Expressive Arts was developed in the beginning of 2013 to provide individuals with disabilities the opportunity to express their ideas, emotions, thoughts and feelings through artistic expression and creative means. The treatment is designed to offer a creative outlet and an opportunity to appreciate the arts.

Clients are assessed by a Recreation Therapist and attend a 10 week session (90 minutes per session). Therapy is delivered by a Recreation Therapist and Therapy Assistant.

**Targets for Change**

- Opportunity for self-expression
- Increased community participation
- Increased well-being
- Relaxation
- Self Efficacy
- Decreased Boredom
- Activity Pattern Development

“*I’ve learned to be less controlled and accept the possibilities that each piece of art brings. It’s beautiful.*”

- Client
Benefits of Expressive Arts Therapy

- New challenges build self efficacy
- Sense of community
- Client is able to focus on something other than pain
- Opportunity to experience beauty in what others create

The expressive arts program has been invaluable to several of my clients in weight management. Within the program clients are able to open up – artistically but more importantly emotionally. Clients are better able to deal with their weight management issues, when emotionally more invested in life.

- Robyn Chelte
Clinical Educator

Outcomes 2013-14

- 22% reduction in leisure boredom
- 17% improvement in well-being
- 22% increase in community participation score of the leisure experience
- 90% of the time clients reported a positive leisure experience

“This is the first appointment I’ve had that isn’t a doctors appointment since I was 12.”
- Client

“I painted a place that represents peace and it reminds me of peace everytime I see it.”
- Client

“The gifts of expressive arts are found in both the process of creating and the product created. The process of creating brings inspiration, energy and aliveness, necessary ingredients in our day to day life. The product created can become a tangible resource that serves as a reminder of our strength, courage and connection with others.”
- Carmen Richardson, MSW, RSW, RCAT, REAT
Owner of Prairie Institute of Expressive Art Therapy

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