

EXTRAORDINARY ART:

EXPRESSIVE ARTS THERAPY IN EARLY CHILDHOOD MENTAL HEALTH

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EXPRESSIVE ARTS...

Beyond Arts
And
Crafts

THE ART OF EXPRESSION.

INCLUDES ANY FORM OF CREATIVE EXPRESSION SUCH AS: MUSIC THERAPY, ART THERAPY, DANCE OR MOVEMENT, CREATIVE WRITING OR DRAMA. CREATIVE THERAPIES FOCUS UPON THE **PROCESS** OF CREATION, RATHER THAN A **PRODUCT**.



Expressive therapies can help families develop thier own unique set of “Transferable life skills”.

FINDING NEWS TO COPE



Principles of expressive art therapies:

- Offer choice/ control over process
- Allow time for intergration
- Foster emotional vocabulary
- Celebrate discoveries

COLLABORING WITH IMAGINATION

Modeling specific ways to handle stressful situations can provide the individual with success in the future.

Think of expressive arts as exercise for the brain. We practice, rehearse and eventually gain mastery.



A FLOWER AMONG MANY



SUPPORT*

WORKING WITH GROUPS

QUESTIONS??

Resources