



# Benefits of Expressive Therapies with Children and Teens

Working with a licensed therapist to use *expressive therapies* supports children overcome negative behaviors and symptoms in the following ways...

## **BENEFITS of Expressive Therapies**

- Allows children to communicate what is sometimes difficult to put into words
- Helps children feel understood
- Children gain skills and a sense of achievement, providing ownership of their successes
- Encourages children to build trust in a safe environment
- Increases their self-esteem and self-respect
- Assists children in gaining a new, more objective perspective on their challenges or difficult life circumstances
- Provides a safe outlet for feelings such as fear, guilt, pain, rage and anger
- Encourages children to make positive choices and to gain hope for the future
- Build skills which helps children manage difficult emotions and circumstances

## **PROCESS of Expressive Therapies- CHILDREN**

- Experiences of grief, loss or separation
- Trauma
- Life transitions
- Injury/accidents
- Divorce/remarriage
- Hyperactivity
- Learning Disabilities
- Emotional Issues (fear, anxiety, depression, self-esteem anger)
- Behavioral Issues (aggression, withdrawn, impulsivity, tantrums, mutism)

## **PROCESS of Expressive Therapies – TEENS**

- Unresolved conflicts in family relationships
- Developmental challenges
- Trauma
- Life transitions and changes
- Anxiety
- Depression
- Eating disorders
- Questions surrounding identity
- Social concerns
- Emotional issues

There is scientific proof that says while we are being creative, such as in *expressive therapies*, our brains release dopamine, which is a natural anti-depressant. Participating in *expressive therapies*, requires creativity and usually takes concentration, leading to a "natural high". Scientists believe there is a link between expressive/creative activities and the ability to reduce cognitive impairment associated with depression and anxiety. Participating in these activities can help boost self-esteem and gain self-confidence.