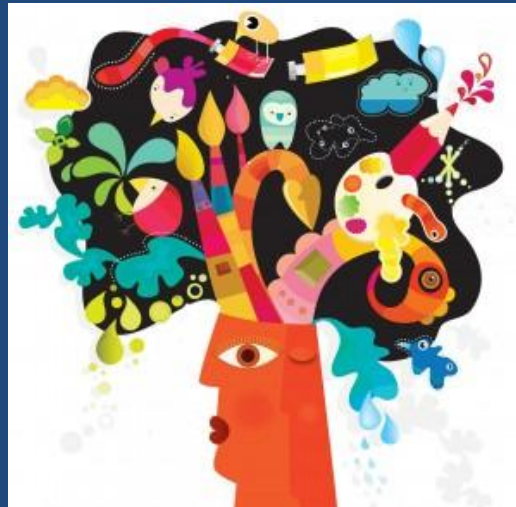


Introduction to creative therapies



Uses of creative therapies

- The aim of creative therapy is to develop self awareness and provide ways to express and communicate.
- Can be effective in raising issues and can improve emotional and mental wellbeing, self esteem and reduce stress.

- Can help with processing trauma.
- When used for the purpose of tackling mental health issues, creative therapies such as art, movement, music, play and dance are used with the intention of indirectly approaching underlying issues that may be mentally or emotionally difficult to deal with.

Uses of creative therapies

- People, who have been able to explore their feelings in a manner that doesn't make them feel as vulnerable as perhaps they may have felt with a more conventional therapeutic method, often find that they are able to make positive life changes or look at past experiences differently through creative therapy.

- They may be a good alternative therapy for those who find conventional 'talking' therapies difficult or those who simply find it hard to articulate their feelings.

Types of creative therapy

- **Art Therapy**

- Art therapy uses the creative medium of making art as a form of communication. Allowing people to produce art as a form of self expression may often help people to deal with issues such as emotional, behavioural or mental health problems. By reflecting on the art itself along with the process of making it, art therapy may help people solve inner conflicts, improve self esteem and develop better self awareness and insight into their own emotional and mental wellbeing.

Art therapy can be creative, fun and satisfying for anyone who wishes to unwind and express themselves.

Types of creative therapy

- **Music Therapy**
- Music therapy can help people express and explore emotional development, behaviour, cognitive skills and social skills, using music in a variety of forms such as singing, listening and moving to music in therapy sessions.
- Sessions are normally tailored to the needs of the individual or group. Music is an emotive way to express mood.

Types of creative therapy

- **Dance/Movement Therapy**
- The principle aim of dance or movement therapy is to provide people with a unity between mind and body which aims to ultimately provide physical and emotional wellbeing for those who are struggling, encouraging the mind and body to heal. Being physically active can also help de-stress, unwind and improve.

Types of creative therapy

- **Play Therapy**

- “Play Therapy is based upon the fact that play is the child's natural medium of self-expression. It is an opportunity which is given to the child to 'play out' his feelings and problems just as, in certain types of adult therapy, an individual 'talks out' his difficulties.”

Virginia Axline

- Play therapy is used with children who are not able to fully articulate emotional and physical health problems. Using a child's natural preponderance for play allows therapists to help them explore their feelings and enables them to learn to accept themselves and grow.
- Therapists use a child's fantasies and the symbolic meanings of his or her play as a medium for understanding and communication with the child.

Types of creative therapy

- **Narrative therapy**

- seeks to be a respectful, non-blaming approach to counselling which centres people as the experts in their own lives. It views problems as separate from people and assumes people have many skills, competencies, beliefs, values, commitments and abilities that will assist them to reduce the influence of problems in their lives.
- As humans, we are interpreting beings. We all have daily experiences of events that we seek to make meaningful. The stories we have about our lives are created through linking certain events together in a particular sequence across a time period, and finding a way of explaining or making sense of them. This meaning forms the plot of the story. We give meanings to our experiences constantly as we live our lives. A narrative is like a thread that weaves the events together, forming a story.