

Expressive Therapies

Empowering individuals—those living with social, cognitive, emotional, physical, and/or spiritual needs—through music, art, and mental health therapies to improve health and well-being.

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FALL 2020 GROUPS			
<p>MONDAY</p> <p>Social Skills I Music Group Youth Social Skills 4-4:45 pm</p> <hr/> <p>REVERB Music group for Teens 4:15-5:15 pm</p> <hr/> <p>Socializing in Music: Music Group Teen/Young Adult Social Skills 5:15-6:15pm</p> <hr/> <p>FLOW Creative Arts and Movement Teens 6:30 - 7:30 pm</p>	<p>TUESDAY</p> <p>Attachment & Attunement A group for mothers and infants 9-10:15 am</p> <hr/> <p>Groovin' in the Music Music & Development for Caregivers & 18 Months to 4 yrs. old 11:15 am - 12:00pm</p> <hr/> <p>WAM Writing, Art, and Music 4-5 pm</p> <hr/> <p>Social Skills II Music Group Youth Social Skills 4:15-5:15 pm</p> <hr/> <p>T & T Music and Art group for youth - focusing on self-regulation 5-6 pm</p> <hr/> <p>Crescendo for Musicians Starting September 8 6-7pm</p>	<p>WEDNESDAY</p> <p>BEAT Music/Art Group boys and girls 9-13 4-5 pm</p> <hr/> <p>Tuning In Creative Arts group for preteens/teens 5-6 pm</p> <hr/> <p>NEW SOCIALIZING THROUGH THE CREATIVE ARTS Creative Arts Social Skills group for teens/young adults 5:30-6:30</p>	<p>THURSDAY</p> <p>CRESCENDO Starting September 10 Ages 10-15: 4:15-5:15 pm +16 - Adults: 5:15-6:15pm +16 - Adults: 6:15-7:15pm</p>
<p><i>Fall Groups start the week of September 14 through the week of November 16</i> Registration Deadline: Saturday, September 5 All group members must complete a registration form. Email completed forms to: scheduling@expressivetherapies.net For complete details please ask at the front desk for more information.</p>			

Fall Groups 2020

During the fall, Expressive Therapies offers a variety of groups for children and adults. The skills addressed and goals for each group differ, including: socialization and interpersonal skills, self-regulation, emotional insight and expression, self-esteem, cognition and executive functioning skills, anxiety and stress reduction, and more! Check out each of the groups below and reach out to our office with any questions and for registration information. Fall groups are scheduled to start the week of September 14th and will run for 10 sessions in a hybrid format

(primarily teletherapy with in-person options available abiding by pandemic guidelines). We are also offering our CRESCENDO band in a hybrid format, beginning September 10th and running for 13 weeks. Registrations for Fall Groups are due by September 5th. Please contact Expressive Therapies with any questions and for registration information!

Fall Groups (starting the week of September 14th)

Attachment and Attunement

Art/Music

Tuesdays 9 – 10:15am

Mothers and Infants

In this group, participants will take part in creative arts therapy interventions centered around mother and baby bonding, such as: breathing, gentle movement, music, self-care, guided relaxation, and support from other moms. Potential benefits include: enhanced connection between mother and baby, learning about secure attachment, supportive relationships with other moms, learn regulation skills, and affect recognition and affirmation skills.

BEAT: Marching to Your Own Rhythm

Art/Music

Wednesdays 4 – 5pm

Youth 9 – 13

BEAT provides youth the opportunity to explore and regulate their emotions, improve executive function skills, and practice healthy social skills through creative engagement and expression. Benefits of this group include: improved cognition and sensorimotor function, improved focus/impulse control/organization, enhanced self-esteem, improved self-regulation and emotional insight, and amplified social awareness and social skills.

F.L.O.W. (Finding a Life of Wellness)

Art/Music/Movement

Mondays 6:30 – 7:30pm

Teens (High School Age)

This group will incorporate a wide range of expressive and reflective modalities to increase ability to find a life of wellness. Group members will focus on socializing, mind/body connection, creative self-expression, regulation, and stress management. Potential benefits include: lowered symptoms of depression and anxiety, increased self-expression, improved self-regulation, improved emotional insight, increased understanding of mind/body connection, and improved abilities for stress management.

To Register for a Fall Group:

All groups are open to new and returning clients, and no previous experience or skill in the creative arts is necessary. New clients will need to complete an initial evaluation prior to the start of groups. Registrations for groups beginning the week of September 14 are due by September 5.

Insurance and/or other funding may be available to help offset the cost of many of our groups. Please contact Expressive Therapies to discuss what out-of-pocket and/or insurance costs may be for your individual situation!

For registration information and forms, to schedule an initial appointment, or for any other questions, please reach out to:

Phone: (920)903-1009

Email: scheduling@expressivetherapies.net



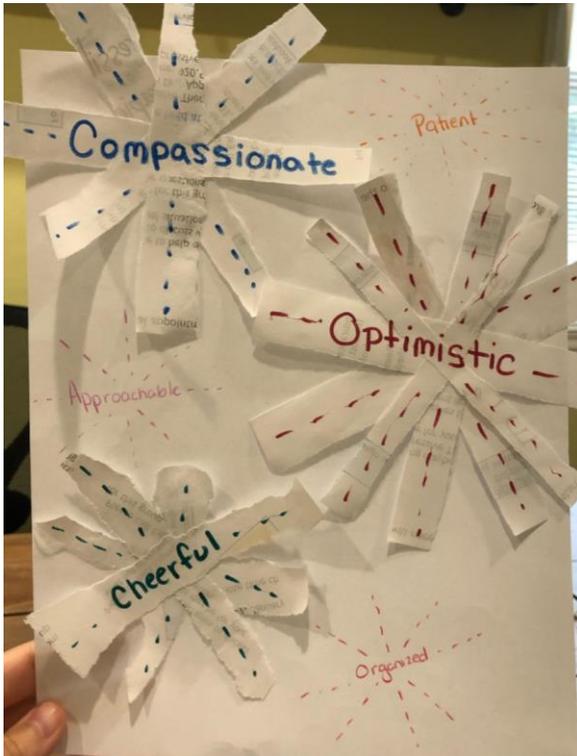
Groovin' in the Music

Music/Movement

Tuesdays 11:15am – 12pm

Caregivers and 18mo – 4yr old children

Research shows that music impacts all areas of our brains and by utilizing music in an intentional way, we can stimulate and ignite our child's brain in the following areas: Intellectual, Social Emotional, Motor, Language, Literacy, and Memory. By incorporating music and movement, we stimulate the connection of mind/body working together, allow for self-expression, and build and strengthen bonds between child and caregiver!



REVERB

Music/Art

Mondays 4:15 – 5:15pm

Early teens 12 – 15

REVERB is a teen only group to learn to use music and art in grounding and centering themselves, emotional regulation, distress tolerance skills, gaining empathy, and communication skills. The group will incorporate listening to music, expanding knowledge of music and instruments, creative movement, songwriting, art interventions, and working together, improving socializing, problem solving, and teamwork.

Rhythms and Regulation

Music

Level I: Thursdays 3:45 – 4:30pm

Level II: Thursdays 4:30 – 5:15pm

Children/Youth of similar ages and strengths

Join us in this 10-week music therapy group to learn the basics of regulation by utilizing song, rhythm, and instruments. By participating in this group, individuals will gain more insight into external and internal emotions and will learn healthy ways to regulate their own bodies. Individuals will begin to learn about alerting, calming, and grounding songs, tools, and body movements at a foundation level.

Social Skills Level I and II

Music

Level I: Mondays 4 – 4:45pm

Level II: Tuesdays 4:15 – 5:15pm

Youth of similar ages and strengths

Both Social Skills groups present small group music psychotherapy interventions to improve social and communication skills. Participants will gain experiences with: social use of language, initiating and maintaining conversations, gaining empathy and perspective, attention and organization, emotional regulation, interpersonal skills, and self-esteem.



Socializing Through Music

Music

Mondays 5:15 – 6:15pm

Teens and Young Adults

Socializing Through Music is a music group that gathers teens and young adults with similar strengths and needs with a goal to improve upon their social skills. Benefits and skills focused on include: social engagement, emotional expression and regulation, initiating and maintaining conversations, self-esteem, and leadership skills.

Socializing Through the Creative Arts

Creative Expression (Music, Movement, Art)

Wednesdays 5:30 – 6:30pm

Teens and Young Adults of similar ages and strengths

This group is for teens and young adults with similar strengths and needs to use the creative arts as a means for improving social skills. This group will incorporate listening to music, creative movement, songwriting, playing instruments, different creative art mediums and interventions, and working together through problem-solving and teamwork. Group members will gain experience in: social engagement, initiating and maintaining conversations, gaining empathy and perspective, improved attention and organization skills, insight into emotions and healthy self-regulation, and improved self-esteem.

Tuning In Through Creative Arts

Creative Expression (Music, Movement, Art)

Wednesdays 5 – 6pm

Preteens and Teens

Tuning In Through Creative Arts is a 10-session group for preteens and teens to learn to use creative arts in grounding and centering themselves, practicing emotional regulation, distress tolerance skills, gaining empathy, and communication skills! The group will incorporate listening to favorite music, expanding knowledge of music and instruments, creative movement, songwriting, different creative art mediums and interventions, and working together with problem solving and teamwork!

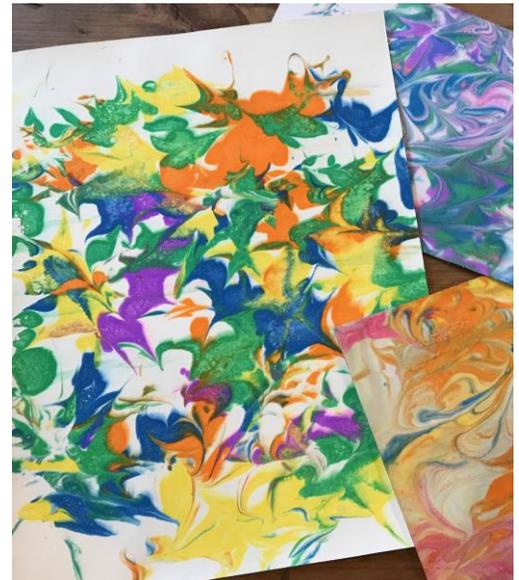
Tempo and Tempera (T&T)

Art/Music

Tuesdays 5 – 6pm

Children 6 - 9

Tempo and Tempera, or T&T, is a 10-session group for children ages 6-9 combining art therapy and music therapy to practice and build skills in self-regulation and diffusing tricky situations. Goal areas that will be addressed include: emotional insight and self-regulation, socialization and interpersonal skills, executive functioning skills like adaptability and problem-solving skills, impulse control, self-esteem, and self-expression.





WAM!! (Writing with Art and Music)

Art/Music/Writing

Tuesdays 4 – 5pm

Children 6 – 10

WAM!! combines art therapy, music therapy, and creative writing experiences. Benefits and goal areas addressed include: emotional insight and self-regulation, socialization and interpersonal skills, executive functioning skills like adaptability and impulse control, problem solving skills, and self-esteem and self-expression.

CRESCENDO (Hybrid Band)

Creating Relationships, Ensemble, Social Connections, Embracing New Skills, Debeating Old unhealthy patterns

Commitment of 13 weeks; week of September 7th through the first week of December

Ages 10 – 15: Thursdays 4:15 – 5:15 pm

+16 – Adults: Thursdays 5:15 – 6:15 pm

+16 – Adults: Thursdays 6:15 – 7:15 pm

CRESCENDO for Musicians: Tuesdays 6 – 7 pm

A band for individuals looking to connect, practice social skills, and play an instrument. We will be forming bands and providing a place to build connections, practice social skills, and create music together. In lieu of a live concert, Expressive Therapies will highlight band members' strengths through videos on our social media posted at the beginning of December.

THANK YOU FOR READING OUR NEWSLETTER!

We appreciate connecting with the community by sharing the specifics of music therapy and art therapy. If you have further inquiries, we highly recommend you visit our website at www.expressivetherapies.net, our Facebook page (Expressive Therapies), the American Music Therapy Association at www.musictherapy.org and the American Art Therapy Association at <https://arttherapy.org/>, or email us at info@expressivetherapies.net.

Take care and be well!

