

WINTER 2020 GROUPS

MONDAY

Social Skills I

Youth Social Skills
4-4:45 pm

New REVERB

Music group for Teens
4:15-5:15 pm

Socializing in

Music: Teen/Young
Adult Social Skills
5:15-6:15pm

New

Let's Move It!

Music and Movement
Preteen/Teens
6:30 - 7:30 pm

TUESDAY

Just for Today

Open art studio for all
ages & abilities
11-12:30 pm

WAM

Writing, Art and Music
4-5 pm

Social Skills II

Youth Social Skills
4:30-5:30 pm

NEW T & T

Music and Art group
for youth - focusing on
self-regulation
5-6 pm

New

Let's Move It!

Music and Movement
preteen/teens
6-7 pm

WEDNESDAY

Midweek Mindfulness

Adult Mindfulness
Group
11:45 - 1 pm

BEAT

New Day!

Music/Art Group boys
and girls 9-13
4-5 pm

Tuning In

Music and Art group
for preteens/teens
New Time!
5-6 pm

THURSDAY

Groovin' in the Music

Music therapy for
Caregivers with 18
Months to 4yrs old
11:15-12 pm

Rhythms and Regulation

Music and regulation
group for youth
4-4:45 pm

Boys Only

Art Therapy group for
tween boys!
5-6 pm

CRESCENDO

4:15-5:15
5:15-6:15
6:15-7:15

FRIDAY

CALMM

Teen Art Therapy
Group for Anxiety
4:15-5:15 pm

Winter Art/Music Groups start the week of January 13 through the week of March 16

Registration Deadline: Monday, January 6

CRESCENDO starts Thursday, January 30 with the Spring concert being held Thursday May 7

New members welcome to register! Registration Deadline: Monday, January 20

**Returning group members that completed a September registration form
please email scheduling@expressivetherapies.net to confirm Winter Group Participation**

Please ask at the front desk for a group flyer or registration form.



Registration Form Winter 2020 Groups

Name of group member: _____ Group Name: _____

Date of birth: _____ Grade in School: _____

Parent/Guardian name(s): _____

Email address: _____ Phone number to reach you at DURING group: _____

How did you hear about this group? _____

_____ I will follow Expressive Therapies on Facebook or Instagram and understand this is going to be one method of communicating to all families for closures, updates on group times, etc.

(<https://www.facebook.com/expressivetherllc/> and <https://www.instagram.com/expressivetherapiesllc/>)

What needs have been identified? (E.g. specific sensory needs, executive functioning, anxiety reducing techniques, speech/assertive communication?)

What goals do you have for participation in this group?

Please provide any information regarding: allergies to food, essential oils, any other items found indoor or outdoor; favorite art medium; any medical precautions (e.g. risk of seizures with over-stimulation); any other important information you feel the group therapist should know.

Expressive Therapies, LLC's mission is to provide a successful and inclusive experience for all participants; however, Expressive Therapies, LLC is not responsible if injury occurs during session while participating in a peer environment. Expressive Therapies, LLC requests any behavioral concerns to be disclosed to therapist prior to start of group which will assist in making each group as successful as possible. Expressive Therapies, LLC cannot control the actions of participants. Expressive Therapies, LLC strives to provide positive structure to promote successful interactions, increased regulation skills, and increased communication.

In signing this agreement, I release Expressive Therapies, LLC and staff from all liability pertaining to losses, injuries, and claims relating to services provided. I understand that I can request a copy of Expressive Therapies, LLC's Client and Therapist Safety Protocols Policy and Procedures.

Signature

Date

Signature of Parent/Guardian if Participant is a minor



BEAT

Marching to Your Own Rhythm

Boys and Girls – Ages 9-13
Wednesdays 4-5 pm
January 15 – March 18

This music and art therapy-based group provides boys and girls ages 9-13 the opportunity to explore and regulate their emotions, improve executive functioning skills, and practice/engage in healthy social skills all through creative engagement and expression.

Benefits of music and art therapy in a group setting include:

- ✎ Improved cognition and sensorimotor function
- ✎ Improved focus, impulse control and organization skills
- ✎ Enhanced self-esteem, self-awareness and self-regulation skills
- ✎ Greater emotional insight and resilience
- ✎ Amplified social awareness and improved social skills



This is a 10-week art and music therapy group

No prior experience or artistic skill level needed to benefit from the powers of the creative arts.

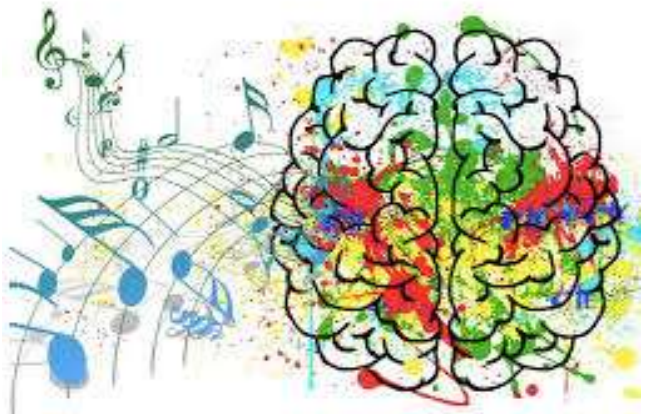
Art supplies will be provided; however, participants are welcome to bring personal art supplies as well.

Please contact Expressive Therapies to discuss what out-of-pocket costs may be for your individual situation.

An Initial appointment is necessary for new clients prior to group starting.

This group requires a minimum of 5 participants.

Registration forms are required for new group members by Monday, January 6.



Returning group members please email scheduling@expressivetherapies.net to confirm participation by Monday, January 6

Please contact Expressive Therapies for more information.

Phone 920.903.1009 Email: scheduling@expressivetherapies.net

Group will be held at:

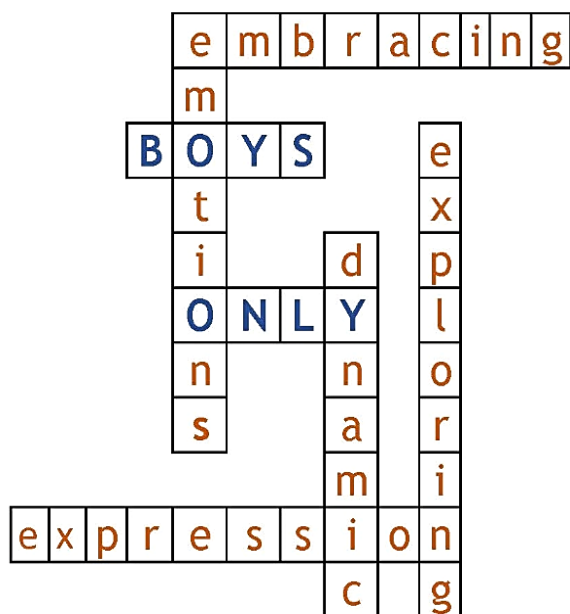
Expressive Therapies, LLC
245 N Metro Drive,
Appleton WI 54913

Up to date information regarding group and office closures due to weather will be posted on the Expressive Therapies, LLC Facebook and Instagram page

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BOYS ONLY

Embracing Emotions

and

Exploring Dynamic Expression

Thursdays 5-6 pm

January 16 ~ March 19

This art therapy-based group provides tween boys the opportunity to explore and regulate their emotions through creative expression. No prior experience or artistic skill level needed to benefit from the powers of the creative arts.

Benefits of art therapy in a group setting include:

- Improved cognition and sensory-motor function,
- Enhanced self-esteem and self-awareness,
- Increased emotional resilience,
- greater emotional insight,
- amplified social skills,
- and increased conflict and distress skills.

Art supplies will be provided; however, participants are welcome to bring personal art supplies as well.

- ⇒ Please contact Expressive Therapies to discuss what out-of-pocket costs may be for your individual situation.
- ⇒ New Clients require an initial appointment prior to your child/teen beginning in the group setting
- ⇒ This group requires a minimum of 3 participants
- ⇒ Registration forms are required for new group members by Monday, January 6.
- ⇒ **Returning group members please email scheduling@expressivetherapies.net to confirm participation by Monday, January 6**

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CALMM:

Creative Arts and Learning Mindfulness & More Strategies for Teens dealing with Anxiety

Fridays 4:15 – 5:15 pm

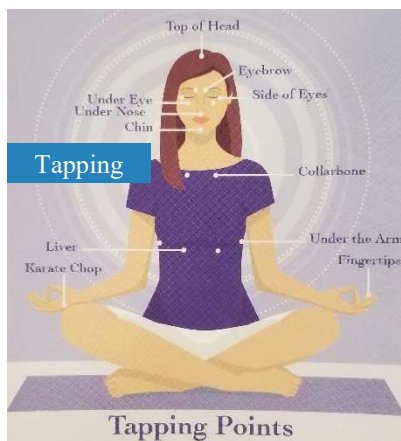
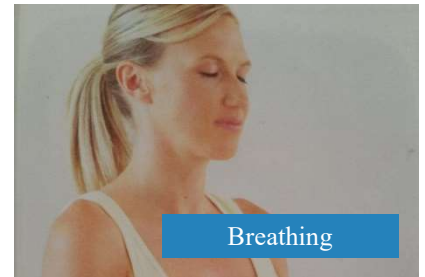
January 17 – March 20



Anxiety is a growing concern among teens and tweens, replacing depression as the number one mental health issue affecting our children. Learning how and why our brain jumps into anxious mode is the key to understanding anxiety as well as keeping anxiety in check.

In this group students will learn techniques for calming anxiety through breathing, art-making, Thought Field Therapy and other interventions. Students will also learn how mindfulness affects the brain, specific techniques, and strategies to help remember how and when to use these techniques. Mindfulness is so much more than simply sitting quietly, mindfulness can help students self- manage the challenges in their lives.

- This 10-week group will include Art Therapy
- No prior experience or artistic skill level needed to benefit from the powers of the creative arts.
- Art supplies will be provided; however, participants are welcome to bring personal art supplies as well.
- Please contact Expressive Therapies to discuss what out-of-pocket costs may be for your individual situation
- **An Initial appointment is necessary for new clients prior to group starting.**
- **This group requires a minimum of 5 participants.**



Returning group members please email scheduling@expressivetherapies.net to confirm participation by Monday, January 6

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Groovin' in the Music

For caregivers & children
ages 18 months - 4 ½ years

Thursdays, 11:15 am - 12 pm
January 16 - March 19

Stimulate growth, make connections, bond!

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	Memory skills

By incorporating music and movement - we stimulate the connection of body/mind working together, allow for self-expression while building and strengthening bonds between child & caregiver!

Join us in this fun learning environment!

Utilize music and movement to ignite all areas of child's development!



Initial evaluation required prior to beginning group.

Please contact our office to discuss what out of pocket costs may be for your individual situation.

Returning group members please email scheduling@expressivetherapies.net to confirm registration.

Registration forms are required for new group members

Registration is due by Monday, January 6

Please contact Expressive Therapies for group inquiry and registration.

Groups are held at our location:

Expressive Therapies, LLC
245 N Metro Dr.
Appleton, WI 54913
Phone: 920.903.1009

scheduling@expressivetherapies.net

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"Just for Today" Open Art Studio



Tuesdays 11am - 12:30pm, January 14 - March 17

"Just for Today" is a 10-week Open Art Studio intended to foster creativity weekly and encourage creative expression by encouraging participants to reflect on the present moment. Benefits of art making in a group atmosphere include; stress reduction, increased sense of self-awareness, greater sense of control, increased sense of independence, improvements in communication, and improvements in social skills.

- ✚ There is no need to have any prior experience or artistic skill level to benefit from the powers of the creative arts. Art supplies will be provided; however, participants are welcome to bring personal art supplies as well.
- ✚ Insurance and/or other funding may be available to help offset the cost. Please contact Expressive Therapies to discuss what out-of-pocket costs may be for your individual situation!
- ✚ This group requires a minimum of 5 participants.
- ✚ Registration forms are required for new group members by Monday, January 6.



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Let's Move It! For preteens/teens!

Mondays 6:30-7:30 pm January 13 - March 16

Tuesdays 6-7 pm January 14 - March 17

Class day and time will be based on recommendation of therapist.

This 10-week Music and Movement group will allow members to have fun, be creative, dance while learning self-regulation skills, build self-confidence and self-esteem, while also developing and refining their social skills. Members will gain insight into their emotions and expressing these emotions, build self-confidence and self-esteem while sharing and being creative in a group environment. Music and Movement integrates physical, cognitive, social and emotional learning domains. There is no need to have any experience or special talent on an instrument/in dance to benefit from the powers & motivation of music and movement.

Other benefits of music and movement include:

- Developing small motor skills
- Developing large motor skills
- Learning to express emotions
- Improving balance and coordination
- Improving memory and cognitive development
- Improving Self-confidence

The skills that will be focused on include:

- Being Socially Engaged
- Emotional Regulation
- Emotional Expression
- Initiating and Maintaining Conversations
- Improving Self Esteem
- Improving Leadership Skills



-
- ⇒ New Clients require an initial appointment prior to your preteen/teen beginning in the group setting
 - ⇒ This group requires a minimum of 3 participants.
 - ⇒ Registration forms are required for new group members by Monday, January 6.
 - ⇒ **Returning group members please email scheduling@expressivetherapies.net to confirm participation by Monday, January 6**

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REVERB

*Mondays 4:15-5:15pm
January 13 - March 16*



Through small group music interventions members will gain experience in:

- ✓ Being Socially Engaged
- ✓ Initiating and maintaining conversations
- ✓ Gaining empathy and perspective
- ✓ Improving attention and organization
- ✓ Improving interpersonal skills
- ✓ Improving self-esteem
- ✓ Gaining insight into their emotions and appropriate affect
- ✓ Improving emotional regulation/self-regulation skills
- ✓ Improving mindfulness and relaxation skills
- ✓ Improving leadership skills

A teen only group to learn to use music in grounding & centering themselves, practicing emotional regulation, distress tolerance skills, gaining empathy and communication skills!

The creative arts are a very powerful tool! We don't need to have any experience or special talent on an instrument to benefit from the powers and motivation of music!

Group incorporates listening to and processing favorite music, creative movement, song writing/ creating music and teamwork: focusing on organization, problem solving and attention skills!

- ⇒ New Clients require an initial appointment prior to your child/teen beginning in the group setting
- ⇒ This group requires a minimum of 3 participants.
- ⇒ Registration forms are required for new group members by Monday, January 6.
- ⇒ **Returning group members please email scheduling@expressivetherapies.net to confirm participation by Monday, January 6**

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Rhythms and Regulation

Join us in this 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, grounding and calming songs, tools and body movements at a foundational level.



Potential side effects:

- Increased sense of body awareness
- Improved mood
- Improved ability to regulate bodies (through grounding, calming and alerting songs)

45-minute group – 10 weeks

Thursdays 4-4:45

January 16 -March 19

Small Group sizes to best meet needs of individuals.

An Initial appointment is necessary for new clients prior to group starting.

Please contact Expressive Therapies to discuss what out-of-pocket costs may be for your individual situation.

Registrations due
Monday, January 6, 2020

Contact Expressive Therapies to register for this group, schedule an initial appointment or any other questions.

Groups are held at:

Expressive Therapies, LLC
245 N Metro Dr.
Appleton, WI 54913
Phone: 920.903.1009
scheduling@expressivetherapies.net



Strengthening Social Skills through group Music Psychotherapy!!

Social Skills Level 1:

Mondays 4-4:45 pm January 13 - March 16

Social Skills Level 2:

Tuesdays 4:30-5:30 pm January 14 - March 17

FOCUSING ON PRACTICAL STRATEGIES TO IMPROVE SOCIAL & COMMUNICATION SKILLS

- Small group setting with participants of similar ages and strengths
- New Clients require an initial appointment prior to your child/teen beginning in the group setting
- Please contact Expressive Therapies to discuss what out-of-pocket costs may be for your individual situation!
- This group requires a minimum of 3 participants per level.
- **Registration forms are required for new clients and due by Monday, January 6, 2020**

Music is a very powerful tool!
We don't need to have any experience or special talent on an instrument to benefit from the powers and motivation of music!
These groups will incorporate listening to favorite music, expanding knowledge of music and instruments, creative movement, song writing and working together with problem solving and teamwork!

Through small group music psychotherapy interventions - group participants will gain experiences with:

- Social use of language
- Initiating and maintaining conversations
- Gaining empathy and perspective
- Improving attention and organization
- Improving emotional regulation
- Improving interpersonal skills
- Improving self-esteem



Returning group members please email scheduling@expressivetherapies.net by Monday, January 6 to confirm participation.

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Please contact Expressive Therapies for more information.

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SOCIALIZING THROUGH MUSIC:
A SOCIAL GROUP FOR TEENS & YOUNG ADULTS
Mondays 5:15 - 6:15 pm
January 13 - March 16



This is a 10-week social skills group that gathers teens and young adults with similar strengths and needs with a goal to improve upon their social skills.

The skills that will be focused on include:

- Being Socially Engaged
- Emotional Regulation
- Emotional Expression
- Initiating and Maintaining Conversations
- Improving Self Esteem
- Improving Leadership Skills



Music is a very powerful tool!

There is no need to have any experience or special talent on an instrument to benefit from the powers and motivation of music. This group will incorporate listening to favorite music, expanding knowledge of music and instruments, creative movement, song writing and working together with problem solving and teamwork. Progress is measured using a social skills scale and a prompting scale that objectively explain where individual's social skill levels are in each session. Our goal is for each participant to improve upon their social skills by at least 1 skill level over the course of the 10-week group!

-
- ⇒ New Clients require an initial appointment prior to your child/teen beginning in the group setting
 - ⇒ This group requires a minimum of 3 participants.
 - ⇒ Registration forms are required for new group members by Monday, January 6.
 - ⇒ **Returning group members please email scheduling@expressivetherapies.net to confirm participation by Monday, January 6**

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Tempo & Tempura

BUILDING SKILLS IN SELF-REGULATION AND LEARNING TO DIFFUSE TRICKY SITUATIONS

5-6 pm Tuesdays, January 14 -March 17

The creative arts are a very powerful tool!

Tempo and Tempura is a 10-week group for kids ages 6-10 combining art therapy and music therapy. There is no need to have any experience or special talent on an instrument to benefit from the powers and motivation of music and art!

Benefits and goal areas addressed include:

Emotional insight & self-regulation, socialization & interpersonal skills, executive functioning skills including adaptability, impulse control, & problem-solving skills, self-esteem & self-expression.



-
- ⇒ Groups are open to new and returning clients.
 - ⇒ No prior experience or artistic skill level needed to benefit from the powers of the creative arts.
 - ⇒ New Clients require an initial appointment prior to your child/teen beginning in the group setting
 - ⇒ This group requires a minimum of 5 participants
 - ⇒ Registration forms are required for new group members by Monday, January 6.
 - ⇒ **Returning group members please email scheduling@expressivetherapies.net by Monday, January 6 to confirm participation.**

Please contact Expressive Therapies for more information.

Phone 920.903.1009 Email: scheduling@expressivetherapies.net

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Tuning In Through Music and Art!

Wednesdays 5-6pm

January 15 - March 18

**returning members please note time change*

A group for preteens and teens to learn to use music and art in grounding & centering themselves, practicing emotional regulation, distress tolerance skills, gaining empathy and communication skills!

The creative arts are a very powerful tool! We don't need to have any experience or special talent on an instrument to benefit from the powers and motivation of music and art!

The group will incorporate listening to favorite music, expanding knowledge of music and instruments, creative movement, song writing, different art mediums and interventions, and working together with problem solving and teamwork!

Please contact Expressive Therapies for more information.

Phone 920.903.1009

Email: scheduling@expressivetherapies.net

Group will be held at:

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Through small group music and art psychotherapy interventions group members will gain experience in:

- ✓ Being Socially Engaged
- ✓ Initiating and maintaining conversations
- ✓ Gaining empathy and perspective
- ✓ Improving attention and organization
- ✓ Improving interpersonal skills
- ✓ Improving self-esteem
- ✓ Gaining insight into their emotions and appropriate affect
- ✓ Improving emotional regulation/self-regulation skills
- ✓ Improving mindfulness and relaxation skills
- ✓ Improving leadership skills

- ⇒ New Clients require an initial appointment prior to your child/teen beginning in the group setting
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WAM!!

Writing with Art and Music

4-5 pm Tuesdays, January 14 -March 17

The creative arts are a very powerful tool!

WAM is a 10-week group for kids ages 6-10 combining art therapy, music therapy & creative writing. There is no need to have any experience or special talent on an instrument to benefit from the powers and motivation of music and art!

Benefits and goal areas addressed include:

Emotional insight & self-regulation, socialization & interpersonal skills, executive functioning skills including adaptability, impulse control, & problem-solving skills, self-esteem & self-expression.



- ⇒ WAM is open to new and returning clients.
- ⇒ No prior experience or artistic skill level needed to benefit from the powers of the creative arts.
- ⇒ New Clients require an initial appointment prior to your child beginning in the group setting
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