

### ONLINE RESOURCES

- ◆ <https://www.trauma-informedpractice.com>  
(Also check their Facebook and Pinterest Pages for Ideas)
- ◆ [www.cathymalchiodi.com](http://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/resentitizing-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!"