

# Exploring Creative Arts Therapies

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North Shore Dance Therapy



**North Shore  
Dance Therapy**  
*"Therapy That Moves You"*

# 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

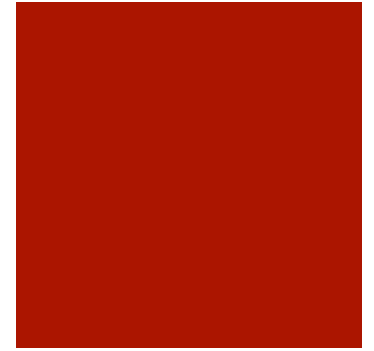


# How does art therapy work?



- 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



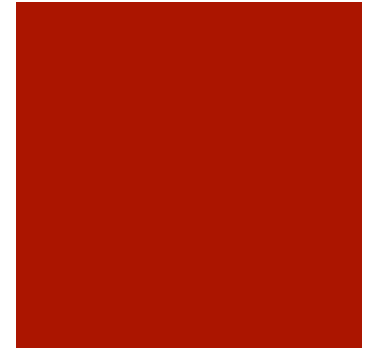
- Music therapy is not to promote music skill
- Music therapy is not only for those with musical talent
- Music therapy is not used for music activity/entertainment/boredom
- Music therapy does not use the same music for all clients



# Populations & Settings



# History of Music Therapy



# Professional Field of Music Therapy

- Formal Education
- Certification/Credentialing
- Professional Association
- Journals & Resources



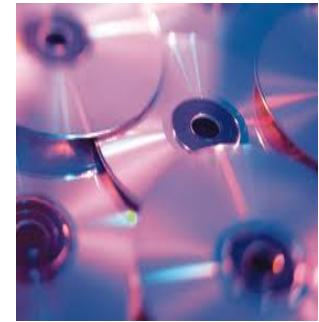
# What Is “Magical” About Music?

- 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.”



North Shore  
Dance Therapy

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North Shore Dance Therapy  
Erica Hornthal, LCPC, BC-DMT

# 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

	<b>FTD</b>	<b>PPA</b>
Psychosocial	<b>Channel agitation and aggression into healthy modes of expression</b>	
Emotional	<b>Provide opportunities for safe and dignified expression of thoughts and emotions</b>	<b>Decrease depression and anxiety</b>
Communicative	<b>Develop alternative approaches to communication</b>	<b>Incorporate and create alternative and augmentative communication tools for everyday use</b>
Cognitive		<b>Strengthen neurological pathways utilized in communication tasks</b>



# Ways To Access Creative Arts Therapies

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

# Culture Bus and Art in The Moment @

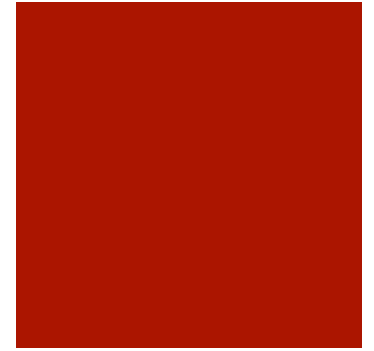
**cje** SeniorLife



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](http://www.cje.net).

# Art Therapy: Further Information



- **American Art Therapy Association**  
[www.arttherapy.org](http://www.arttherapy.org)
- **Art Therapy Credentials Board**  
[www.atcb.org](http://www.atcb.org)

# Music Therapy: Further Information



**American Music Therapy Association**

[www.musictherapy.org](http://www.musictherapy.org) (301) 589-3300

**Certification Board for Music Therapists**

[www.cbmt.org](http://www.cbmt.org) (800) 765-CBMT

**World Federation of Music Therapy**

[www.musictherapyworld.net](http://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>
- **North Shore Dance Therapy**
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# THANK YOU



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