

# MODULE 1 EXPRESSIVE ARTS



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## THE EXPRESSIVE ARTS

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# PREMISE

- Expressive arts give children the security and freedom they need to express themselves.
- Children feel at ease when they play, draw and create.
- By incorporating play techniques into the therapeutic process, the therapist is able to establish the relationship more easily.

# USING ART IN THE THERAPEUTIC PROCESS

- Children have limited cognitive and verbal skills that prevent them to understanding and communicating their feelings due to their abstract and complex nature.
- At the beginning of therapy, children are often defensive and may refuse to talk about their difficult, embarrassing, or uncomfortable emotions.

# EXPRESSIVE ARTS AND CBPT

**The therapist can use the expressive arts to devise a creative way to lower the child's defenses and create a safe environment in which he can recognize, express and process the emotions underlying the maladaptive behaviors.**

# WHAT ARE THE EXPRESSIVE ARTS?

- What are expressive therapies and what important clinical information can they provide?
- There are many ways within the therapeutic setting to achieve this.

- **The Expressive Therapies Continuum** is an attempt to lay the foundation for synthesis, so that all therapies can be understood as simply as possible, and to formulate a way for the clinician to plan treatment based on integrated theories.
- The following four disciplines will be considered:

**I. ART THERAPY**

**II. MUSIC THERAPY**

**III. DRAMA THERAPY**

**IV. DANCE THERAPY**

# ART THERAPY

**Art therapy**, sometimes called creative art therapy or expressive art therapy, encourages people to express and understand emotions through artistic expression and the creative process.

Art therapy provides the patient-artist with a **critical view of emotions, thoughts and feelings.**

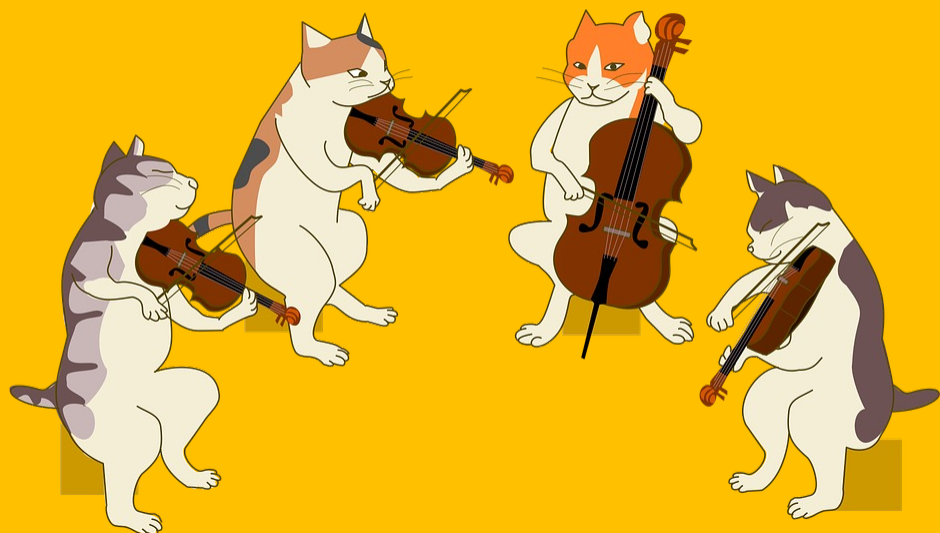


The **main benefits** of the art therapy process include:

- **self discovery**
- **personal fulfillment**
- **empowerment**
- **relaxation and relief**
- **symptom relief**
- **physical rehabilitation**



# MUSIC THERAPY



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**Music therapy** is an expressive therapies that is an interpersonal process whereby a trained music therapist uses music to help clients improve their:

- *psychological functioning*
- *cognitive functioning*
- *motor skills*
- *emotional and affective development*
- *behavior and social skills*
- *quality of life.*

Music therapists, to achieve the goals of treatment **use:**

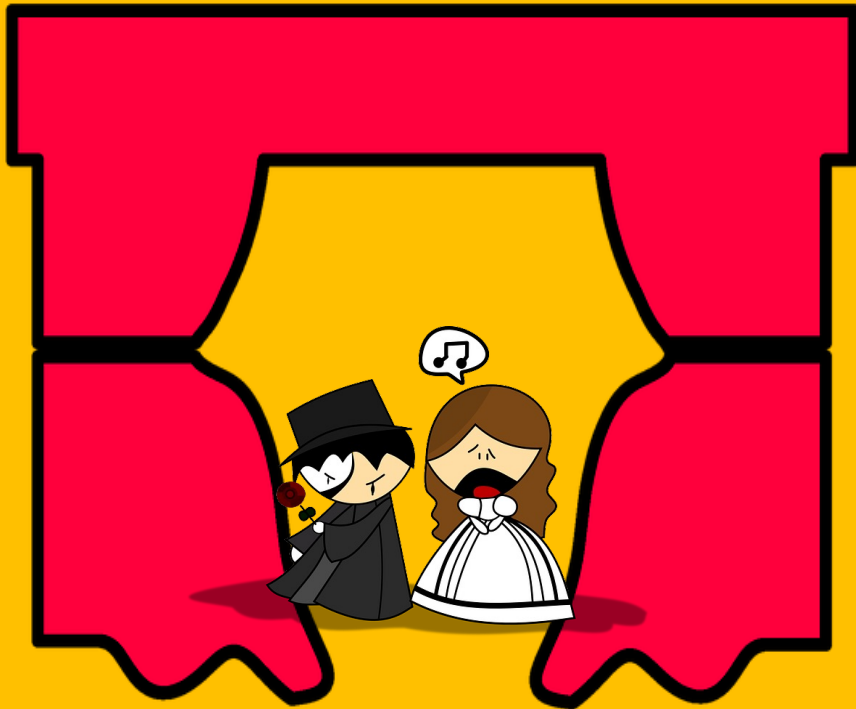
- ***free improvisation,***
- ***the singing,***
- ***song writing,***
- ***listening and discussing music***
- ***the transition to music***

to achieve treatment goals.

- Music therapy is used in some medical hospitals, cancer centers, schools, drug and alcohol recovery programs, mental hospitals, and correctional facilities.



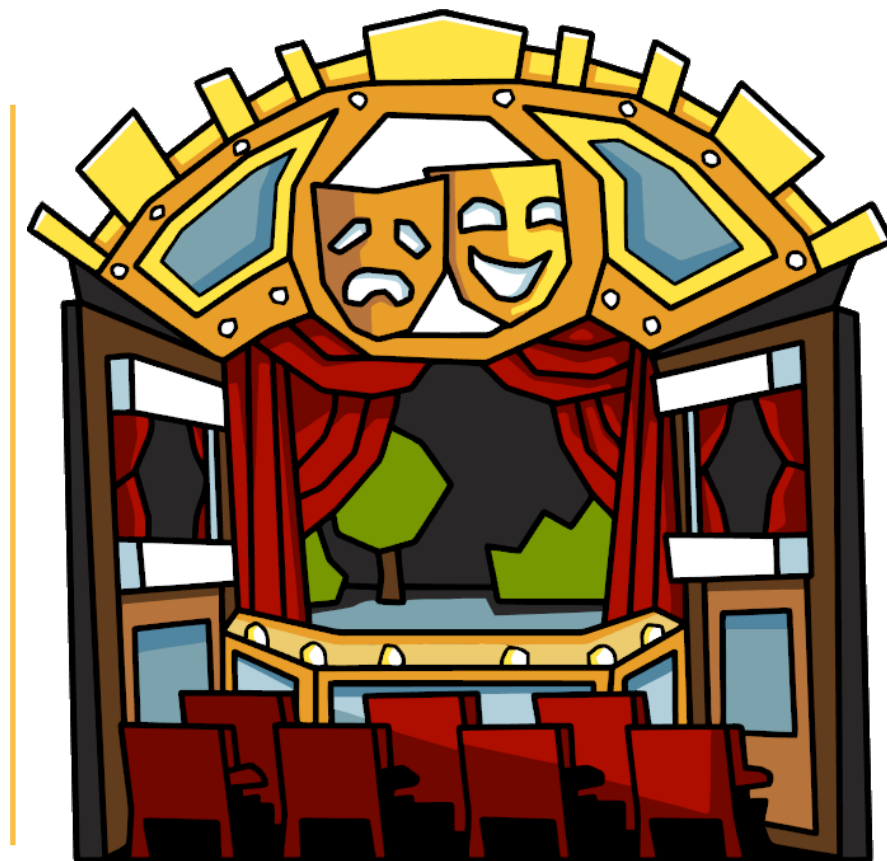
# DRAMA THERAPY



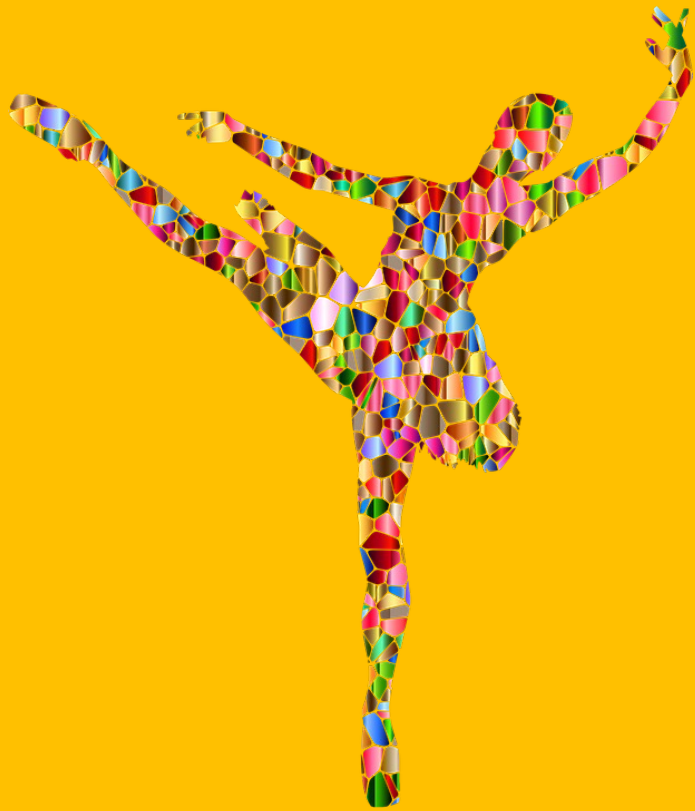
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- **Drama therapy** is the use of theatrical techniques to facilitate personal growth and promote mental health.
- Drama therapy is used in a **wide variety of contexts**, including:
  - *hospitals,*
  - *schools,*
  - *mental health centers,*
  - *prisons*
  - *companies.*

- The modern use of dramatic process and theater as a therapeutic intervention **began with psychodrama.**
- The field has expanded to allow for many forms of theatrical interventions as therapy, including:
  - *Role-playing games*
  - *Theatrical games*
  - *Dynamic group games*
  - *Mime*
  - *Puppets*
  - *Other improvisation techniques.*



# DANCE-MOVEMENT THERAPY



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- **Dance-movement therapy** (DMT), or dance therapy, is the psychotherapeutic use of movement and dance, which influences forms of emotional, cognitive, social, and behavioral functioning.
- As an expressive therapy, DMT assumes that **movement and emotion are directly related**.
- The purpose of DMT is to find a **healthy balance** and sense of wholeness.

- La DMT is **practiced in places** such as:
- Mental health rehabilitation centers,
  - Medical and educational facil,
  - Nursing homes,
  - Day care facilities,
  - Other health promotion programs.





# CBPT

It combines play with adaptive thinking and behavior in order to help children develop effective coping strategies for coping with problems.

# EXPRESSIVE ARTS

In CBPT, ART is used.  
One of the therapist's main goals is to help the child identify, label and understand emotions, providing tools that allow him to get in touch with their emotional experience and acquire greater mastery of it.





# USE OF ART THERAPY IN CBPT

- Art therapy uses various artistic tools and materials (for example, drawing, collage, painting, sculpting, writing, clay and plasticine modeling, book making) to facilitate a child's development and change.
- It is not simply about drawing well or creating a “nice” object, but about a process of self-discovery through any form of art that comes from an emotional experience.

# USE OF ART THERAPY IN CBPT

- Many children enjoy using and manipulating art materials, they often find it relaxing and just plain fun.
- The act of creating with your own hands is certainly less threatening than talking about upsetting emotions, thoughts or events.
- It represents for the child an expressive experience capable of revealing new ways of Self, offering potential resolutions to problems and activating inner resources.

# USE OF ART THERAPY IN CBPT

- Adding art materials during sessions opens up new avenues of expression.
- The familiar and playful nature of these materials helps and facilitates the involvement of children in therapy and at the same time allows them to lower their defences.

# USE OF ART THERAPY IN CBPT

- Playdough's easy malleability and transformative properties foster the child's ability to play and shape meaningful matters while maintaining “control” over the material.
- The process of making plasticine and its changing shape can serve as a metaphor for change.
- Also, children often face situations where they feel powerless. Drawing or representing these situations can help restore a sense of mastery, control and accomplishment.

# USE OF ART THERAPY IN CBPT

- There can be many benefits to using in-session art when working with children.
- A main aspect is to promote a relaxation response in the body.
  - *For example, drawing is effective in facilitating children's verbal responses to emotionally charged events. This is because it allows to reduce anxiety, helping the child to feel at ease in the therapeutic environment, facilitating memory retrieval, organizing narratives and prompting the child to provide the clinician with more details than they would in an interview which is mainly verbal (Malchiodi, 2003).*



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