

# EXPRESSIVE Arts

A CREATIVE JOURNEY TO WELLNESS



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. Its beautiful."*

- Client

"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

*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

#### 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

#### 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