

Why choose expressive arts group?

Often children and adolescence become 'stuck' in a more traditional talk therapy group approach. The expressive arts modalities, art, music and movement, help support children and teens as they build trust in the therapy process and allow for vulnerability in sharing and receiving emotional communication. When combined they offer a whole wellness approach to treating the mind & body.

- **Movement Therapy** facilitates mind body connection by reducing emotional and physical pain
- **Art Therapy** increases brain plasticity and evokes feelings that can eventually be put into words
- **Music Therapy** provides an outlet for emotional support through the shared language of music while boost self-esteem



Visit us for a consultation

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The Art in Therapy



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What is Music Therapy?

In music therapy, clients utilize music as a tool to accomplish individual goals with a board certified music therapist. The following are some example goals commonly worked towards in sessions

- **Promote wellness**
- **Manage stress**
- **Express feelings**
- **Improve communications**
- **Identify formation**



Functions of Music Therapy

- Allow for self-reflection
- Foster social and communication skills
- Teach individuals how to self-regulate and help develop healthy coping skills
- Help individuals identify how thoughts and feelings might influence behaviors, choices, and identity development

Sessions may include:

- Recreating preferred music
- Creating mood-matching, motivational, and storytelling playlists
- Instrumental/vocal improvisation
- Song sharing and lyric discussion
- Songwriting
- Exploring audio workstations, such as Sound Trap and GarageBand



What is Art Therapy?

Art Therapy enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psycho-therapeutic relationship

Functions of Art therapy



- The improvement of cognitive and sensorimotor functions
- The fostering of self-esteem and self-awareness
- The cultivation of emotional resilience
- The promotion of insight, the enhancement of social skills
- To reduce and resolve conflicts and distress

Art Therapy Group Impact:

- **Manage their behavior-** by slowing down and being mindful while creating
- **Reduce stress-** by self-soothing and/or using art materials that aid in evoking emotions to “feel” something
- **Process feelings-** the art is a concrete visual product that is a guide used to talking about a current emotional state
- **Restore functioning and sense of well-being** by being a part of an emotionally supportive group of peers who are experiencing similar challenges.



What is Dance/Movement Therapy?



In Movement Therapy group, the board-certified Dance Movement Therapist (DMT) focuses on the correlation between body movement and emotions and how the mind and body influence one another (Mind Body Connect)



Functions of Movement Therapy:

- Movement causes our thoughts to simplify
- Improve mood
- Enhance Mindfulness

Sessions may include:

- **Sexual and Gender Expression** through creative movement process there is an increased sense of autonomy in choice and style. Becoming ones embodied self.
- **Understanding Healthy Relationships** By using Movement to mirror one another’s body movements peers form connections and enhance emotional understanding of the other in a group setting.
- **Does Perfect really exist?** Movement Therapy Increase self-awareness of the body to improve mood states and psychological functioning. Challenges the resistance to thoughts that provoke anxiety.

