

THE PIETERS FAMILY *life center*

Creative Arts Therapy Reasons for Referral

- **Challenges with Affective Expression:** Creative arts therapy will address increasing affective range, foster appropriate emotional expression through creative modality, develop awareness of how an individual expresses feelings, and provide empathy, support and validation.
 - ❖ Diagnoses and challenges include but are not limited to:
 - *Depression
 - *Anxiety
 - *Autism Spectrum Disorder
 - *Bipolar Disorder
 - *Personality Disorders (e.g. Schizoaffective, Borderline Personality)
 - *Aphasia
 - *Paralysis
 - *Traumatic Brain Injury

- **Difficulty Creating and/or Maintaining Positive Relationships and Social Interaction:** Creative arts therapy assists with improving awareness of self and awareness of others, provide an opportunity to learn and maintain appropriate social boundaries, address fundamentals of social interaction, and teaches empathy.
 - ❖ Diagnoses and challenges include but are not limited to:
 - *Autism Spectrum Disorder
 - *Attention Deficit Disorder and/or Attention Deficit Hyperactivity Disorder
 - *Oppositional Defiant Disorder
 - *Obsessive Compulsive Disorder
 - *Depression
 - *Adjustment Disorder
 - *Personality Disorders (e.g. Schizoaffective, Borderline Personality)

- **Profoundly Emotionally Effected by a Significant Event:** Therapy provides a safe and confidential setting for participants to process a significant event through non-threatening creative expression. Therapy helps individuals establish a sense of self-efficacy as they develop positive coping skills. Examples of events include crisis in home, death of a loved one, changing familial relationships, witness to or experience of sudden traumatic event (e.g. car accident), and ongoing physical or psychological abuse.
 - ❖ Diagnoses and challenges include but are not limited to:
 - *Post Traumatic Stress Disorder
 - *Depression
 - *Adjustment Disorder relating to grief or loss
 - *Stroke

*Traumatic Brain Injury

- **Sudden or Ongoing Physical Health Challenges:** Creative arts therapy assists participants with processing and developing an understanding of their physical state through creative expression. As motor skills and physical abilities are often affected by these challenges, body awareness and fine and gross motor abilities are addressed alongside the emotional component.
 - ❖ Diagnoses and challenges include but are not limited to:
 - *Stroke
 - *Traumatic Brain Injury
 - *Degenerative Disease (Multiple Sclerosis, Parkinson's disease, Alzheimer's disease)
 - *Loss of limb
 - *Chronic Illness/Pain (Autoimmune Disorders, Fibromyalgia)
 - *Cancer
 - *Psychosomatic Disorder

- **Behavioral Challenges:** Creative arts therapy confronts behaviors that are disruptive to daily functioning. By providing a safe and creative outlet to understand the root or cause of the behavior, therapies help participants develop self-awareness and teach positive self-expression with the goal of decreasing the disruptive behavior. Examples include excessive absences, adjustment difficulties, poor peer interactions, and difficulty with authority figures.
 - ❖ Diagnoses and challenges include but are not limited to:
 - *Sudden or ongoing maladaptive behavior that is disruptive to an individual and/or their environment
 - *Oppositional Defiant Disorder
 - *Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder
 - *Obsessive Compulsive Disorder
 - *Depression
 - *Bipolar Disorder
 - *Confused Sexual Identity

- **Challenges with Communication:** Creative arts therapy supports individuals with communication challenges, by helping them develop or maintain the tools and skills to express their needs, feelings, and thoughts. Verbal and non-verbal tools are used to build confidence within self-expression, improve receptivity, increase expressive range, and ability to engage interpersonally.
 - ❖ Diagnoses and challenges include but are not limited to:
 - *Selective Mutism
 - *Aphasia
 - *Autism Spectrum Disorder
 - *Stroke
 - *Alzheimer's Disease