

APA 2018

Special Interest Programming: “Expressive Arts Therapies”

**Don’t Let the Perfect be the Enemy of the Good: Wonder Woman and Women in Film.
Christopher J. Ferguson, Stetson University**

The 2017 Wonder Woman movie was widely praised as an advancement for the positive portrayal of women in action films, a genre previously dominated by male leads. In 2018 the film was awarded a Golden Psi by Division 46 (Media Psychology and Technology). The ascendancy of Wonder Woman is a positive development in how women are portrayed in film, but does raise several issues. First, how do psychologists approach a concern wherein advocacy (i.e., for women in positive roles in action films) and data (e.g., clear evidence for media effects) may diverge. Second, should violence in the film reduce psychologists’ enthusiasm in recommending it? It is argued here that Wonder Woman deserves recognition as a positive road forward and evidence for harmful effects that might come from psychologists’ recommendations are few.

Dance Movement Therapy for Women with Breast Cancer, Ilene A. Serlin

Dance Therapy for Women with Breast Cancer is an 11-minute educational DVD about the use of dance movement therapy in a 12-week support group for women living with breast cancer at California Pacific Medical Center’s Institute of Health and Healing. Supported by the Marian Chace Foundation of the American Dance Therapy Association, it demonstrates how dance movement therapy can improve the psychosocial, physical and spiritual dimensions of the participants’ lives.

The Power of Creativity: The Everyday to the Eminent, Tobi Zausner

Eminence, the summit of creative achievement, has its origins in everyday creativity, the universal door to increased accomplishment. The countless creative products, including countless failures, are necessary efforts on the path to eminence. The well-known joke that says, “How do you get to Carnegie Hall – practice, practice, practice” turns the request for an address into a statement of possibilities and highlights the importance of perseverance in transforming everyday creativity into eminent work. Comparing great masterpieces by famous artists with their beginning efforts, the degree of difference is so great that it appears to be catastrophic but it is actuality the achievement of countless incremental changes. Both creative insights and the trajectory of everyday creativity to eminence can be demonstrated in nonlinear dynamics using the cusp catastrophe of Rene Tom. The multiple insights in the creative process, those Aha moments, create instances of chaos, discontinuities that can be modeled as catastrophic alterations. It is the aggregate of these innumerable incremental nonlinearities that forms the overall professional trajectory from everyday creativity to eminence. That all artists’ initial work is the everyday creativity of a beginner makes it likely this dynamic has been with us since the beginnings of human civilization with some of its origins in the compulsive drawing of savants or visual communication by deaf individuals. Occurring during what Csikszentmihalyi calls flow, everyday creativity further strengthens the connection to eminence because it embodies a

repeated positive experience that the creative professional can bring to counteract the demands of a distinguished career

Innovative Arts- and Media-Based Approaches in Promoting Health and Well-Being for Older Adults. Melissa M. Menzer

Recent studies suggest that participation in the arts is associated with improved well-being among older adult populations, such as a reduction in the prevalence of cognitive decline and hypertension, enhancement of self-esteem and life satisfaction, improvement of executive functioning, reduction of maladaptive social behavior, and increases in social activity participation. In this relatively nascent field of study, there is a need for additional research that can address the limitations and gaps of prior studies so that society may obtain a better understanding of the arts' potentially beneficial role for older adult populations experiencing cognitive and physical declines.

In this paper symposium, we brought together research on three different art forms and the impact they have for older adults: music and singing, movies, and media arts and technology. Paper 1 explores qualitative findings on the perceived benefits of participating in a choir intervention designed to promote health and wellbeing of diverse older adults. Paper 2 investigates how interactive art technology is related to social connectedness and well-being among older adults at an assisted living home and a local art gallery. Lastly, Paper 3 presents results from a quasi-experimental study evaluating "Meet Me at the Movies," a creative arts intervention for older adults with dementia. Taken together, this session will enhance public understanding of the role that the arts may play for aging adults. It also will provide unique and diverse viewpoints from interdisciplinary scholars.

Arts-Based Interventions for Youth with Autism: A Focus on Dance, Music, Theater, and Visual Art.- Melissa M. Menzer

Autism Spectrum Disorder (ASD) is a neurological developmental disorder that significantly impairs social skills, language, and communications. While many innovative approaches aim to provide youth with autism with opportunities for social-emotional engagement and academic achievement, little work to date has focused on the impact of arts-based programming. All the same, a growing body of evidence shows that the arts—and particularly music—are associated with many positive outcomes relevant to this population. Such outcomes may include more openness to novelty, heightened perspective-taking, and greater connectivity among people, places, things, and concepts. In this paper symposium, we brought together research on three different art forms (music, dance, and theater) and whether participation in the art forms are related to outcomes for youth with ASD. Paper 1 explores the impact of a parent-child music program on social communication skills of youth with ASD. Paper 2 discusses findings from two studies on children with disabilities, including autism: one about the impacts various forms of arts education on child social-emotional and academic development, and another examining the effects of dance instruction has on child social-emotional learning. Lastly, Paper 3 describes a short-term longitudinal study on the effects of a theater-based therapeutic intervention for adolescents with ASD. Overall, this session will enhance public understanding of the arts'

distinctive value for youth with autism, and parents, educators, psychologists, and health care providers who care for or work with these youth.

The Synergy of Art Therapy and Positive Psychology - Gioia Chilton and Rebeca A. Wilkinson

Positive art therapy integrates the study of wellbeing with the healing benefits of the creative process. Structured around PERMA, Seligman's model of flourishing, positive art therapy explores the unique contribution that art therapy brings to increasing positive emotions, coping with and regulating negative emotions, inducing flow and engagement, and highlighting strengths. Art therapy promotes empathy and sense of connection with others, clarifies meaning and purpose, shift perceptions, inspires divergent thinking, enhances agency and sense of mastery, and provides a sense of accomplishment. Research is just beginning to emerge in this dynamic synergy. We suggest that the time is right for even further exploration of the benefits these two fields hold not only for each other but for global wellbeing.

Integrating Hip Hop Culture in Creative Arts Therapy - Ian P. Levy

Young people of color are at a greater risk of being exposed to adverse life events (i.e., violence, loss) that often go unaddressed. Access to adequate mental health care for communities of color is significantly less likely than in White communities. Disparities in acquisition of mental health services is often attributed to the dearth of culturally sensitive interventions, which contribute to the stigma that counseling is unhelpful. Amidst the lack of services, hip hop lyric writing has been championed by communities of color as an art form used to express difficult emotions. While expressing thoughts and feelings through creative expressive arts may not be enough, traditional available mental health services are not helpful either. Consequently, in order to push beyond creative expressive arts that function as a cathartic outlet for young people (i.e. hip hop lyric writing), clinicians must begin to couple evidence based counseling practices with various aspects of hip hop culture - effectively moving from creative expressive arts that are cathartic to a creative art therapy. In this brief report, I present salient aspects of a culturally sensitive approach to counseling called Hip Hop and Spoken Word Therapy, which couples community defined practice with evidence based counseling theory as a means to bolster the arsenal of interventions available for counseling professionals.

The Mind of Lincoln: Brilliance and Melancholy - A Video Production Capturing the Essential Healing Power of Positive Social Interactions in a Taped Drama

If a picture paints a thousand words, then perhaps a video can paint ten thousand more. The work and actions of producing this dramatic video illustrate the development of positive interactions, and how these interactions lead to the improved mental health of adults with Severe Mental Illness (SMI). At the same time, internal and external stigma can be "busted" by increasing self-efficacy for the individual and challenging societal views of negative stereotypes (Cohen, J., Johnson, J., & Orr, P. 201). The example of this drama which was written, performed and produced by individuals with SMI can provide these individuals a manner to play a fundamental role in their treatment. Thus, allowing them to increase positive interactions leading to more fully functioning lives and providing them with the opportunity to continue on a journey of self-actualization.

The Neuroscience of Art Therapy and Creative Expression – Juliet King

The field of art therapy has intuited the connections between artistic expression and brain processes with the identification of three primary tenets (King, 2016), all of which can be underscored with neuroscience principles: (1) the bilateral and multidirectional process of creativity is healing and life enhancing; (2) the materials and methods utilized affect self-expression, assist in self-regulation, and are applied in specialized ways, and (3) the art making process and the artwork itself are integral components of treatment that help to understand and elicit verbal and nonverbal communication within an attuned therapeutic relationship. As healthcare practitioners learn more about the impact and etiology of traumatic experiences, and the best practices for treatment, it is increasingly apparent that the theories, interventions and research of art therapy are essential in the provision of holistic and quality patient care. It is in the realm of neurosciences that we are able to explore the capacities for human functioning with less bias and more inclusivity. The act of creating art engages the whole brain and advanced technology such as Mobile Brain Body Imaging (MoBI) allows for a recording of brain activity to capture what the brain does, how it organizes, and senses the body in the environment (Gramann et al, 2014). Being able to produce a certain brain dynamic state induced through movement and learning what affective and cognitive states are associated with this will guide the development of new approaches.

The Joy of Creative Expression- Phyllis Koch-Sheras

In this article, the author describes how her experiences as a psychologist/artist have enhanced her well-being, healing, and joy of living. Through various avenues, including singing, painting and writing, the author shows how creative expression has enabled her to grow both personally and professionally. The article also illustrates how manifesting one's creativity contributes to the well-being of others.

Music Therapy: Education/Training, Exams, Credentials, Standards - Jennifer Geiger,

Music therapy is a professional discipline, established in 1950, in which trained professionals use musical elements in customized application toward achievement of client-specific aims. A Board-Certified Music Therapist (MT-BC) has completed: a minimum of a bachelor's degree (or its equivalent) including coursework in music, anatomy, physiology and neuroscience; 1200 hours of supervised clinical practice; and the Board Certification exam administered by the Certification Board for Music Therapists, the accrediting body. Continuing education is required for recertification. The American Music Therapy Association, Inc. (AMTA): sets education and clinical training standards, including music therapy competencies, for over 80 academic programs; establishes Standards of Clinical Practice and a Code of Ethics; and publishes two periodicals, *Journal of Music Therapy* and *Music Therapy Perspectives*. Research informs

evidence-based music therapy practice in a variety of settings with many populations. Collaboration and co-treatment with other professions (such as OT, PT, SLP, CATs, psychology, psychiatry) are common as music therapists participate in interdisciplinary teams.

Creative Arts Therapies in Clinical Services: An Overview and Comparison of Client-Centered Experiences, Rona Kaplan

This brief introduces the six creative arts therapies comprising the National Coalition of Creative Arts Therapies Associations (NCCATA): art therapy, dance/movement therapy, drama therapy, music therapy, poetry therapy and psychodrama therapy. All these professions follow a Code of Professional Practice or Ethics and possess a legally defensible Scope of Practice. One may compare the following across all six professions: association names, minimum education level required to practice, all education levels offered, minimum credentials or professional designations required to practice, credentialing agencies or professional designations and specialized training, continuing education, and licensure. Additionally, the author articulates where the creative arts therapies may be found in the crucial continuum of client-centered care.

Multi-disciplinary Design of a Photography Curriculum to Foster Creativity in Military/Veteran Personnel, Jacob N. Hyde

Innovative educational programs that provide useful and practical skills that enhance creativity, develop artistic capability, provide therapeutic usefulness, and offer options for future employment are needed within many populations. The United States' Military/Veteran population struggles with numerous health disparities and civilian vocational challenges as a result of their military service. Educational programs that provide novel experiences, options for civilian skills training, and therapeutic benefits are needed for this population. The project described here is an educational program that teaches professional photography skills to Military/Veteran participants. This curriculum was collaboratively designed by a multi-disciplinary team including a psychologist (United States Military Veteran), professional photographer (United States Military Veteran), and three graduate students (one United States Military Veteran, one Israeli Defense Force Veteran, & one civilian). This 8-week photography course utilizes trauma-informed teaching methods, psychologically-minded language, cognitive behavior therapy-based metaphors, and self-reflective homework assignments. Participants in the course have primary aims of photography skills acquisition, however, creative expression and subjective improvements in interpersonal functioning are expected components of participation in the curriculum.

Using Art to Aid in Mental Health Recovery - Meera Rastogi

How can the creative arts aid in mental health recovery? Mental health recovery's goal is to help people learn how to live well with a mental illness. This brief report describes an art therapy program that uses art making to aid in the mental health recovery of adults with a mental health or substance use diagnosis at a rural, community center. The report provides information on the history of art making with people with a mental illness, current definition of art therapy, effectiveness of art therapy in mental health recovery, group therapy session structure, and psychological themes addressed in the weekly meetings. Two example projects illustrate how to explore and challenge negative self-talk using art. The report concludes with future directions for research and training.

Music as Medicine, Prescription iPods and the Medical Musician's Approach to Precision Music Programming for Dementia Patients - Linda Maguire

Studies of physiological response to music treatments have increased in the last 2 decades, showing promise in mediating powers of physiology leading to desired behavioral outcomes in dementia patients. Music listening reveals significant, but transient effects in patients that correlate with desired mood, cognitive, behavioral and functional (MCBF) outcomes. Longitudinal applications of familiar nostalgic and novel music programming facilitate sustained MCBF outcomes to improve memory, narrative abilities, cognitive focus and ongoing behavioral management inpatients. Progressive, multi-stage, terraced music programming, based primarily on physiologic expectations, represents a promising theoretical and clinical model for medical musicians and therapists. The Prescription iPod (PiP) clinical model represents progressive, individualized music programming of recorded music that target schedule-based, clinically desirable ADLs and MCBF outcomes in dementia patients.

This brief report reviews select current evidence and rationale to suggest physiological mediators as primary, working mechanisms of that activate, relax and redirect listeners towards targeted, consistent, reliable and precise MCBF outcomes. Mediating physiologic triggers work through understanding of autonomic nervous system (ANS) responses. This model progressively moves away from traditional patient-preferred (nostalgic) music default programming and non-descript, generalized programming. Prescription music programming begins with familiar, then progressively employs novel arrangements, then completely new (previously unheard) music selections for transformative music programming that coordinates with best case prognosis and progressively improved MCBF outcomes. Author's current study of active vocal music (singing) prescriptive programming is briefly discussed. Similarly, familiar songs first pair with participant's physical-vocal abilities, then progressively modulate towards improved postural, respiratory, cognitive, narrative and performance outcomes.

Alicia Rozycki & Bill O'Brien

Suffering confers neither privileges nor rights. It all depends on how you use it. If you use it to increase the anguish of yourself or others you are degrading, even betraying it. And yet the day will come when we shall understand that suffering can elevate human beings. God help us to bear our suffering well.

Consulting, Collaboration, and Credentialing: Psychologists Partnering with Creative Arts Therapists- Jeff Smith, Bill O'Brien and Donna Betts

This Town Hall symposium brings together leading psychologists and creative arts therapists (CATs) to galvanize the dawning of a new era emphasizing collaboration between the creative arts therapies and psychology. This Brief Report highlights the distinct professions of art therapy, dance/movement therapy, drama therapy, and music therapy, and the value of research, practice and training/education partnerships with psychologists. Clarification on the various types of credentialing and/or licensure requirements of the represented CATs fields is offered, and the synergies and potential for future cross-disciplinary collaboration between CATs and psychology are elucidated. Regulatory oversight of the CATs focuses on credentialing, training/education, and professional development. For psychology consultants, this Brief Report centers on the psychology needs of CATs for leadership, research, and practice. Psychology offers evaluation, research, and assessment expertise useful both for governance and for application. CATs offer potential research, teaching, and clinical service partners already attuned to the values of psychology both as markers and makers of therapeutic effects of CATs. These defining features are expounded upon in profession-specific descriptions.

Creative Arts Healing the Signature Wounds of War: Scaffold to Deploy the Creative Forces: The National Endowment for the Arts Military Healing Arts Network - Mary Gregerson,

America health care and society at large needs urgently to reach, revitalize, and reintegrate our service members challenged with traumatic experiences, including post-traumatic symptoms and traumatic brain injury. Key factors for these service members include connecting to a greater purpose, to other people, and to one's place in life. Today, military health care actualizes these higher purposes for service members through the Creative Forces: The National Endowment for the Arts (NEA) Military Healing Arts Network, which partners NEA with the Department of Defense and the Department of Veterans Affairs. The Creative Forces Network today, housed in 11 DoD and VA clinics across the nation, brings together a transdisciplinary team pioneering a scientific scaffold to deploy Creative Arts Therapists (CATs) to heal signature wounds of war. This Network's strategic framework with a five-year research and evaluation agenda advances understanding of biological and psychosocial health benefits amid comparative cost-effectiveness of various CATs. One conceptual health care approach called the Synchronous Systems Model (SSM) encompasses consummately the integration of internal (physiology and psychology) and external systems (social and physical environment) working together harmoniously to optimize the lives of military, veterans, and their families. Besides this umbrella

structure covering critical aspects relevant to health, disease, and wellness, SSM's processes emphasize the dynamism of living along with the positive psychology aim for optimization. By applying the SSM, Creative Forces could firmly anchor its transdisciplinary efforts wedding internal states with external expressions (art) to foster consummate health and well-being for military, veterans, and their families.

Creative Arts Therapies Work – Especially for Creative People - Barbara A. Kerr

When creative adolescents or adults need psychological treatment, few options are available that are appropriate to their needs. In the U.S., most will be referred to a therapist practicing Empirically Supported Treatments (ESTs). Creative arts therapies are not to be found on the list of EST's, reflecting the viewpoint of American Psychological Association and insurance companies that they do not meet the strict criteria of the medical model. Despite their absence from approved lists, music, art, drama, and writing therapies have all been found by meta-analytic studies of outcomes of creative therapies to have positive effects on mental health and well-being. In addition, according to decades of Common Factors research, these therapies hold all the characteristics of effective psychotherapies, including healing environment, emotionally charged relationship, compelling rationale, and a ritual or set of procedures for attaining wellness. Creative clients who have high levels of the personality trait Openness to Experience, the personality trait associated with creativity, may not be responsive to conventional EST's that involve strict adherence to a treatment protocol and primary emphasis on rational methods of problem-solving. Open people may find these therapies to be unimaginative, monotonous, and unappealing intellectually. Creative therapies, on the other hand, are flexible and adaptable to patient's needs; engage intuition and imagination; and use a broad array of methods to assess outcome. Finally, creative therapies are appropriate across cultures, whereas conventional therapies are limited by Western worldviews.

'I'm Broken Inside': Psychodrama for International Youth Athletes after Losses - Mosi Williams

Psychodrama is a therapeutic process that has been widely used as a clinical intervention to address responses to trauma such as PTSD. Although a sports loss does differ from the physical loss of a loved one, losing in sports may result in similar traumatic feelings, emotional responses to distress, and experiencing stages of grief/loss. There are well-documented cases of athletes who have committed suicide, struggled with depression, substance abuse and other adjustment issues following catastrophic sporting defeats and career-ending injuries. Examples of devastating losses are Brazil's 2014 shocking World Cup upset loss to Germany, and the New England Patriots' unbelievable come-from-behind overtime win over the Atlanta Falcons in the 2017 National Football League Super Bowl. Sports losses are often relived continuously, as athletes may repeatedly be asked and/or teased about defeats by fans and media. We will consider on a global scale how psychodrama with youth athletes may help them process loss, find meaning, and build psychological skills and health for use in sports and other aspects of everyday living. An intervention model is presented, detailing the steps of the psychodrama technique for use with a youth athletic team.

**AULA JEANINE BENNETT AND COLLABORATORS: DRUMS AND MUSIC
BRIDGING WORLDS - Ruth Richards**

Spurred on in part by a world in conflict, percussionist, composer, singer, performer, Paula Jeanine Bennett, affiliated with the Juilliard School and Alvin Ailey Dance Theater in New York embarked on cross-cultural creative collaborations in areas including Indonesia and Morocco, through deeply compelling and co-created music, rhythm, enactment and more. The work bridged barriers, created community—even ignited profound moments of love and wonder. This work is discussed in terms of presence, creative process in general, and specific artistic offerings. Yet this is not for just a few; we can *all* do it. Creating is our human birthright. Not surprisingly this can benefit our own health and that of our world. As creative *hominids* with mindfulness, self-awareness, and capacity to imagine and manifest infinite possibilities, this may even be part of our evolutionary job—along with finding higher potential within our own consciousness.

Creative Arts and Activities for Well-being and Healing from Crises and Disasters: Applications and adaptations from the Field in Various Setting, Countries and Cultures using the model of the Global Kids Connect Project - Judy Kuriansky

No abstract.