling, and more to address the following areas: socialization skills including turn taking, active listening, and reciprocal communication; coping and regulation skills; and executive functioning skills including adaptability, problem solving, impulse control, organization, and attention.



RISE Up

- September 17th - November 19th, 2024
- Tuesdays 4:30 pm - 5:20 pm
- Creative arts therapy, children ages 8-10

This group is a continuation of RISE (Regulation Interact Socialize Express). Participation in RISE is not required prior to joining RISE Up. The group will incorporate instrument playing, movement, art making, storytelling, and more to address the following areas: interpersonal communication (communicating and understanding personal boundaries), teamwork, and compromise; emotional expression and coping/regulation skills; and executive functioning skills including adaptability, problem solving, impulse control, organization, and attention.

True Colors

- September 17th - November 19th, 2024
- Tuesdays 4:30 pm - 5:20 pm
- Youth ages 7-10

This group focuses on strengthening social skills through engagement in music, whether group members communicate through speaking, gesturing or signing, using a talker or pictures, or a different method. Group members will be supported in their style of communication and will learn and practice functional strategies for improving communication skills and enhancing abilities to socialize and interact meaningfully with others.



You & Me

- September 17th - November 19th, 2024
- Tuesdays 4:30 pm - 5:07 pm
- Music therapy/movement, children ages 4-6

This group focuses on practical strategies to improve social, communication, and developmental skills. Through music making and movement, participants will have opportunities to practice basic social skills such as turn-taking, sharing, and communication. In addition, developmental skills such as fine and gross motor, speech, and attention span will be addressed.



COMING SOON!

We will be offering two adult groups later this fall/winter season!

One group will use mindful movement and focused music and imagery to care for the soul. This group will follow themes such as intentions, self-love, and gratitude.

Movement will be appropriate for everybody, and no experience is needed to participate in the group. The second group will focus on healing and growth during times of grief. This group will incorporate the practices of coping/regulation skills, self-care strategies, and emotional expression to promote resilience among group members.

More information about these groups will be included in our September newsletter!

Reminders & Important Dates!

- New clients wanting to participate in a group must complete an initial evaluation prior to registration.
- **Registration is due by Friday, September 6th.**
- **Crescendo registration is due by Wednesday, August 28th.**
- No late registrations will be accepted.
- For registration information and forms, to schedule an evaluation, or for other questions, reach out to:
 - Phone: (920) 903-1009
 - Email: scheduling@expressivetherapies.net



Thank you for reading our newsletter!

Website: www.expressivetherapies.net

Email: info@expressivetherapies.net

Phone: (920) 903-1009



Instagram (@expressivetherapiesllc)



Facebook (Expressive Therapies LLC)



Linked In (Expressive Therapies, LLC)

Take care and be well!