

**EXPRESSIVE THERAPIES:- APPLIED PSYCHOLOGY DANCE, MUSIC AND
DRAMA THERAPY****Khatree Jiya** (Page 143-149)**SRJIS IMPACT FACTOR SJIF 2015: 5.401****Date of Issue Release: 04/03/2017,****Volume: SRJIS, Jan-Feb, 2017, 4/30***Scholarly Research Journal's is licensed Based on a work at www.srjis.com*

Expressive therapy, also known as the expressive therapies, expressive arts therapy or creative arts therapy, is the use of the creative arts as a form of therapy. Unlike traditional art expression, the process of creation is emphasized rather than the final product. Expressive therapy is predicated on the assumption that people can heal through use of imagination and the various forms of creative expression

1. Music Therapy
2. Dance Therapy
3. Dramatherapy

Benefits of Expressive therapies:-

Expressive arts therapy encourages the unfolding unconscious.

When working with expressive media, people often benefit from the unconscious bubbling to the surface of their awareness. Various media like painting, psychodrama, dance, and sculpting draw forth unearthed material that may not have been seen, felt, observed, or accessed in some way via talk therapy. Through letting go and getting into the creative flow, a portal is created to the process, enabling listening, watching, and observing what might not be explained through words. An example of this would be a person viewing an image and recalling a buried memory shaping their current experience. Another example would be a therapist suggesting to a person that mask-making might deepen the process of a new sub-personality. Whether the choice is a specific media (i.e. paint or sculpture) or the person's own media (i.e. voice and movement), the process of unfolding to the unconscious material is supported as the person allows the new material to emerge.

It informs communication between the a person and his/her therapist.

Another benefit that makes expressive arts therapy inviting is the increased depth of spoken and unspoken communication which results from the expression process and the product itself.

The process makes way for additional communication to be made known, which may inform the person and his/her therapist of new insights. An example of this might be when the process of creating an authentic movement piece stirs additional emotion within a person's experience, resulting in a dialogue about the new feelings that have emerged. The product can also increase or enhance the meaning, infuse additional unseen material, and provide an externalized venue for further discussion. An example of this would be a therapist supporting a person in expressing his or her grief by tapping into his or her talent as a watercolor artist and creating an abstract of his or her grief. The therapist could inquire about the use of color, line, and symbols present in the art.

Expressive arts therapy externalizes and gives form to unfolding material.

Giving process a physical form allows a person to feel in control of their process. It can bring depth and life to feelings and images. It shines light on ambivalent feelings by externalizing them and giving them shape and color. One example is having a person draw an image of how they are currently feeling. Doing this might elicit additional information that wasn't available to the person cognitively. Additionally, one of the benefits is externalizing the process so that a person can witness and be an observer of their own process. This is especially helpful for painful and difficult images and memories by allowing the a person to observe things from a distance. An example of this would be to have the person talk and explain their experience as if they are watching a movie. This allows them to psychically remove him or herself from the painful somatic response that might be risky in the moment.

It awakens and sparks process.

Probably the most obvious benefit of expressive arts therapy is the spark created in the imagination. This awakening process allows the person to experience something new. It's like an a-ha moment, a new discovery. It can lead to new things, bring light to something stuck, open a new doorway to unarticulated feelings, and shed light on the past. It can provide a new language and foster existing language when current circumstances and words cannot describe the unfolding process.

Expressive arts therapy supports integrative learning.

It encourages the undiscovered places of knowledge within each person. The opportunity for a person to experience a different way of knowing is enhanced by different sensory experiences. Each experience is enhanced by the other and forms new experiences, thoughts, sensations, and images not normally experienced in the person's normal one-dimensional experience. As a result, a rich tapestry takes form. An example of this might be asking a person to explore sounds representative of their current experience, which then deepens into the depth of pain that had gone unnoticed.

There are many deepening and enriching experiences that expressive arts therapy supports to create a richer, more vibrant therapeutic experience. Each modality is unique, as is each therapist's use of the modality and the client's comfort with the material. The beauty is in the process and not the product, which is at the heart of all therapy.

Music Therapy

Music therapy is an allied health profession and one of the expressive therapies, consisting of a process in which a music therapist uses music and all of its facets—physical, emotional, mental, social, aesthetic, and spiritual—to help clients improve their physical and mental health.

Ancient Greek philosophers believed that music had a therapeutic purpose — including to treat depression, mania and even hangovers. In the Native American culture, music has played a similar role: In fact, the U.S. Indian Bureau contains 1,500 songs used for healing purposes. During the fallout of World Wars I and II, musicians traveled to hospitals to play for the thousands of veterans who were suffering both physical and emotional trauma. Their positive responses led medical facilities to begin hiring musicians, and before long, it became clear that these individuals would need some additional training to fully leverage the healing power of music.

Today, that power is finally starting to be better leveraged thanks to the evolution of Neurologic Music Therapy (NMT): the therapeutic application of musical components to address cognitive, sensory and motor dysfunctions. In recent years, NMT has progressed rapidly primarily due to advancements in brain-imaging technologies, which have revealed the brain's plasticity (its ability to change) and also the different networks in the brain that music can activate. Meanwhile, a growing body of research has emerged showing that NMT can help patients affected by a range of conditions including stroke, Parkinson's, Alzheimer's dementia, traumatic brain injury and Multiple Sclerosis.

Listening to music has beneficial effects on our physical body. First of all, it reduces blood pressure. It is shown that people can lower their blood pressure by listening to relaxing music every morning and evening and maintain it low. This relaxing music might include classical, Celtic, and raga music. Also, music works as medicine for the heart. It is the musical tempo or pace that affects the heart rate. From the experiment of participants listening to six different kinds of music, it was found that “the participants had faster heart and breathing rates when they listened to lively music. When the musical slowed, so did their heart and breathing rates.” People might train themselves to cure and care for their hearts by listening to music. Another physical beneficial effect is that it improves and boosts the body’s immune system and reduces the level of stress. It is shown that “listening to music was more successful than prescription drugs in decreasing a person’s anxiety before undergoing surgery.” Also, one research shows that “listening to and playing music can also lower levels of cortisol (the stress hormone).”

Music therapy is “an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals.” Listening to music is one method of music therapeutic treatments. Music is an effective therapy for both pain and emotion. One of its roles may be a pain reliever as it “serves as a distracter” and “causes the body to release endorphins to counteract pain.” Music might also provide emotional support; listening to music may bring people out from a depressed mood or treat those who have anxiety disorder. Some other psychological effects would be enhancing intelligence, learning, and IQ, improving memory performance, and improving concentration and attention.

Dance Therapy

Dance/movement therapy (DMT) in USA/ Australia or dance movement psychotherapy (DMP) in the UK is the psychotherapeutic use of movement and dance to support intellectual, emotional, and motor functions of the body. As a form of expressive therapy, DMT looks at the correlation between movement and emotion.

Based on the empirically supported premise that the body, mind and spirit are interconnected, the American Dance Therapy Association defines dance/movement therapy as the psychotherapeutic use of movement to further the emotional, cognitive, physical and social integration of the individual.

The American Dance Therapy Association (ADTA) defines dance/movement therapy as the psychotherapeutic use of movement to promote emotional, social, cognitive and physical integration of the individual.

Dance/movement therapy is:

1. Focused on movement behavior as it emerges in the therapeutic relationship. Expressive, communicative, and adaptive behaviors are all considered for group and individual treatment. Body movement, as the core component of dance, simultaneously provides the means of assessment and the mode of intervention for dance/movement therapy.
2. Practiced in mental health, rehabilitation, medical, educational and forensic settings, and in nursing homes, day care centers, disease prevention, health promotion programs and in private practice.
3. Effective for individuals with developmental, medical, social, physical and psychological impairments.
4. Used with people of all ages, races and ethnic backgrounds in individual, couples, family and group therapy formats.

Benefits of Dance therapy

1. Facilitates self-awareness
2. Enhances self-esteem
3. Reduces anxiety
4. Encourages reminiscing
5. Maintains and/or increases mobility
6. Enhances body-mind connectivity
7. Focus on non-verbal communication as method of therapy
8. Alternative method of therapy if traditional talk therapy has not been effective

Drama Therapy

Drama therapy is the intentional use of drama and/or theater processes to achieve therapeutic goals. Drama therapy is active and experiential. This approach can provide the context for participants to tell their stories, set goals and solve problems, express feelings, or achieve catharsis.

The modern use of dramatic process and theatre as a therapeutic intervention began with Dr. Jacob L. Moreno's development of Psychodrama. The field has expanded to allow many forms of theatrical interventions as therapy including role-play, theatre games, group-

dynamic games, mime, puppetry, and other improvisational techniques. Often, "drama therapy" is utilized to help a client:

1. Solve a problem
2. Achieve a catharsis
3. Delve into truths about self
4. Understand the meaning of personally resonant images
5. Explore and transcend unhealthy personal patterns of behavior and interpersonal interaction

The theoretical foundation of "drama therapy" lies in drama, theater, psychology, psychotherapy, anthropology, play, as well as interactive and creative processes. In his book, "Drama as Therapy: Theory, practice and research," Phil Jones describes the emergence of the intentional use of drama as therapy as three-fold. First a long history of drama as a healing force with ancient roots in the healing rituals and dramas of various societies. The connection between drama and the psychological healing of society, though not of the individual, was first formally acknowledged by Aristotle, who was the originator of the term 'catharsis'. Secondly, in the early twentieth century, hospital theatre and the work of Moreno, Evreinov, and Iljine, marked a new attitude towards the relationship between therapy and theatre that provided a foundation for the emergence of drama therapy later in the century. Finally, influenced by experimental approaches to theatre, the advent and popularization of improvisational theater, group dynamics, role playing and psychology in the 1960s, drama therapy emerged as a creative arts therapy in the 1970s.

Today, drama therapy is practiced around the world and there are presently academic training programs in Britain, Germany, the Netherlands, Canada, Israel and the United States. It is a very interesting matter, drama therapists are very active.

Core process

1. Dramatic Projection
2. Therapeutic Performance process
3. Drama therapeutic empathy and distancing
4. Representation, personification and impersonation
5. Interactive audience and witnessing

Conclusion:-

These therapies can be used by themselves or even as allied therapies used as tools to facilitate psychotherapy and counseling.

They have proved beneficial over hundreds of years. With the growing information about it people are using it to make the best use of it.