The Creative Arts Therapies (CATs)
Creative Arts Therapists are human service professionals who use arts modalities and creative processes for the purpose of ameliorating disability and illness and optimizing health and wellness. Treatment outcomes include, for example, improving communication and expression, and increasing physical, emotional, cognitive and/or social functioning. - NCCATA, 2015
Includes:
- Art therapy
- Music therapy
- Dance/movement therapy
- Drama therapy
- Poetry therapy
- Group psychotherapy/psychodrama

Credentials & Associations
- NCCATA-National Coalition for Creative Arts Therapies
- AATA- American Art Therapy Association
- ATCB- Art Therapy Credentialing Board
- AMTA- American Music Therapy Association
- CBMT-Certified Board of Music Therapists

Art Therapy
Art Therapy (ATx) is a mental health profession in which clients, facilitated by the Art Therapist, use art media, the creative process, and the resulting artwork to explore their feelings, reconcile emotional conflicts, foster self-awareness, manage behavior and addictions, develop social skills, improve reality orientation, reduce anxiety, and increase self-esteem. - AATA, 2015
Benefits of Art Therapy (Wadson, 2010)
- Imagery
- Decreased defenses
- Objectification
- Permanence
- Spatial matrix
- Creative and physical energy
- Self-esteem enhancement

Art Therapy with TBI
Additional benefits...
- Nonverbal communication/expression
- Socialization
- Modification/adaptation of materials and tasks
- Support for use-dependent plasticity
- Trauma processing
Art-making as...
- An inherently healing process
- A mind-body connection
- A bilateral process (widespread neural networks)
- A bridge between implicit and explicit
- A nonverbal process
- Support for communication and expression
- Positive coping mechanism
- A sublimating process

Case Studies
ATx Case Study #1
45 year old male, 15 years post-injury, significant verbal/communication deficits
US Air Force Fighter Pilot
Uses art therapy for expression and communication
ATx Case Study #2
65 year old male, injured 30+ years ago
Member of Luther's Guild prior to injury, but unable to continue instrument restoration post-injury due to physical/cognitive deficits
Began American Mandolin Harp Zither repair

Music Therapy
What is music therapy and how can it be used?
- Music Therapy is an established health profession in which music is used within a therapeutic relationship to address the physical, emotional, cognitive, and social needs of individuals
Following assessment of client strengths, the qualified music therapist provides the indicated treatment including:
- Creating music
- Singing
- Moving to music
- Listening to music

Music Therapy with TBI
Benefits of MTx
- Anxiety and stress reduction
- Nonpharmacological management of pain and discomfort
- Positive changes in mood and emotional states
- Active and positive patient participation in treatment
- Improved respiration
- Lower blood pressure
- Improved cardiac output
- Reduced heart rate
- Relaxed muscle tension

References
Relevant references include:

Case Study
Female, early 40’s
Suffered CVA resulting in limited mobility, sight, cognitive, physical, and emotional difficulties
Used music therapy for emotional expression, increase coping skills, improvement of self-image
Therapist facilitated piano-based activities such as improvisation, singing, and building piano skills
Music therapy benefitted the client by facilitating emotional expression, increasing client’s sense of independence, and increasing communication and social behaviors

AMTA, 2015

Additional benefits...
- Nonverbal communication/expression
- Socialization
- Modification/adaptation of materials and tasks
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