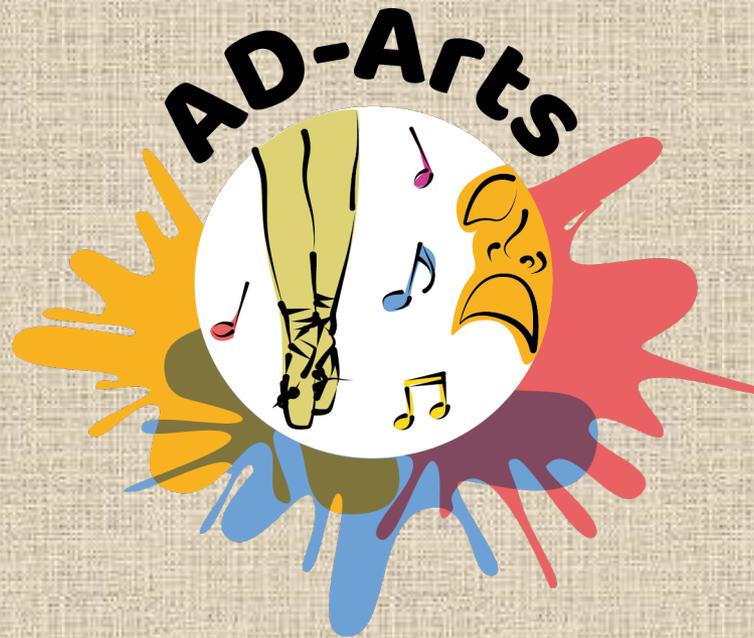


# AD-ART

## CREATIVE ARTS THERAPY (CAT)



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# What is CAT (Creative Arts Therapies) ?

Art therapy promotes the psychophysical health of the person and the increase of his creative, expressive, affective, cognitive and relational resources.

Through the use of artistic materials and the creative process, within the relationship with the art therapist, the person is facilitated in the expression and processing of their experiences. The path leads to the acquisition of tools aimed at change and personal growth.



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# What is CAT (Creative Arts Therapies) ?

Creativity is not a "gift" that belongs only to those few people we call "artists", but it is a psychological dimension that exists at a potential level in every human being.

Through specific ways of using pictorial and sculptural materials, music, dance and drama, art therapy aims to develop the creative potential that is in each of us and which constitutes a resource for managing affects, emotions and relationships.



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# What is CAT (Creative Arts Therapies) ?

A list of examples would be:

- Art Therapy;
- Museum therapy;
- Dance therapy;
- Music therapy;
- Drama therapy



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# Main Objectives

All therapies together set up a big tool which achieves the quality of life and brings back memories.

Especially for PwD it would provide:

- benefits to the progress of the disease,
- skills increase,
- socialization



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## Studies of Benefits of CAT for PwAD

A number of studies have found beneficial effects of listening to and making music for global cognition as well as for verbal fluency, visuospatial skills and speech.

However, most consistent results have been found for autobiographical memory, probably because the processing of music-induced emotions and aspects of cognition are colocalized in the brain. Singing, in particular, has been found to improve a wide range of cognitive skills including attention, episodic memory and executive function.



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## Studies of Benefits of CAT for PwAD

Preliminary studies have also suggested other benefits from the arts: dance may support speech, and visual arts may lead to higher sustained attention than many other activities.

Dance movement therapy and music have also been found to support embodied nonverbal communication, even when language deteriorates.



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## Benefits of CAT for PwAD

Music has been found to support cognition in people with dementia because brain areas underlying musical memory can be relatively well preserved even in later stages of the disease.

Arts activities have been found to have benefits for some of issues related to the disease such as social isolation, unwelcome behaviours and poor communications.

Music and dance help to reduce social isolation and loneliness for individuals with dementia, partly through providing a sense of security and belonging.



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## Benefits of CAT for PwAD

Dance can also help to affirm identity, sense of self, and self-esteem for individuals with dementia.

Interventions that encourage older adults to play a musical instrument have been found to improve or preserve their general cognition, processing speed and memory, as well as supporting other aspects of cognition such as reducing age-related hearing loss.



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# Benefits of CAT for Caregivers

Theatre performances have also been found to improve carers' awareness of their responsibilities and caring duties when looking after somebody with dementia

Relatedly, joint carer–care recipient arts activities have been found to improve communication and carer intimacy behaviours towards a care recipient, leading to closer emotional responses and physical behaviours.



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# Benefits of CAT for Caregivers

Joint carer–care recipient arts groups can also help to remove strain from caregivers, provide respite care, and give opportunities for emotional support, practical networking and the sharing of resources, while individual arts and poetry activities can reduce the caregiver’s burden and promote self-acceptance, self-awareness, empathy and catharsis.

Arts classes can be used in care settings as a way to understand carers’ needs and impart important caring information. They can also build a positive sense of personal identity and self-efficacy.



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# Benefits of CAT for Caregivers

Finally, activities such as drumming, singing or listening to music have been found to improve relaxation and well-being for carers, and decrease their levels of anxiety and stress.

The well-being benefits of the arts extend to informal carers. Arts programs can support interactions between carers and those receiving care and can help with humanization of the person being cared for, thereby improving care strategies.



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## Impacts on cognitive symptom:

Dance classes can improve memory, learning and attention, partly through enhancing motor learning.

Dance, which has been linked across the lifespan with better learning and memory.

For those already experiencing cognitive decline, participating in arts activities such as painting classes can help to prevent it worsening, with results sustained following the intervention; and creative expressive therapy activities such as drawing with a therapist can improve cognitive functioning, memory, executive function and everyday living ability.



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## Impacts on behavioral symptoms:

Arts and drama classes have also been found to reduce aggression, agitation and behavioral problems both across individual sessions and longitudinally.

The arts also have a positive effect on physical health and functioning.



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## Impacts on emotional symptoms:

Many studies have found benefits of music and dance for reducing anxiety and also some evidence of their benefits for depression.

Music has been found to enhance the effects of reminiscence therapies on stress, anxiety and depression. The arts have also been found to reduce apathy and improve well-being and quality of life.

Relatedly, active engagement with music and music listening have been found to reduce agitation (e.g. repetitive acts, wandering, restlessness and aggressive behaviours) and behavioural problems in people with dementia.



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# Main methodologies and tools to use CAT as therapy for PwD:

For the person with dementia or Alzheimer's art therapy can offer a space where the patient can express oneself freely, improve behavioral disturbances, re-emerge the desire for socialization, reduce the use of psychotropic drugs, recover the memory by singing traditional songs, keep residual skills, and accompany to death. The model most used for these patients is that of Benenzon. (Caputi 2012)

Another effective model of music therapy with those patients is that of Cliff Madsen or the Brain Music Therapy (BMT) also called Behavioral Music Therapy.



# Main methodologies and tools to use CAT as therapy for PwD:

Materials (including written, audiovisual content, games) will be developed for carrying out the training activities.

In addition, the training program will be supported by a digital platform.

PwAD needs the support of the trainer to perform art therapy in the organization. The first fundamental step is to identify the type of creative workshop and the possible risks and then decide which materials are needed. At the workshop the trainer has to explain to PwAD the idea of workshop, purpose, meaning and objectives, they also need planning to organize different tasks. The therapist must ensure that PwAD is enjoying himself and does not feel that this is something he must achieve.



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# Competences of Professionals:

- Willingness to learn new things about dementia. Because while we work with PwAD we need special knowledge connected to dementia.
- The joy of working with people with dementia.
- Knowledge of ICT tools. During the activities we will use ICT technology and teach learners about it.
- Ability to deal with difficult or embarrassing situations. PwAD may react differently to a particular event in a way we would not expect.
- Maturity and respectful manner.
- Be adaptable and flexible with situation. When working with people with dementia, flexibility and patience are expected of us.



## Guidelines for trainers: “Hints and tips”:

In the guide for trainers hints and tips you can learn how to best prepare the setting and people for the art therapy intervention we are proposing.

- you must know the patient well and his / her medical and life history
- you must be familiar with Alzheimer's and dementia diseases, know the symptoms
- you must be prepared for the possibility of sudden behaviors occurring, and work on your skills to manage them



# Guidelines for trainers: “Rules and Expectations”

At the beginning of the training it is good to explain the group rules and the expectations of the participants.

As in any therapy group, it is important to give rules that guarantee mutual respect and the establishment of a positive working climate for everyone.

Talking about the expectations of users, family members and professionals on training is important because it allows us to get to know each other and work better together, redefining common goals.



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# Guidelines for trainers: “Rules and Expectations”

- the expectations of all participants can be shared and discussed in groups
- the work must be shared in a clear and understandable way for everyone
- all participants undertake to respect each other to create a positive working climate



## Some ideas on how to prepare the action(s):

Before starting it is good to think well about the different actions to be carried out for the success of the project.

Everything has been studied in detail to make this experience positive for PwADs, their families and professionals.

It is important to read the guides and the project paying attention to the preparation of the environment and people and understanding the reason for everything.



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## Some ideas on how to prepare the action(s):

- before starting you need to prepare the environment so that it is welcoming and free of distractions that can interfere with work;
- observe the participants to make sure they are in the right mood to start;
- prepare the materials and be prepared to explain them in a clear and understandable way according to the people you have to work with



# Application in domiciliary environments

Working in the natural environment, in the home environment, is important because it is there that people and families spend more time together, and it is the place where it is easier to keep the memory of PwADs alive, thanks to the presence of familiar objects and spaces .

In order to work well from home it is important to train family members and work remotely with the help of digital tools.



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# Application in domiciliary environments

To apply the CAT at home:

- Prepare the environment, remove objects that can be a distraction, choose a bright place with a pleasant temperature
- study the activity, any apps and prepare any materials you need before proposing it
- do not hesitate to contact the professionals in case of doubt or need



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# Application in institutional environments

The provision of arts activities in nursing homes and their encouragement within communities has been found to increase socialization and positive social behaviors and drama activities improved communication between patients and carers.

In care homes, background music has been shown to reduce agitation during mealtimes and improve cooperation during bathing.

Additionally, theatre interventions both in the community and in retirement homes have been found to improve memory and executive function , and visual art training has been shown to improve auditory evoked responses to sounds and visual processing.



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## Fields of CAT:

The areas of application of art therapy are mainly three:

- therapy,
- rehabilitation,
- of education-prevention. (Caputo, 2012)

The work with PwAD of our project is mainly rehabilitative.



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# Main creative arts disciplines involved

Among the forms of art mainly used in art therapy, all the arts can be mentioned:

- graphics, from drawing to writing;
- dance;
- the music;
- drama: theater and cinema.

(Caputo, 2012)



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# Main creative arts disciplines involved

## Music therapy

Music is a very powerful tool especially for the its evocative and regressive value. In fact, making or listening to music activates the zones hypothalamus of the brain linked to the oldest survival mechanisms, while the rhythm brings back contact with the maternal heart rhythm in the intrauterine phase. The music, that is, it introduces the person into a psychological atmosphere where the relationship with the aspects self-conscious weakens allowing you to get in touch with the deeper parts of the psyche. In addition, music facilitates both physical and mental relaxation and improves a whole series of physiological functions, such as breathing, heartbeat and the blood pressure.



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# Main creative arts disciplines involved

## Music therapy

Music can also be used in therapy both in active form, i.e. producing music with different instruments (usually percussion), which passive, that is, letting oneself be lulled by the notes of musical pieces chosen by the therapist according to the therapeutic purposes. The aim, in general, is to help the subject explore the emotional experiences derived from contact with music and reworking images and memories aroused.

(Caputi, 2012)



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# Main creative arts disciplines involved

## Fine arts

Drawing and painting are used in Art Therapy to acquire or enhance the ability to contact emotions and represent them in a fantastic dimension through shape and color. In addition, by requesting the activation of coordination visuomotor and the ability to fine and precise movements, also brings a benefit from a strictly motor point of view. In fact, drawing takes on three in art therapy meanings: a playful meaning (to create), a narrative meaning (to tell of oneself), and a cognitive meaning (to ask and answer questions).

(Caputi, 2012)



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# Main creative arts disciplines involved

## Drama

Psychodrama, theater therapy, drama therapy, playback theater, etc. they all have in common the use of dramatization as the main tool therapeutic. Dramatizing, that is, translating into action, allows for more access directed to the internal contents of the subject, which will be able to relive past events, elaborate and resolve conflicts by re-actualizing them, exploring one's "ghosts" making them concrete and external to itself and therefore more accessible and more easily modifiable or, again, experimenting in new situations thus increasing one's skills and self-knowledge.



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# Main creative arts disciplines involved

## Drama

The techniques derived from the theater used in Artotherapy are multiple and varied also because the therapist applies them, adapting them gradually to the patients e situations and often comes to create new ones. In addition to the true representation e own and psychodrama, we remember the theatrical games, usually used as "Warming up" of the group, that is, to create the atmosphere necessary for an expression free and spontaneous of itself; the use of masks, which are usually built and paint from the same subjects; and the interpretation of monologues. (Caputi 2012)



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# Main creative arts disciplines involved

## Dance

As regards the use of dance therapy, several variants have been developed (biodanza, dance therapy, dance-movement therapy), which share the use of movement, with or without music, as the main therapeutic tool. The prerequisite theoretical on which these forms of therapy are based, is the one under which tensions muscles and postural and movement modalities (use of space, times, rhythms, etc.).



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# Main creative arts disciplines involved

## Dance

Movement modalities (use of space, times, rhythms, etc.) they reflect psychological tensions and modalities; so, work to take awareness and dissolving these physical tensions involves coming into contact and the solve emotional and psychological blocks. Dance can be seen as a drama, in body language replaces verbal language. The main goal is to get in contact with your body and listen to the emotions that harbor you, but the benefits of the use of movement and dance extend to several levels. (Caputi, 2012)



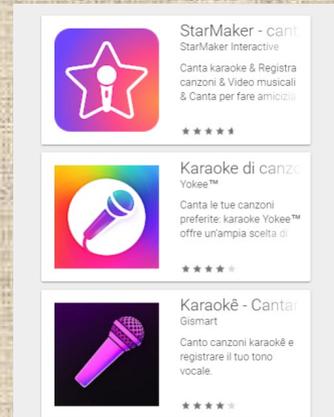
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# Digital tools to enhance CAT:

On the internet and in the playstore it is possible to find many useful applications, which, when used well, can support an art therapy intervention. Here are the links of some of those we have proposed:

Karaoke apps can be used to rehearse the songs from the show at home, for example:

<https://play.google.com/store/apps/details?id=com.smule.singandroid&hl=it>



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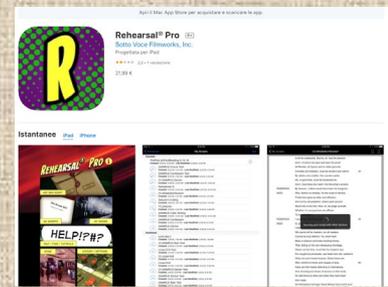
# Digital tools to enhance CAT:

For acting a useful app could be this:

<https://apps.apple.com/it/app/rehearsal-pro/id1116896197>

This app is also used professionally by Hollywood actors. It is one of the most powerful and complete actor-specific apps. You just need to have your script in PDF and open it with Rehearsal. The app then allows you to divide the script into scenes and highlight your lines (which you can later blacken). And here we are at the main function of this app. Rehearsal allows you to record the lines of other actors and then repeat your part as many times as you want!

It is a very useful app but difficult to use independently by a PwAD, so it must be supported by a family member or professional in setting and use



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## Digital tools to enhance CAT:

<https://play.google.com/store/apps/details?id=com.color.mandala&hl=it&gl=US>

with this app users can color mandalas as they prefer, the choice of colors and the required eye-hand coordination allow them to enhance self-expression and fine motor skills



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## Comments and questions



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