

ONLINE RESOURCES

- ◆ <https://www.trauma-informedpractice.com>
(Also check their Facebook and Pinterest Pages for Ideas)
- ◆ www.cathymalchiodi.com (Also on Pinterest)
- ◆ <https://www.expressiveartworkshops.com/expressive-art-resources/100-art-therapy-exercises/>
- ◆ <http://www.lianalowenstein.com/e-booklet.pdf>
- ◆ <https://intuitivecreativity.typepad.com/expressiveartinspirations/top-50-art-therapy-blogs.html>
- ◆ <https://www.psychologytoday.com/us/blog/arts-and-health/201905/resensitizing-the-body-through-expressive-arts>
- ◆ <https://zentangle.com>
- ◆ <http://www.expressivetherapist.com/group-activities.html>

TEXT RESOURCES

- ◆ Trauma-Informed Practices with Children and Adolescents, William Steel and Cathy Malchiodi (2012)
- ◆ Creative Interventions with Traumatized Children, Cathy Malchiodi (2014)
- ◆ The Body Keeps the Score, Bessel Van Der Kolk



ST. MARY'S HOME FOR CHILDREN

AGENCY CHAT

CHANGE HAPPENS WITH AWARENESS OF TRAUMA

OCTOBER 2019

EXPRESSIVE ART THERAPIES

We encourage you to take a few minutes to CHAT with your colleagues, friends (and children if appropriate) about important issues we all face in our world, and here at our trauma-informed agency.

Our CHATs are designed to introduce topics and start conversations, not to be a substitute for training or consultation with a professional. Please talk to a professional at St. Mary's if you're concerned or have questions about any topics introduced in our CHATs.

If you have ideas for a CHAT, please contact any Program Director or the Executive Director. We strive to make CHATs meaningful and relevant to the issues facing children and families, as well as reflecting trauma-informed best practices.



- ◆ Creative Art Therapies became more widely known in the 1930's and 1940's when psychotherapists began to realize that self-expression through painting, music, and movement was helpful for patients with severe mental illness
- ◆ Expressive interventions like art, music, dance, and play have gained more recognition and are being accepted as a powerful treatment options that can be just as effective as traditional talk therapy
- ◆ Expressive Art Therapies are considered trauma-informed because of their ability to allow for processing of the trauma narrative through non-verbal expression
- ◆ When working with individuals who have experienced trauma, it is important to remember the Mind-Body connection
- ◆ Everything we know about the neuroscience of trauma tells us that sensory (body-oriented) activities are critical to recovery
- ◆ There is evidence that using drawing and other creative experiences over time is helpful in reducing stress and helping children identify experiences that trigger trauma reactions



- ◆ Expressive Therapy key components:
 1. Self-Expression
 2. Active Participation
 3. Imagination
 4. Mind-Body Connections
- ◆ Expressive Art Therapies can be used with children, adults, couples, families, and groups
- ◆ Different modalities may be used at any point during the therapeutic process

- ◆ Expressive Arts Therapy uses various Arts...including painting, drawing, sculpting, writing, poetry, art journaling, collage, dance, movement, music, and many other mediums.
- ◆ Expressive Arts Therapy is practiced in a supportive setting with the goal to facilitate growth and healing
- ◆ Expressive Arts differs from Art Therapy because therapist does not interpret the art or add meaning, for example, "you drew this so it means this"
- ◆ The focus in Expressive Arts Therapy is not on artistic outcomes of the work but the **PROCESS** of creating it. Using imagination can process, flourish, and support healing
- ◆ You don't need to have artistic abilities to benefit from expressive art therapy. The artwork does not have to be pleasing to look at and does not have to be a finished product, again the **PROCESS** is most important
- ◆ Journaling may be the best expressive outlet for a client who is new to therapy. Clients who have developed a closer relationship with their therapist may be comfortable using drama activities and role play
- ◆ Incorporate yoga, tai chi, or movement breaks into the session before or after the Expressive Arts activity
- ◆ The Clinical Team should implement sensory activities to meet the individualized needs of the client

TIPS FROM THE EXPERTS

- ◆ “Invite clients of any age to exercise their creativity. No matter what age we are, we can be stuck in our typical ways of solving our problems.”
- ◆ “Do be aware of the depth that the creative process may lead a client to experience.”
- ◆ “Always make sure you leave time at the end of the session to help your client transition from the creative world back into everyday reality.”
- ◆ “Don’t underestimate your own creativity and ability to develop creative interventions!”

