Creative Art Therapy: What are Music, Dance/Movement, and Art Therapy?

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Presentation Goals

- To learn the definition of Music Therapy, Dance/Movement Therapy, and Art Therapy and how they are used with multiple populations
- To understand how Creative Art Therapy techniques can be used in therapeutic programming to develop measurable goals and objectives

What is ‘Creative Art Therapy’?

- 6 types of Creative Art Therapies (CAT):
  - Art therapy, dance/movement therapy, drama therapy, music therapy, poetry therapy, and psychodrama
- Definition from National Coalition of Creative Arts Therapies Associations:
  - [Creative Art Therapies] use art modalities and creative processes during intentional intervention in therapeutic, rehabilitative, community, or educational settings to foster health, communication, and expression; promote the integration of physical, emotional, cognitive, and social functioning; enhance self-awareness; and facilitate change.
- Resource: www.nccata.org
Populations Served

- Babies, children, adolescents, adults, & the elderly
- Mental health needs
- Developmental and learning disabilities
- Alzheimer's disease & other age related conditions
- Substance abuse problems
- Brain injuries
- Physical disabilities
- Acute and chronic pain, including mothers in labor

Where do CATs work?

- Schools
- Private practice
- Rehabilitation centers
- Medical hospitals
- Forensic units or correctional facilities
- Psychiatric in-or-out patient care
- Nursing care facilities

Goals/Objectives

- PHYSICAL GOALS
  - Sensory
  - Relaxation/stress reduction
  - Improve body awareness

- SPEECH/LANGUAGE GOALS
  - Expressive/Receptive Communication
  - Verbal/Non-Verbal Communication

- PSYCHOLOGICAL/EMOTIONAL GOALS
  - Emotional expression
  - Self-esteem
  - Impulse control/frustration tolerance
Goals/Objectives (cont’d)

- COGNITIVE GOALS
  - Attention
  - Imitation
  - Memory

- SOCIAL GOALS
  - Relationship Development
  - Peer Interaction
  - Group behaviors

- OTHER SKILLS/GOALS
  - Facilitate reminiscence and life review
  - Teach pain management skills
  - Develop skills to participate in leisure time activities

Music Therapy

"Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program."

(American Music Therapy Association, 2006)

History of Music Therapy

- As old as the writing of Aristotle and Plato
- 20th Century – began after World War I & II in VA hospitals
- The first MT degree: Michigan State University 1944
- American Music Therapy Association (AMTA) – 1998
Why does music work?

- Reaches across time, age, ability/disability
- Motivating, successful
- Provides for self-expression
- Elicits Emotions
- Music is all around us
  - Associated with important events
  - Across many cultures

But why does it REALLY work?

Pitch and volume
Simple rhythms
Complex rhythm
Tonality
Movement
(Standing, tapping toe)
Imagery
Lyrics/Language

Misconceptions of MT

- You need to have musical ability to participate
  - NO!! ANYONE can participate!
- Classical (Mozart!) is the best music… right? WRONG!
  - Preferences
  - Circumstances
  - Client’s goals
- Not for people who are healthy
  - During pregnancy
  - Preschool children
  - Stress
  - Exercise
MT Specializations

- **Neurologic Music Therapy**
  - Based on Neuroscience model of music perception and production and influence of music on functional changes in nonmusical brain and behavior functions
  - Rational-Scientific Mediating Model (R-SMM)
  - Treatment techniques based on scientific research and use the Transformational Design Model (TDM)
  - 3 Standard Areas: Sensorimotor, Speech/language, Cognitive

- **Nordoff-Robbins Music Therapy**
  - Based on belief that everyone possesses a sensitivity to music that can be utilized for personal growth and development
  - Therapists support and enhance clients’ expressive skills and ability to relate to others
  - Live music is used creatively, interactively, and supportively – improvisational based clinical musicianship

Music Therapy and Movement Disorders

- Increase oxygenation
- Decrease stress
- Regain fluent speech
- Tic regulation

Music Therapy Ideas and Resources

- Song-writing – ‘piggybacking’
- The Heckler
- Music Olympics
- **Recommended Musicians (kids)**
  - Laurie Berkner, Dan Zanes, Mother Goose Rocks
- **Recommended Websites:**
  - [www.westmusic.com](http://www.westmusic.com)
  - [www.nancymusic.com](http://www.nancymusic.com)
  - [www.songsforteaching.com](http://www.songsforteaching.com)
  - [www.musictherapy.org](http://www.musictherapy.org)
  - [www.njamta.org](http://www.njamta.org)
Art Therapy

- Art therapy employs the creative process of art-making to improve and enhance the physical, mental and emotional well-being of individuals of all ages with the aim of resolving conflicts and problems, developing interpersonal skills, managing behavior, reducing stress and increasing self-esteem and awareness. (AATA)

History of Art Therapy

- Since the 18th century, artists have been using their images to express their emotional state
- Adrian Hill first described his work as ‘art therapy’ in UK – working with people with tuberculosis
- 1940s in the US – Margaret Naumberg and Dr. Edith Cramer: psychodynamic art therapy

Art Therapy

- Why use art therapy?
  - To improve emotional state or mental well-being
  - To relieve stress or tension; effectively cope with stress
  - As a mode of self-discovery; to increase insight and awareness

- What kind of training do art therapists have?
  - Therapy and art; psychology and human development; clinical practice
  - Nonverbal symbols and metaphors expressed through art...concepts that are usually difficult to express with words
Benefits of Art Therapy & Movement Disorders

- Exploration of feelings
- Increased self esteem
- Enhance cognitive abilities
- Stimulate neurological pathways

Art Therapy Ideas and Resources

- Inside/Outside Mask - appearance vs internal feelings
- Superhero Self-Portrait
- Dot-to-dot pictures

Websites with activity ideas:
  - www.kinderart.com
  - Arttherapyblog.com

For More info/find an art therapist:
  - www.arttherapy.org
  - www.njarttx.org

Dance/Movement Therapy

The psychotherapeutic use of movement to promote emotional, cognitive, physical, and social integration of individuals.

- ADTA
Dance/Movement Therapy

- History of Dance/Movement Therapy
  - Turn of the Century Dancers – dance became expressive, spontaneous
  - Individuality encouraged – emotional expression through movement
- What is the focus of Dance/Movement Therapy?
  - Observation, assessment, research, therapeutic intervention
  - Movement = communication, symbolic

Yoga

- Preventive and therapeutic – physically and mentally
- Integral part of stress management programs
- Generates motion without causing strain and imbalances
- Goals:
  - Strengthens, tones, and builds muscles
  - Encourages weight loss
  - Improves digestion, circulation, stamina
  - Relaxes the nervous system
  - Increases body awareness, posture
  - Increases focus and control

Benefits of Dance/Yoga Therapy & Movement Disorders

- Refocusing
- Insomnia prevention
- Alleviates tension
Dance/Movement Therapy Ideas and Resources

- Movement Telephone
- Obstacle Courses
- Crazy Ball
- Body Sculptures
- Museum statues

For More info/find a Dance therapist:
www.adta.org
www.njadta.org

Adapted Music/Dance Therapy

- STILL Process vs Product
- Non-music/Non-dance Goals:
  - Fine/Gross Motor Skills
  - Attention
  - Imitation
  - Coordination
  - Cognitive Skills
  - Self-esteem
  - Socially Appropriate Leisure/Life Skills

Questions?