

Quadrant II – Transcript and Related Materials

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Notes

EXPRESSIVE THERAPIES

Art, music, and dance are forms of creative expression that can help one process and cope with various emotional issues.

Expressive therapy goes beyond traditional talk therapy. It focuses on creative outlets as a means of expression. This therapy can be especially helpful for people who find it difficult to talk about their thoughts and emotions.

Expressive therapy can include various forms of artistic expression, including: Dance, Music, Art, Drama, Writing and Storytelling.

EXPRESSIVE ARTS THERAPY

Expressive arts therapy is a multimodal approach to therapy. It may incorporate writing, drama, dance, movement, painting, and/or music.

During expressive arts therapy an individual is encouraged by a qualified therapist to explore their responses, reactions, and insights through pictures, sounds, explorations, and encounters with art processes.

A person is not required to have artistic ability to use or benefit from expressive arts therapy.

EXPRESSIVE ART THERAPY SESSION

The use of the expressive arts multiplies the avenues by which a person in therapy may seek meaning, clarity, and healing by focusing on the process rather than the outcome. It deepens and transcends traditional talk therapy by acknowledging that each person's process is unique.

Each creative arts modality is unique, and the use of each is carefully considered by each expressive arts therapist. The therapist, as needed, may use different modalities at any point throughout the therapeutic process.

TREATMENT USING EXPRESSIVE ART THERAPY

Expressive arts therapy may be used as a part of the treatment strategy for a wide variety of behavioural, emotional, and mental health conditions: Developmental disabilities, Eating disorder, Traumatic Brain Injury, Excessive stress and Anxiety, Attention Deficit Hyperactivity Disorder

EXPRESSIVE ART THERAPY TECHNIQUES

Many definitions of expressive arts therapy mention its use of distinct features such as music, movement, play, psychodrama, sculpture, painting, and drawing. Some of the techniques include: Collage making, Clay play / sculptures, The squiggle drawing game, Mask making, The blob and wet paper technique, Finger painting and The kinetic family drawing technique

LIMITATION OF EXPRESSIVE ART THERAPY

One of the major criticisms of expressive arts therapy is the fact that the primary reason for healing is not clearly discernible.

It is not clear whether healing occurs from the creative process or if it is due to positive interactions with the therapist.

MUSIC THERAPY

Music therapy—a type of expressive art therapy that uses music to improve and maintain the physical, psychological, and social well-being of individuals. It involves a broad range of activities, such as listening to music, singing, and playing a musical instrument.

This type of therapy is facilitated by a trained therapist and is often used in various settings like: hospitals, rehabilitation centres, schools, correctional facilities, nursing homes, and hospices. The techniques used in music therapy can be active, passive or a blend of both.

Active technique: When a person is making music, whether by singing, chanting, playing musical instruments, composing, or improvising music,

Receptive techniques: listening to and responding to music, such as through dance or the analysis of lyrics.

Active and receptive techniques are often combined during treatment, and both are used as starting points for the discussion of feelings, values, and goals.

Music therapy can be conducted with individuals or in groups, and the music may be chosen by the therapist or by the person in therapy.

A music therapist will generally ensure the type and mode of the chosen form of music, as well as the timing of the music intervention, are appropriate for meeting the needs and goals of the individual in therapy.

Song-writing is commonly used in music therapy and may involve writing original songs or modifying existing ones by changing some of the words or lines, adding new verses, or writing entirely new lyrics to match the existing tune.

BENEFITS OF MUSIC THERAPY

Music therapy can both assess and enhance cognitive, social, emotional, and motor functioning, and has shown positive results among individuals who have intellectual or physical difficulties, brain injuries, or Alzheimer's.

The diverse nature of music evoke positive emotions and stimulate reward centres in the brain, which can alleviate symptoms of mental health concerns

such as: Depression , Mood related concerns like, Anxiety, Schizophrenia, Substance dependency, Autism, Personality issues, Insomnia, Dementia. And even in the treatment of physical ailments such as cancer and hypertension.

The positive effects of music therapy can benefit people in a variety of situations: To reduce stress levels and pain perception among mother in labor and improvements in self-esteem, self-concept, verbal communication, prosocial behaviour, socialization skills, group cohesion, and coping skills.

MUSIC THERAPY IN USE

After a stroke: Singing words or short phrases set to a simple melody can enhance speech production and fluency.

Impaired motor skills can be improved by playing simple melodies on a piano or tapping out a rhythm on drum pads. Listening to a rhythmic stimulus, such as a metronome, can also help a person initiate, coordinate, and time their movements.

Autistic children: A therapist might play a piece of music for children with autism who have limited social skills and ask them to imagine the emotional state of the person who created the music or the person who is playing it.

Group drumming circles have been used to induce relaxation, provide an outlet for feelings, and foster social connectedness among members of a group. Music might be incorporated into guided imagery or progressive muscle relaxation techniques to enhance the effectiveness of these methods.

LIMITATIONS OF MUSIC THERAPY

Though music therapy can help alleviate some symptoms, it is not a stand-alone treatment for serious medical and psychiatric issues. it should be used with other forms of treatment such as medication, physical therapy, or psychotherapy.

Not all individuals will find each type of music to be therapeutic. The benefit of a particular type of music will often depend on an individual's preferences and the condition experienced by that individual.

DANCE / MOVEMENT THERAPY (DMT)

Dance/movement therapy, usually referred to simply as dance therapy or DMT, involves movement to help individuals achieve emotional, cognitive, physical, and social integration. It promotes self-awareness, self-esteem, and a safe space for the expression of feelings. It is beneficial for both physical and mental health- can be used for stress reduction, disease prevention, and mood management. Dance/movement therapy can be used with all populations and with individuals, couples, families, or groups and for a variety of conditions, like:

Physical Issues: Chronic pain, Childhood obesity, Cancer, Arthritis, Hypertension, Cardiovascular disease

Mental Health Issues: Anxiety, Depression, Eating disorders , Poor self-esteem, Post traumatic stress

Cognitive Issues: Dementia , Communication issues

Social Issues: Autism, Aggression/ violence, Domestic trauma, Social interaction, Family conflict.

DMT sessions can be highly structured or non-directive and often include observation, assessment, warm-ups, interventions, verbal processing, and warm-down phases focused on closure. Although each dance/movement therapist will have his or her own style, certified dance/movement therapists adhere to the following principles:

1. The body and mind are interconnected so that a change in one impacts the other.
2. Movement can express aspects of the personality that otherwise are not accessible.
3. Part of the therapeutic relationship is communicated through non-verbal means.
4. Movements can be symbolic and can represent unconscious material/processes.
5. Movement improvisation/experimentation can bring about new ways of being.

HOW IS DANCE THERAPY DIFFERENT FROM REGULAR DANCING?

Dancing improves cardiovascular endurance, muscle tone, balance, and coordination. It can also boost a person's mood, improve his or her body image, and provide an opportunity for fun that may lower overall stress and anxiety. In dance therapy music is more than exercise—it becomes a language through which people communicate conscious and unconscious feelings through dance and allow a therapist to respond.

Dance therapists help people work on issues through the use of a “movement vocabulary” that is centred around physical expression instead of words.

Dance/movement therapists assess body language, non-verbal behaviours, and emotional expressions. Treatment interventions are tailored to address the needs of certain populations. Some intervention examples may include:

Utilizing “mirroring” (matching/echoing the person's movements) to illustrate empathy for an individual and validation of his or her experience.

Incorporating jumping rhythms into a dance with a group of people experiencing depression because research has shown decreased levels of vertical movement in people with depression. Making use of a “movement metaphor” to help a person physically demonstrate a therapeutic challenge or achievement (e.g. the therapist gives the person in treatment a white flag prop to help him or her celebrate an emotional surrender).