

TYPES OF EXPRESSIVE ARTS THERAPY

Expressive arts therapy is an integrative, multimodal approach that uses a variety of methods including writing, music, visual arts, drama, and dance to help people achieve personal growth.



Art therapy

This approach involves utilizing the visual arts—drawing, painting, and sculpting—to work through emotions, thoughts, or experiences.



Dance therapy

This type of therapy involves using physical movement and dance to help people cope with mental health symptoms such as anxiety, stress, and depression.



Music therapy

This approach involves listening to or creating music to help improve mood and ease anxiety.



Writing therapy

This involves exploring thoughts and emotions through writing. For example, people may write in a journal about their life or create expressive works such as poems or fictional stories.

Proceb In The Arts Therapies

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