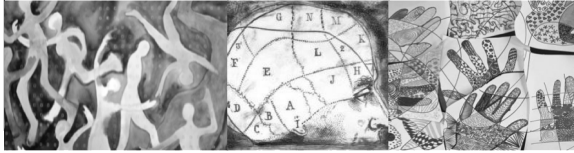


Expressive Arts as Healing Engagement

Psychotherapy Networker Symposium
Omni Hotel | Washington DC March 21, 2019

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Trauma-Informed Practices and Expressive Arts Therapy Institute | USA



Objectives for Today...

The importance of the following practices in expressive arts therapy:

- Arts-based approaches to enhance and deepen empathy, compassion, and interpersonal connection in our clients and ourselves
- A brain-wise, bottom-up model for applying the expressive arts to facilitate the body's natural resources for transformation and healing
- Improvisation, dramatic enactment, gesture, bilateral movement, art making, and play as foundational practices to facilitate social engagement
- How to get past "the talk" with action-oriented methods.

Expressive Arts Therapies: What...?



Expressive Arts Therapy, Creative Art Therapies, and Expressive Therapy...21st Century Manifestations of "Arts as a Healing Force."

...Many names for the use of art, music, dance, movement, drama, humor, play and creative writing in psychotherapy, counseling and healthcare

Expressive Arts Therapy: The Integrated Approach of Two or More Creative Arts Therapies...But There Are "Silos"

The "Silos:"

- **Art Therapy**—purposeful use of visual arts (drawing, painting, and other media).
- **Music Therapy**—purposeful use of music to effect positive changes.
- **Dance/Movement Therapy**—psychotherapeutic use of movement.
- **Drama Therapy**—facilitating change through storytelling, play, improvisation and performance.
- And various forms of **creative writing, poetry, storytelling and play/imagination.**

Expressive Arts Therapy and the Concept of "Shifting"

Paolo Knill, an Expressive Arts Therapy Founder

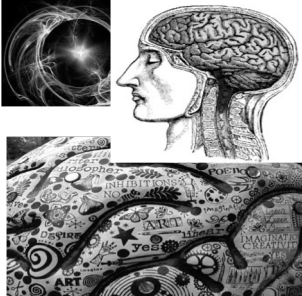
- **Core Principle of Expressive Arts is shifting from one art form to another"**
- "Shifting" into another art form [movement, sound, writing, dramatic enactment, role play, imaginative play, image]
- And similar to play therapy where a play therapist helps individuals "shift" from one type of play activity to another.



Affect
Regulation of

The Expressive Arts are "pathways to happiness" [aka reducing fear and anxiety through mindfulness moments].

Expressive Arts are "Whole Brain" experiences, but also important to the lower brain... **because they address the body's self-regulatory systems.**




...by strengthening the lower, sensory parts of the brain that calm the body, the higher brain functions more effectively.

Expressive [Arts] Therapies Continuum
A Brain-Wise Model for Intervention for Three-Part Harmony

Three Levels of Expression:

- **Kinesthetic/Sensory** [lower brain]
- **Perceptual/Affective** [limbic system]
- **Cognitive/Symbolic** [cortical areas]



Why Expressive Arts as Healing Engagement?



“Healing Engagement” Qualities of Expressive Arts Therapy

Expressive Arts involve:

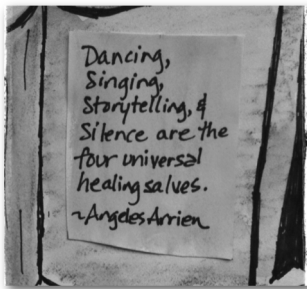
- Sensory-based experiences of rhythm, synchrony, movement, entrainment, interoception/felt sense, embodied knowledge.
- Asset-driven as opposed to symptom-driven; the arts are about resilience, not pathology.
- Restoration of identity and imagining a new narrative.

Our humanness and capacity for healing have always been found through our interdependence and collective engagement.



What Cultural Anthropology Tells Us About Expressive Arts...

Ellen Dissanayake [What is Art For?] and cultural anthropologist Angeles Arrien come to similar conclusions about human behavior and healing practices.

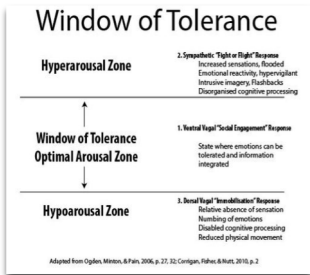


Angeles Arrien and the Four Universal Questions About Healing and Well-Being...

- *When did you stop dancing?*
- *When did you stop singing?*
- *When did you stop being enchanted by stories?*
- *When did you stop finding comfort in the sweet territory of silence?*
- *Where we have stopped dancing, singing, being enchanted by stories, or finding comfort in silence is where we have experienced the loss of soul.*

“Window of Tolerance”

Finding just the right amount of expressive arts that can be tolerated is key.

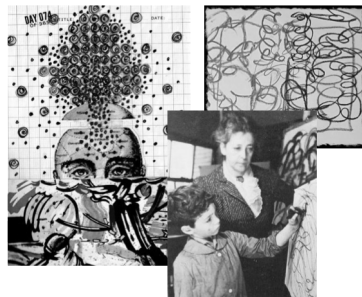


One example of Windows of Tolerance Theory within Trauma-Informed Practice

Role and importance of Bilateral drawing and movement

Bilateral movement and crossing the midline is found in many traditions and in recent approaches

- Sensory interventions [occupational therapy]
- Eye Movement Desensitization & Reprocessing [EMDR]
- Somatic Approaches to treatment



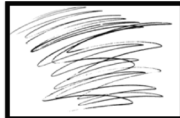
**Bilateral Movement & Art:
A First Encounter...**

... by chance, a seat in a short course at MIT with Robert Motherwell, one of the best known Abstract Expressionist painters.



**Three Movements...The First Three Movements
in Children's Drawing Development**

- Horizontal Scribbles
- Vertical Scribbles
- Circular Scribbles



Social Engagement System– Stephen Porges

- Technically, voice quality, body language and facial expressions.
- If we like what we are experiencing, it calms us.
- The SES can override stress hormones and increase the level of oxytocin and inhibit the amygdala.
- It involves prosocial, relational interactions.



Desperately Seeking Social Engagement in the 21st Century...

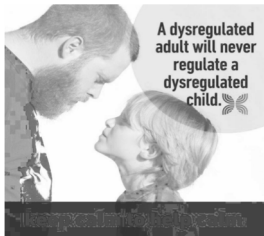


Cathy's hobby when traveling through airports: Taking photos of people on their cellphones.



Interpersonal Neurobiology (IPNB) (Dan Siegel, Allan Schore)... the importance of community, connection and relationship in healing; IPNB underscores the role of "mindsight" in empathy.

Importance of Connection: "Neurons that Fire Together, Wire Together"



A dysregulated adult will never regulate a dysregulated child.



Shatz, C. (1992). The Developing Brain. Scientific American, Vol. 267, No. 3.

“Prosocial Behavior”

When We Engage in Expressive Arts Together We Symbolically Recapitulate “Right-Mind-to-Right-Mind” – a metaphor for how we “connect” with each other that is experienced early in life through positive attachment.



Expressive Arts as “Right-Mind-To-Right-Mind” & Relational/Pro-social Interventions

The Expressive Arts are embodied, implicit experiences that have the potential to build “right-mind-to-right-mind” and pro-social connections between individuals.



Hula at San Quentin...Movement, Synchrony, Spirituality and Meaning



PATRICK MAKUJAKANE



Working from Lower to Middle to Higher Brain—or Higher Brain to Lower Brain

How we apply expressive arts therapies to address trauma depends on the goals for the individual— child, youth, adult— or family or group.

Expressive Therapies Continuum
A Neurodevelopmental Model for Intervention

Three Levels:

- **Kinesthetic/Sensory** [lower brain]
- **Perceptual/Affective** [limbic system]
- **Cognitive/Symbolic** [cortical areas]

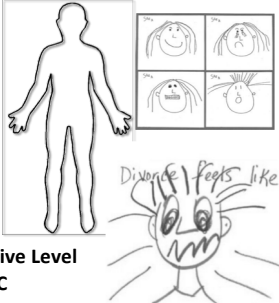




**Movement, Rhythm, Sound...
the Senses**

Kinesthetic-Sensory Level on the ETC

The "feeling" of the worry or trauma, especially in the body



Perceptual-Affective Level on the ETC




Cognitive/Symbolic Level
Telling a Story Through Creative Expression—
A Narrative in Art, Image, Enactment,
and/or Storytelling


Are You Ready for an Expressive Art Therapy-Yoga Activity?



Where are your feet?



Yoga: Focusing on our Foundation!



Tadasana= "Mountain Pose"

Odds and Ends...time for questions and closure

