Exploring Creative Arts Therapies

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Objectives

- Explore and define some creative arts therapy options
- Experience a sample of the creative arts therapies
- Review some of the specific benefits of creative arts therapies for people living with FTD and PPA
- Share ways to access creative arts therapies
What is Art Therapy?

Art therapy is a masters level, mental health profession that uses the creative process of art making to improve and enhance the physical, mental and emotional well-being of individuals of all ages.
What art therapy is not.

- Not a recreational activity
- Not an art lesson
- Not specifically for self-proclaimed artists
How does art therapy work?

- Reflecting on the art process and product can assist people to:
  - Increase awareness of self
  - Cope with symptoms, stress and traumatic experiences
  - Enhance cognitive abilities
  - Enjoy the life affirming pleasures of making art

- Art therapy integrates:
  - Human development
  - Visual arts (drawing, painting, sculpture, performance, etc.)
  - Creative processes
  - Counseling and Psychotherapy
Music is “Magical”

- What is music therapy?
- Why is music a “magical” tool to use in therapy?
- How do music therapists use music in clinical intervention?
What is Music Therapy?

- **Quick definition:**
  
  The use of music to work on non-music goals.

- **More information:**
  
  The use of individualized music interventions to restore, maintain, or improve physical, emotional, social, cognitive, communicative, and psychological functioning.
Common Misconceptions About Music Therapy

- Music therapy is not to promote music skill
- Music therapy is not only for those with musical talent
- Music therapy is not used for music activity/entertainment/boredom
- Music therapy does not use the same music for all clients
History of Music Therapy
Professional Field of Music Therapy

- Formal Education
- Certification/Credentialing
- Professional Association
- Journals & Resources
What Is “Magical” About Music?

- Music is pervasive
  - Cultures/societies
  - Personal lives
- Music is natural
- Flexibility of music
- Familiarity with music
- Musical preference
Music Therapy Basic Interventions

- Sing
- Listen
- Play
- Move
What is Dance/Movement Therapy?

Dance/Movement Therapy, according to the American Dance Therapy Association, is the “psychotherapeutic use of movement to further the emotional, cognitive, physical, and social integration of the individual.”
What Does A Dance/Movement Therapist Do?

- Use body movement to assess and intervene.
- Assess through both psychological and movement parameters to determine needs and goals.
- Use interventions and dance/movement therapy techniques to facilitate therapeutic processes.
- Many movement styles and approaches can be used including, but not limited to, creative drama, exercise, relaxation techniques, massage, social dancing, and interactive psychosocial games.
A Few Benefits of Art Therapy

**FTD**
- Provide outlet for self-expression (communicative)
- Assist in modifying behavior (psychosocial)
- Can serve as an outlet for obsessive and compulsive behaviors (cognitive)

**PPA**
- Support for reaction to initial diagnosis (psychosocial)
- Build coping skills (emotional)
- Develop alternate approaches to communication (communicative)
Frontotemporal Dementia: A Few Benefits of Music Therapy

- **Psychosocial**: Explore alternate behaviors for social inappropriateness & impulse control and build empathy
- **Emotional**: Improve mood stability
- **Communicative**: Develop alternate ways to communicate
Primary Progressive Aphasia: A Few Benefits of Music Therapy

- **Cognitive**: Provide tools for word retrieval
- **Communicative**: Increase expressive language skills
- **Emotional**: Provide opportunities for safe & dignified expression of thoughts & emotions
## A Few Benefits of Dance/Movement Therapy

<table>
<thead>
<tr>
<th>Category</th>
<th>FTD</th>
<th>PPA</th>
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<tbody>
<tr>
<td>Psychosocial</td>
<td>Channel agitation and aggression into healthy modes of expression</td>
<td></td>
</tr>
<tr>
<td>Emotional</td>
<td>Provide opportunities for safe and dignified expression of thoughts and emotions</td>
<td>Decrease depression and anxiety</td>
</tr>
<tr>
<td>Communicative</td>
<td>Develop alternative approaches to communication</td>
<td>Incorporate and create alternative and augmentative communication tools for everyday use</td>
</tr>
<tr>
<td>Cognitive</td>
<td></td>
<td>Strengthen neurological pathways utilized in communication tasks</td>
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Ways To Access Creative Arts Therapies

- $ for creative arts therapy services
- Specific programs
- Places in your community

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Plus creative arts therapists on staff at adult day programs, and assisted living and skilled nursing residential communities.

For more information call: 773.508.1000 or visit us online at www.cje.net.
Art Therapy:
Further Information

- American Art Therapy Association
  www.arttherapy.org

- Art Therapy Credentials Board
  www.atcb.org
Music Therapy:
Further Information

American Music Therapy Association
www.musictherapy.org  (301) 589-3300

Certification Board for Music Therapists
www.cbmt.org  (800) 765-CBMT

World Federation of Music Therapy
www.musictherapyworld.net

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Dance/Movement Therapy: Further Information

- **American Dance Therapy Association**
  - [www.adta.org](http://www.adta.org)  (410) 997-4040

- **IL Chapter of the American Dance Therapy Association**
  - [http://www.facebook.com/people/Adta-Illinois-Chapter/1824751080](http://www.facebook.com/people/Adta-Illinois-Chapter/1824751080)

- **North Shore Dance Therapy**
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THANK YOU

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