ARTS IN HEALTH

Across the nation, the arts are an integral component of healthcare. Creative arts therapists participating as members of multidisciplinary treatment teams and partnerships between artists and health professionals demonstrate tangible benefits, including improved outcomes, reduced costs, and enriched care environments. This document provides evidence that supports successful creative arts therapies and arts in healthcare programs and encourages growth of these programs to improve our country’s health and wellness.

Arts in Health includes over 16,000 individuals from the professional disciplines of art therapy, music therapy, dance therapy, drama therapy, and poetry therapy, as well as artists who direct applications of visual, literary and performing arts, and design within a wide variety of healthcare and community settings for therapeutic, educational, and expressive purposes. These nationally credentialed therapists and artists are dedicated to improving our nation’s health and healthcare experience by providing quality, cost-effective services that achieve positive outcomes for patients, families, and caregivers.

Research demonstrates the benefits of the creative arts therapies and the arts in traditional healthcare settings as well as in veterans' facilities, mental health programs, schools, rehabilitation treatment centers, military bases, prisons, psychiatric forensic units, nursing homes, community centers, disaster response teams, and wellness programs.

Military and Veterans

- The National Intrepid Center of Excellence (NCoE), at Walter Reed National Military Medical Center in Bethesda, MD, is a state-of-the-art facility designed for the treatment and research of traumatic brain injury (TBI) and underlying psychological health conditions in active duty military service members. The Healing Arts Program, one of the many complementary alternative modalities offered at the NCoE, uses art therapy, music therapy and creative writing for service members with comorbid traumatic brain injuries and psychological health conditions. By integrating the creative arts therapies and art experiences into the NCoE’s continuum of care, this program helps provide each individual with new tools to mitigate anxiety and racing thoughts, and it serves as a nonverbal outlet
to help service members express themselves and process traumatic experiences from their past. The art therapist meets individually with every service member at least once during the NICoE program, holds weekly group sessions for each cohort, and often leads sessions for families as well. NICoE’s mission is to advance world-class TBI treatment and psychological health, research, and education.

http://www.nicoe.capmed.mil/About%20Us/SitePages/Home.aspx

- **The Substance Abuse Rehabilitation Program (SARP) in San Diego, California** is a Navy-sponsored treatment program featuring dance/movement therapy focused on enhancing military readiness through effective prevention and rehabilitation of substance abuse and dependence-related issues for active duty personnel. SARP patients are educated about a range of sober activities, stress management and coping skills, and are offered support and guidance on their path to recovery by therapists with expertise in the creative and recreational therapies. Some of the therapeutic interventions and activities available to SARP patients are dance/movement therapy, art-making, music-making and listening, meditation, yoga, and physical wellness.

- Board-certified music therapists work with veterans and military families at numerous locations throughout the country. The San Francisco/Bay Area enjoys a unique partnership. The **San Francisco Veterans Affairs Medical Center** (SFVAMC) offers interventions by a Board Certified Music Therapist to its programming through a partnership with the **Center for Music National Service**. The Musician Corps Fellow serves at the VA's Community Living Center (CLC), serving veterans with ongoing music therapy interventions. As a Board Certified Music Therapist, the Musician Corps Fellow provides ongoing service on site at the CLC four days a week with community outreach work one day each week. The MC Fellow is responsible for assessing the therapeutic needs of the center's residents and administering group and individual interventions that emphasize independent living, socialization, and physiological functioning.

http://www.musicnationalservice.org/bringing-music-therapy-bay-area-veterans

- **The VA Connecticut Healthcare System's Giant Steps** art therapy program offered at the VA Connecticut Healthcare System’s Community Care Center complements its vision to serve and honor the men and women who are America's veterans. The Center provides a continuum of psychosocial, medical and educational services.

http://www.connecticut.va.gov/about/index.asp

- **Operation Oak Tree** is the **Institute for Therapy Through the Arts (ITA), Music Institute of Chicago** programming for military children and families throughout the cycle of deployment. Its mission is to empower individuals to express themselves in order to foster personal growth, deepen interpersonal roots between and among family members, strengthen coping strategies so that families may more easily weather challenges inherent in each season of the cycle, and to make it easy for families to branch out into their communities for support. ITA uses highly qualified music, art and drama therapists in their programming to offer an integrated creative arts therapy experience.

http://www.musicinst.org/military-family-service
• A dance/movement therapy approach is being used in Restorative Resources Training and Consulting, which works nationally and internationally in developing individual and community based, culturally congruent treatment models for trauma recovery that reinforce individual communal resilience. An example of this work with civilian and combat survivors of war was highlighted in a recent edition of *Somatic Psychotherapy Today*: The dance/movement therapist worked with a veteran sniper, “ridden with conflict, angst, and at times violence,” “tormented emotionally, psychologically and physically,” who described feeling “‘trapped in ... his own body, without movement or ability to breath.” Dance/movement therapy was able to help him develop trust and notice sensations and internal body experience. Through this work he rediscovered that “strength, accuracy, and truth” were the values he cherished as a “soldier, sniper, father and husband.” “In slowly coming home into his own body, he recognized that his need to be with those he loved was the strongest and the conflict he carries began to smooth its ragged edges.... As he was able to connect the actual lived experience of his own body with the weight of feeling he carries from the past and locate himself through sensation, weight, breath, and gesture in present time and space he began to cultivate the ability to take action regarding his future.”

• **The Overcoming Adversity and Stress Injury Support, OASIS Program** involves working with active service members in an intensive 10-week residential inpatient setting at Naval Base Pt. Loma. Service members are rehabilitating from symptoms of PTSD and drug and alcohol addiction. Members of the OASIS program benefit from music therapy methods, practicing active and supportive music making, lyric interpretation, songwriting, therapeutic instrumental music performance, and other Neurologic Music Therapy techniques. As a result of these practices the group is able to build cohesion, increase acknowledgement and insight of self and others, improve appropriate communication skills, and focus on strengths and abilities. The main goal of this rehabilitation program is to prepare service members for integration back into active duty or re-integration into their communities. [http://www.resoundingjoyinc.org/programs/military-outreach/](http://www.resoundingjoyinc.org/programs/military-outreach/)

• **Musicorps** is an intensive music rehabilitation program that helps injured combat veterans recovering at Walter Reed National Military Medical Center. Musicorps replicates “real world” music relationships so that injured veterans work on, and are motivated to work on, robust goal-oriented projects many hours a day. Musicorps integrates individualized projects, regular visits by highly accomplished musicians, and the use of specially-assembled computer-based music workstations along with traditional instruments. Working in any musical style they prefer, veterans are able to learn, play, write, record, and produce original material. Musicorps also aids recovery from war-related trauma, including PTSD (post-traumatic stress disorder) and TBI (traumatic brain injury). Concussive blasts from IEDs and other explosions cause TBI, and it has been called the signature injury of the war on terror. Learning, creating, and performing music involves so many aspects of brain function that it is believed to recruit uninjured parts of the brain to compensate for parts that have been injured, and to help those parts that are injured recover. [http://www.musicorps.net/Home.html](http://www.musicorps.net/Home.html)
In a community in southern New Hampshire, dance/movement therapy (DMT) sessions play an integral part in a unique community based support group for parents of children with autism. DMT provides an outlet for the children to use movement as a form of expressive social communication and engage in healthy interactions with other children and adults. These free services are sponsored by Antioch New England Graduate School. There is no other such training model or community based service of its kind that uses this treatment approach. This unique approach helps children to engage in healthy social interactions and channel anxiety into appropriate outlets. Parents report they have "never seen [their children] so sociable. It's moving."

Barrier Free Theatre in Manhattan, Kansas produces original plays written and performed by participants with autism spectrum and intellectual disorders alongside their typically developing peers to learn social, communication and employment skills. This drama therapy program maintains a 15 year relationship with Kansas State University's Drama Therapy Program, the City of Manhattan's Department of Parks and Recreation, and the Manhattan Arts Center. From the theatre's performances, participants and audiences alike quickly recognize that everyone can contribute to everyone's health and personal growth. http://www.dramatherapycentral.com

Center for Health Design was formed in 1993 by a small cadre of pioneering healthcare and design professionals committed to advancing a singular idea – that design could be used to improve patient outcomes in healthcare environments. Today, it is a far-reaching, international community leading the effort to improve the quality of healthcare facilities worldwide, as well as environments for healthy aging.

The Miami-Dade County Public Schools Clinical Art Therapy program began in 1979. Due to the successes in students’ emotional functioning, the focus of art therapy in M-DCPS changed from serving a wide variety of special needs students to servicing students identified with emotional/behavioral disabilities. The Clinical Art Therapy Program is dedicated to helping at-risk students reach their maximum cognitive and emotional potential through the vehicle of creative expression. M-DCPS clinical art therapists develop and promote knowledge in the field of school art therapy and serve exceptional students through this dynamic approach. http://arttherapy.dadeschools.net/

Toddler Rock is a music-based early education program for underserved preschoolers, their caregivers and teachers. It was founded in 1999 at the Rock and Roll Hall of Fame and Museum by a team of board-certified music therapists under the direction of Deforia Lane, PhD, and targets “at-risk” 3-5 year-olds. Its primary objective is to increase a child’s academic, music and social skills through the structured use of music. The initial pilot data demonstrated a significant 73-percent decrease in the children’s off-task behavior and a 400-percent increase in positive parental reinforcement. All children participate in Toddler Rock without cost. The program collaborates with national and local artists and organizations and has served over 4000 children, parents and teachers. http://rockhall.com/education/inside-the-classroom/toddler_rock/
• Modern neuroscience documents how growth or stress hormones released in babies and children affect the growth of the vital hippocampus portion of the brain, which affects sense of self, ability to make relationships, and ability to learn. Dance/movement therapy is part of the Go Go Babies, program in Brooklyn, New York providing pregnant women, newborns, babies, young children, and their care givers touch, sound, and movement, with the goal of helping children learn how to safely explore the world and develop lasting confidence and curiosity.

➢ The MoMA Alzheimer’s Project is one of the first museums in the country to offer programs to make its collection and special exhibitions accessible to people with Alzheimer's disease and their caregivers. These offerings give those living with the degenerative disease an expressive outlet and forum for dialogue. The MoMA Alzheimer’s Project is the nationwide expansion of MoMA's art and dementia programs, including Meet Me at MoMA, the Museum's outreach program for individuals living with Alzheimer's disease and their caregivers. Specially trained Museum educators engage participants in the early and middle stages of the disease in lively discussions by focusing in depth on iconic art from MoMA's collection and special exhibitions. The project broadens the reach of these programs through the development of resources that can be used by museums, assisted-living facilities, and other community organizations serving people with dementia and their caregivers. [http://www.moma.org/meetme/index](http://www.moma.org/meetme/index)

• Board-certified music therapists in St. Louis lead a community-based Drumming for Memory program for individuals and their partners experiencing early stage dementia. In cooperation with the St. Louis Chapter of the Alzheimer’s Association, this program (and other similar programs nationwide) focuses on using specific drumming and music experiences to stimulate neuro-cognitive exercise. Music therapists carefully tap into the biological link between the brain’s auditory cortex and its limbic system where emotions are processed during these types of interventions. In numerous clinical studies of older adults with Alzheimer’s and other forms of dementia, familiar and likable music has reduced depression; lessened agitation increased sociability, movement, and cognitive ability; and decreased problem behaviors. [http://www.alz.org/stl/in_my_community_19938.asp](http://www.alz.org/stl/in_my_community_19938.asp)

• Working with Herman Miller Healthcare as a corporate partner, the Center for Health Design has completed the Second Annual Survey of Design Research in Healthcare Settings. A primary goal of the survey is to understand how research is being generated and applied to healthcare design. With participation from a diverse group of stakeholders involved in the healthcare design process, the survey results provide insight into many questions surrounding the use of research in healthcare design and set the stage for analysis of industry trends over time. [http://www.healthdesign.org/chd/research/2010-survey-design-research-healthcare-settings-use-and-impact-evidence-based-design](http://www.healthdesign.org/chd/research/2010-survey-design-research-healthcare-settings-use-and-impact-evidence-based-design)

➢ The Ways of Seeing dance/movement therapy program in New York State has developed programs along the spectrum from wellness- and prevention to creative self-expression for children with physical, emotional or medical illness and their families. This program is utilized in schools, special education settings, private dance/movement therapy private
practices and medical facilities. The *Ways of Seeing* program supports the parent–infant attachment relationship by helping parents learn how to read their baby's nonverbal cues and find creative ways to relate, respond and play with their baby. Dance, music and nonverbal observation activities help the parents facilitate their growing attachment relationship.

**BENEFITS OF THE ARTS IN HEALTHCARE**

Creative arts therapies and arts experiences have been applied to a vast array of health issues, including post-traumatic stress disorder, autism, mental health, chronic illnesses, Alzheimer’s and dementia, neurological disorders and brain injuries, premature infants, and physical disabilities—to improve patients’ overall health outcomes, treatment compliance, and quality of life.

**Documented benefits of participating in art therapy and visual arts activities include:**

Forty family caregivers reported significantly reduced stress, lowered anxiety, and increased positive emotions following creative arts intervention (CAI) participation. The CAI promoted short-term wellbeing in this sample. Caregivers also increased positive communication with cancer patients and healthcare providers.


Significant and maintained improvement in problem solving, communication, quality of life, anxiety and self-concept scores in pediatric asthma patients.


A statistically significant decrease in common symptoms reported by cancer patients with the use of traditional art therapy methods, along with a decrease in anxiety and tiredness.


The efficacy of an adjunctive trauma focused art therapy intervention in reducing chronic child PTSD symptoms in an inpatient psychiatric facility for youth was studies. There was significant indication that adolescents in the expressive art therapy protocol had greater reduction in PTSD symptom severity than youths in the treatment-as-usual protocol.

Treatment of nightmares in two Vietnam veterans who met criteria for PTSD was conducted comparing a drawing task with a writing task. In a 12-week intervention in which drawing and writing were alternated, both subjects reported reduction in frequency and intensity of their nightmares under the drawing condition. When writing and drawing conditions were compared there was a significant decrease under the drawing condition for both veterans.


A study at an urban hospital trauma center found that art therapy helped to reduce PTSD symptoms in pediatric trauma patients. The art therapy treatment group showed a reduction in all avoidance symptoms at 1-week and a sustained decrease at 1-month follow-up.


The study investigated the use of art and writing therapy for increasing positive outcomes after traumatic experience. Results indicated that participant satisfaction was greater for those who used art. Pizarro concluded that art might encourage treatment retention.


**Positive outcomes achieved through music therapy and music interventions include:**

VA participants who received rhythmic auditory stimulation, a neurologic music therapy technic, following strokes improved their one-limb stance, cadence, velocity, stride-length, and posture significantly more than control participants.


Infants receiving Neonatal Intensive Care Unit-Music Therapy (NICU-MT) gained more weight/day than infants not referred for music therapy.


Participants diagnosed with post-traumatic stress disorder (PTSD) experienced greater reductions in symptoms with music therapy than with cognitive behavioral therapy.

Soldiers diagnosed with PTSD regained a sense of control and increased self-confidence through music therapy techniques of rhythmical synchronization, while playing basic and complex rhythmic patterns in a circle group drumming. Drumming was found to serve as a substantitive instrument for expressing aggression and communicating anger. Though trauma can isolate and disconnect the victim from society group therapy can restore social relationships by fostering feelings of belonging.


The use of song by music therapists and caregivers for/with persons with dementia can be an effective intervention tied to a variety of relevant outcomes.


Findings suggest that music therapy enhances physical, psychological, cognitive and emotional functioning within physical rehabilitation.


In a systematic review of 30 trials, with a total of 1891 participants, findings suggest that music therapy and music medicine interventions may have a beneficial effect on anxiety, pain, mood, quality of life, heart rate, respiratory rate, and blood pressure in cancer patients.


Positive outcomes attained via **dance/movement therapy** and **dance activities** include:

Meta-Analysis of Dance/Movement Therapy Interventions and the Therapeutic Use of Dance

Dance/movement therapy contributes to the healing process directly on a body level when utilized in the treatment of complex psychological trauma with survivors of torture, rape, and war.


A randomized controlled trial implementing a 10 week DMT group examined changes in the short- and long-term (N = 162) on people suffering from stress. Utilizing The World Health Organization Quality of Life Questionnaire 100 (WHOQOL-100), the study found that DMT significantly improved quality of life, especially psychological well-being and general life in the short and long term. Social relations, global value, and physical health improved significantly in the short term. Spirituality and general life improved in the long term as an effect of dance therapy.


In a recent RCT of Dance/Movement Therapy (DMT) as a group intervention in stress treatment, researchers found that negative strategies decreased and distraction improved significantly through DMT. Psychological distress and psychopathology decreased significantly after treatment. Gains were found to be maintained even at 6-months’ follow-up.


A systematic review of the effects of DMT and ballroom dance on physical and mental illnesses found that DMT had a positive impact for patients with breast cancer, improving quality of life, shoulder range of motion and body image. In patients with depression psychological distress was reduced by dance therapy. Ballroom dances improved balance and coordination in patients with Parkinson's disease and disease-specific quality of life in patients with heart failure. DMT and ballroom dances seem beneficial for patients with breast cancer, depression, Parkinson's disease, diabetes and heart failure.


Integrated dance/movement therapy and body psychotherapy intervention for patients with schizophrenia resulted in significant improvement in negative symptoms and showed greater treatment outcomes.


DMT conducted in groups or with individuals serves “both as a bridge for contact and a vehicle for expressive communication for individuals with autism.” DMT has a unique facility for
increasing understanding, reflecting, and expanding nonverbal expression of those with autism. It can help children and adolescents with autism improve socialization and communication and build body awareness while enhancing relational engagement.


Dance/movement therapy has been utilized as the primary therapeutic intervention for families exposed to domestic violence. DMT offers not only a way to address the physical and emotional patterns of immobilization but also, as a reparative tool, it assists victims in integrating healthy self-regulatory capacities that have been stunted by trauma experienced through the body. DMT provides a direct approach to address specific symptoms of abuse that appear in individuals within a family, and helps re-choreograph the family dynamics and relationships dysregulated by the domestic violence.


Interventions involving **drama therapy**, **psychodrama**, and **dramatic arts** have demonstrated the following benefits:

Working with clients with PTSD, drama therapy safely increases capacity to tolerate the remembering and expressing of difficult memories.


Among clients with autism and other developmental disabilities, the use of drama therapy improves self esteem, confidence and expressivity.


For suicidal youth across cultures, the use of myth and fairy tale in drama therapy facilitates access and insights about difficult personal material.

A psychotherapeutic relaxation group that integrates drama therapy and progressive muscle relaxation diminishes aggression and regulates behavior among children in an acute psychiatric hospital.


Drama therapy (ENACT Method) used in New York City’s most troubled public schools increases emotional intelligence and helps students to modify disruptive behavior in the classroom and at home.


Research focused on architecture and evidence-based healthcare design includes:

Physical environment is an important component in the acute care setting that can affect nursing and medication accuracies. Four design-related principles are recommended: balance between patient accessibility and reduction of disruptions, automation, minimize staff fatigue, and promoting a culture of safety.


The design of the physical environment impacts resident and staff outcomes in long-term care settings and contributes to a better quality of life for those who live and work in and visit these facilities.

- The Center for Health Design: Health Promotion by Design in Long-Term Care Settings: [http://www.healthdesign.org/chd/research/health-promotion-design-long-term-care-settings](http://www.healthdesign.org/chd/research/health-promotion-design-long-term-care-settings)

Evolutionary and emotional congruence theoretical perspectives support the use of certain types of artwork to reduce stress and promote improved outcomes in healthcare settings.


Over 1,000 research studies show healthcare design can improve patient care and staff loyalty, medical outcomes and institutional productivity, and can decrease medical errors and waste.

An evidence-based hospital design creates a patient-and family-centered environment; improves the quality and safety of healthcare; enhances care of the whole person by providing contact with nature and positive distractions; creates a positive work environment; and is designed for maximum standardization, future flexibility, and growth.


Creative Arts Therapies and Arts in Health in the News

Visualizing Art
http://www.dana.org/News/Visualizing_Art/

Art Therapy and Attention Deficit Disorder
http://www.additudemag.com/adhd/article/10114.html

Art Therapy at the National Epilepsy Center – Detroit, MI
http://media.wix.com/ugd/3fa05e_63de5cf831fe06a0e439051e3a70c42.pdf

Art Therapy for Individuals Diagnosed with Eating Disorders
http://pershingturnercenters.com/2012/02/art-therapy-a-natural-fit-for-eating-disorders/

Expressive Therapy at the Center for Eating Disorders at Shepherd Pratt
http://eatingdisorder.org/treatment-and-support/therapeutic-modalities/expressive-therapy/

Art Therapy and the Elderly
http://www.aplaceformom.com/blog/2013-10-31-art-therapy-good-for-brain/

Art in Senior Living

Benefits of Art Therapy for Veterans Diagnosed with Post-Traumatic Stress Disorder

Expansion of Creative Arts Therapy Program through the National Endowment for the Arts
http://arts.gov/news/2013/national-endowment-arts-announces-expansion-creative-arts-therapy-program#sthash.JFLa0PJJ.dpuf

Art Therapy Interventions at Walter Reed Army Medical Center, Bethesda, MD

Art Therapy at Resilience Workshop Fort Drum, Jefferson County, NY
Art Helps Boston Marathon Bombing Victim Ryan McMahon Heal

School-Based Art Therapy Services-Miami-Dade County Public Schools

Creative and Therapeutic Arts Services at Children’s National Medical Center
http://www.childrensnational.org/Visiting/ServicesForFamilies/NewHorizons.aspx

Arts in Medicine Program at Shands HealthCare
http://artsinmedicine.ufhealth.org/programs/visual-art/

Art Therapy Interventions for Children Diagnosed with Cancer
http://www.tracyskids.org/

Expressive Therapies for People Diagnosed with Alzheimer’s and Related Dementias

"Deerfield-Based North Shore Dance Therapy Delivers ‘Amazing’ Results"

"Indianapolis Dancing Class Boosts Memory for those with Alzheimer's: Movement and the Arts Help Engage People with Dementia, Researchers Say"
s?nclick_check=1&utm_content=buffer65340&utm_source=buffer&utm_medium=twitter&utm_campaign=Buffer

Dance/Movement Therapy for Individuals Diagnosed with Chemical Dependency
http://www.alltreatment.com/dance-movement-therapy

Benefits of Dance with Veterans Diagnosed with PTSD and TBI

Marines Using Dance to Improve Coping Skills

Dance and Movement for Healthy Child Development and Learning

Upcoming Documentary titled, “The Moving Child”
https://www.facebook.com/themovingchild
http://themovingchild.com/
Dance/Movement Therapy for Children Diagnosed with Special Needs

UCLArts and Healing “Beat the Odds” Program
http://www.uclartsandhealing.net/sitepage.aspx?id=78

Hancock Center for Dance/Movement Therapy
http://www.examiner.com/article/ Hancock-center-for-dance-movement-therapy-30-anniversary?cid=rss

ADTA White Paper: Dance/Movement Therapy and Obesity in Children and Adolescents

Movement Academy Project
http://movementacademyproject.com/

Hancock Center - Wisconsin State Journal

TEDx Talk with Dr. Tal Shafir, "How Your Body Affects Your Happiness"
http://www.youtube.com/watch?v=ljm0ldxgkcE

Music Therapy and Military Populations

Music Therapy Provides Aid for Stroke Victims, People with Autism
http://www.wboy.com/story/24967776/music-therapy

Oxford University Press Blog: The Rise of Music Therapy
http://blog.oup.com/2014/02/music-therapy-interview/

Self-Expression for Adults Diagnosed with Developmental Disabilities
http://www.newsreview.com/reno/self-expression/content?oid=12850131

Music Therapy Helps Troubled Teens Connect

Music Therapy Enhances Hospice Patients’ Quality of Life
http://www.miamiherald.com/2014/02/24/3957434/music-therapy-enhances-hospice.html

Music Therapy: Healing Through the Power of Song

Music Therapy Positive for Young Cancer Patients
http://www.oncologynurseadvisor.com/music-therapy-positive-for-young-cancer-patients/article/332552/
Music Therapy May Help Teens with Cancer Cope

Music and Sleep at Children’s Hospital of Pittsburgh
http://wellness.pittsburghsymphony.org/music-and-sleep-at-chp/

PBS NewsHour, “Veterans Changing the Arts”
http://www.pbs.org/newshour/art/blog/2012/04/has-your-military-service-influenced-your-art.html

Art Therapy and Dementia
http://bostonglobe.com/lifestyle/health-wellness/2012/11/27/art-therapy-may-most-effective-treatment-for-dementia/gzKnW8AknOVkMxjAZs7LMN/story.html

ABC News, “Marine Art Therapy, Helping Vets Recover”

Science Daily, “Art Therapy Can Reduce Pain and Anxiety in Cancer Patients”
http://www.sciencedaily.com/releases/2006/01/060102104539.htm

Marie Genne Kairo’s Dance Brings Movement to the Elderly:
http://minnesota.publicradio.org/display/web/2013/01/28/arts/art-hero-maria-genne-kairos-dance

Music Therapy Has Educational Beat
http://www.stltoday.com/suburban-journals/stcharles/education/music-therapy-has-educational-beat/article_a8d0029f-d816-5fba-97d8-a5b4f9248c0c.html

CBS News, “The Healing Arts”
http://www.cbsnews.com/video/watch/?id=7407646n&tag=mg;health

Music Therapists Help Ease Treatment of Children with Severe Burns
http://www.wbur.org/2012/10/09/shriners-hospital-music-therapists

Army Times, “Art Therapy Offers Outlets for Military Kids”

Dance/Movement Therapy in Washington DC
http://www.youtube.com/watch?v=yQ8kDM5no7g

Music Therapy Helps Stroke Patient Speak Again
http://video.foxnews.com/v/2129383963001/music-therapy-helps-stroke-patient-speak-again/?playlist_id=930909749001#sp=show-clips
Psychology Today, “When Trauma Happens, Children Draw”

Science & the Arts from NPR’s Science Friday
http://www.sciencefriday.com/blogs/03/14/2012/picturing-a-brain-injury.html

New Musical Pacifier Helps Premature Babies Get Healthy
http://www.sciencedaily.com/releases/2012/05/120521213514.htm

Hoping That Art Helps with Healing