

TWW Inc.

Creative Arts Therapy

TWW Inc. recognizes the state of mental health needs within inner city schools.

As a community organization, TWW provides cultural sensitivity, opportunities for self-expression, and addresses the challenges in life that children, students, and adults face.

According to the American Art Therapy Association, Art Therapy is a human service profession that utilizes art media, images, the creative art process and patient/client responses to the created products as reflections of an individual's development, abilities, personality, interests, concerns and conflicts. Research also shows that having adequate counseling services can help in a myriad of important ways for school-aged youth, including:

- reduced number of disciplinary referrals in schools
- improved student attendance and academic performance
- increased student engagement in the learning process
- enhanced development of social skills, recovery tools and emotional well-being.

Expressive arts therapies are a natural solution to aiding in the learning process, especially for children with difficulties. People are naturally creative, and it is usually easier for them to draw a picture as opposed to answering questions directly. They may be reluctant or even hostile about discussing certain topics. Our Expressive Art Therapies are non-threatening vehicle that allow individuals to tackle tough issues in a creative way. Talking to individuals about their creative process and helping them interpret the art can provide therapists with the opening they need to get at the heart of problems affecting a person's ability to thrive academically, socially, and emotionally.

For many, art therapy helps them immensely. However, it is important to remember that every individual is different and may not respond the same way to this treatment. Some will pour their hearts out on the page while others may require a little more space and time before they open up. This is true even for adults.

Because each child, student and adult is emotionally, developmentally and culturally unique, Expressive Art therapists are trained to ensure each individual processes material at their own pace.

Creative Arts Therapy: Two Main Approaches

1. **Process-intensive.** The focus entails the process of making the art, and what the person is consciously or unconsciously expressing through their art.
2. **Outcome-oriented.** The alternative to being process-oriented is having a *sense of mastery*. Oftentimes, 'at-risk' children have extreme difficulty achieving their academic goals. Art Therapy can provide creative challenges that are less intimidating, approachable and achievable, thereby building their confidence to meet their challenges in the core standards.



Time to use **S.O.A.P!**

S.O.A.P is a form of documentation originally employed by health care providers to write clinical notes in a patient's chart. Nowadays, a variety of health care fields uses the S.O.A.P. method as fast assessment tool. Understanding that format, TWW decided to use S.O.A.P. to compliment art therapy and discovered ways to implement the notes in the art, not the chart!

For individuals to understand what the program has to offer, Expressive Arts therapists play with a metaphor about soap to explain in a fun, engaging way the healing process, and ways to improve their emotional health.

Time to take a bath!

Bathing can represent past traumas, doubts and other negative experiences. Through Creative Art Therapy, children cleanse, freshen up, start anew, and take the dirt off! Now that they can relate to!

Subjective – Student's chief complaint or presenting problem/s during session.

Objective - Observation about the student as it relates to subjective statement.

Assessment - Assessment of the student and the session/contact as it relates to the overall treatment. Techniques for Group Art therapy.

Plan – Future ideas, strategies and solutions.

Schedule (subject to CATs alliance)

- Expressive Arts Therapy can occur through short-term workshops or long-term residencies. During day school, after-school hours, and the same for clinics, agencies, and other organizations
- Professional Development workshops are available to staff to explore diversity and multiculturalism
- Expressive Arts Therapy programs can align with a school's curriculum-based art classes, theme-based interventions in collaboration with the school's Behavioral Team, or implemented within TWW Inc.'s programming. With Adults, aligned with their specific needs.
- Cumulating events vary per program and include class presentations, parent events.

Expressive Arts Therapy Modalities

Visual Art

Expressive arts therapy is its own therapeutic discipline, an inter-modal discipline where the therapist and client move freely between drawing, painting, photography, and sculpture. Rather than a specific discipline to treat clients, altering their approach based on the clients' needs, or through using multiple forms of expression with the same client to aid with deeper exploration.

Dance

Dance therapy uses movement to improve mental and physical well-being. It is a recognized form of complementary therapy. Experts have shown that physical activity is known to increase special neurotransmitter substances in the brain (endorphins), which create a state of well-being.

Drama

Drama therapy is a form of 'expressive therapy'. Solve problems by:
Delve into truths about self, understand the meaning of personally resonant images, explore and transcend unhealthy personal patterns of behavior and interpersonal interaction.

Music

Music therapy may involve listening to music, creating music, singing, and discussing music, in addition to guided imagery with music. In a music therapy session that is specially designed to promote self-expression, the therapist might create a musical and emotional environment that encourages to respond by revealing personal experiences or feelings. The session might incorporate speech and drama as well as music. Or the therapist might use singing and discussions. By playing music with lyrics, the therapist can encourage you to make up words that are then formed into a positive, unique song.

Final Outcome - to invent a creative strategy to promote change, insight, and well-being.

The art therapy focuses on adults with anxiety, depression, substance, dependency, stress, cognitive impairments, family or relationship issues, diseases and more.

Art therapy primarily is to help individuals experiencing emotional, dysfunctions and psychological challenges achieve personal well-being and improved levels of function. The creative process, pieces of art created in therapy, and to help people in treatment develop self-awareness, explore emotions, address unresolved emotional conflicts, improve social skills, self-awareness, and raise self-esteem.

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