



EMILY COOPER WELTY EXPRESSIVE THERAPY CENTER

Akron Children's Hospital

ABOUT THE EXPRESSIVE THERAPY CENTER

- The Expressive Therapy Center is the only facility in northeast Ohio designed for patients and their families to receive holistic healing through the arts.
- The center was inspired by a Palliative Care patient, Lauren Gartner who, with her friend, Maddy used creativity to help her cope with a long illness.
- They brought art to the hospital and shared this with other patients since it helped her cope.
- Inspired by Lauren and Maddy, Dr. Sarah Frieibert, director of the Haslinger Pediatric Palliative Care Division at ACH, sparked the creation of the Expressive Therapy Center.



Photos of the Expressive Therapy Center before renovation

“

Art washes away from the soul the dust
of every day life.

-Pablo Picasso

Create

- *Area for drawing, painting and sculpting*
- *Recording Studio*
- *Grand piano and a variety of instruments*
- *Video Equipment*
- *Dance area*
- *Stage for performances*
- *Computers with creative and adaptive equipment*

Heal

Board-Certified Expressive Therapists help patients reach treatment goals such as:

- *Reduce anxiety or pain*
- *Relaxation skills*
- *Address communication barriers*
- *Offering choice*
- *Procedural support*
- *Promote self-expression*

Inspire

Anyone, patients, families, and staff, can benefit from the programming in the ETC. These include:

- *Music, art, and expressive therapy*
- *Dance classes and performances*
- *Poetry and storytelling*
- *Theatre*
- *Area arts agencies*



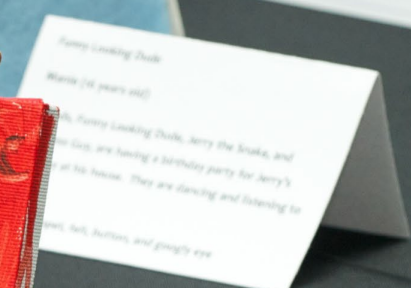
Please do not
touch the art!



The Window
Ayanna (11 years old)
Acrylic paint on mini canvas



Love
Olivia (5 years old)
Acrylic paint on mini canvas



Funny Looking Dude
Marie (16 years old)
The Funny Looking Dude, Jerry the Snake, and
the Goo, are having a birthday party for Jerry's
at his house. They are dancing and listening to
music, ball, buttons, and giggly eye



Untitled
Tiffany (18 years old)
Alcohol inks on ink paper



Untitled
Tiffany (18 years old)
Alcohol inks on ink paper





was made possible thanks to generous contributions from:

Mark & Beverly Belgia
Northern Ohio Golf Charities Foundation
The Burton D. Morgan Foundation
The Haslinger Family Foundation
Thomas & Megan Bruno
The H. Peter Burg Fund

The Lehner Family Foundation
The Welty Family Foundation
Don & Cindy Misheff
The Sisler McFawn Foundation
Roger & Judy Read
FirstEnergy Foundation

David & Robyn Cutler
Dave & Cindy Glass
Barbara LaRose
Andy & Linda Platt
Joe & Annette Feltes
Steve & Jeannine Marks

Make peace
7-10-10

JAZMIN
JAXON
He'Shira
Graham
vinctent
strong
B'Shekin
Jillian





create heal inspire
Encourage the Possibilities

10/24/2014





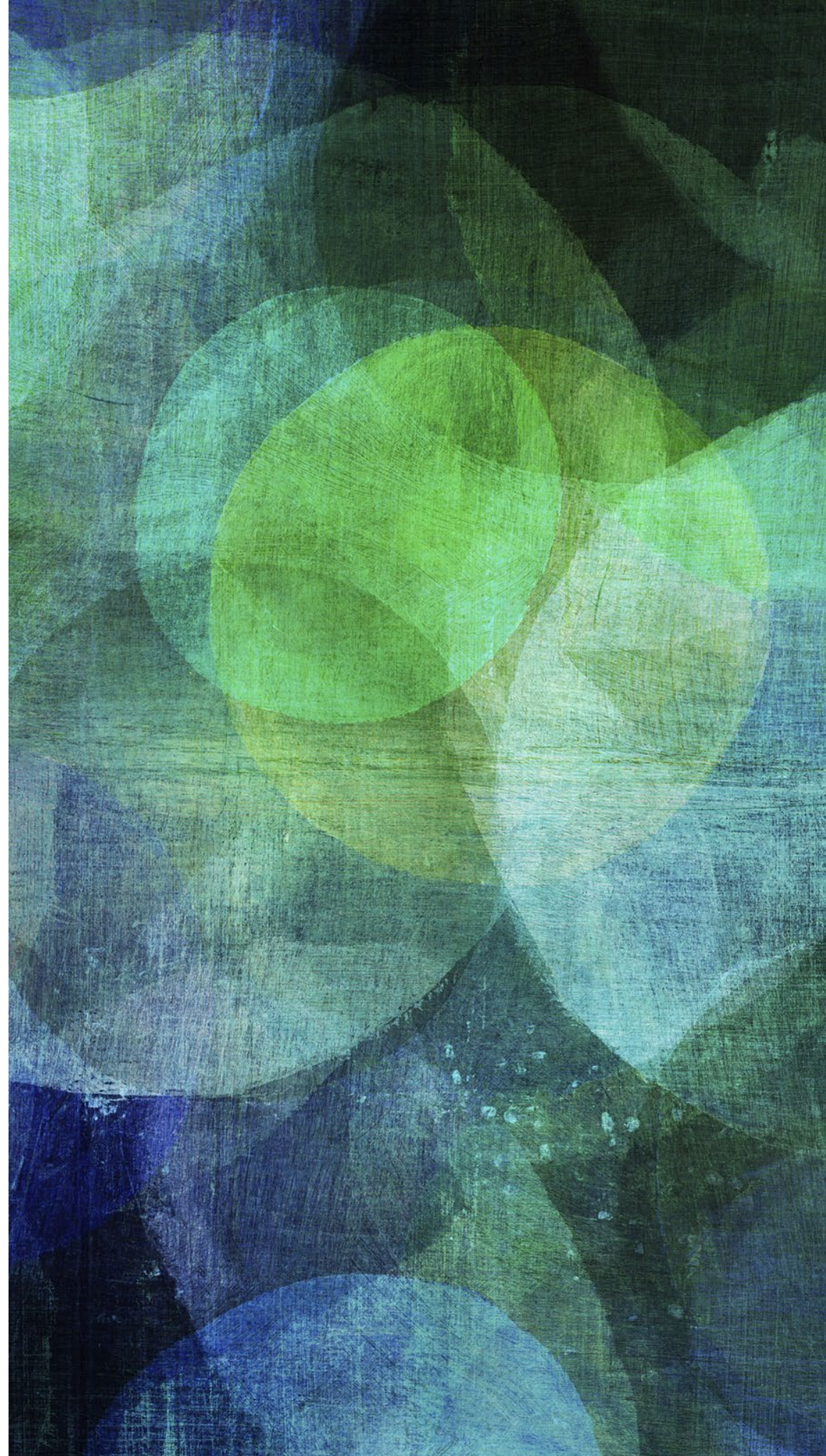
ETC STAFF

.....

- Melissa Krager, Program Coordinator
- Elizabeth Germano, MT-BC, NICU-MT, Music Therapy Coordinator
- Emily Grabo, MA, ATR-BC, LPC, Art Therapy Coordinator
- Nicole Robinson, MFA, Narrative Medicine Coordinator

ART THERAPY

.....
Emily Grabo, MA, LPC, ATR-BC



“

Every artist dips his brush into his own soul, and paints his nature into his pictures.

-Henry Ward Beecher

WHAT IS ART THERAPY?

Art Therapy is a mental health profession that uses the creative process of art making to improve and enhance the physical, mental and emotional well-being of individuals of all ages. It is based on the belief that the creative process involved in artistic self-expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness, and achieve insight.

ART THERAPIST QUALIFICATIONS

- A master's degree is required for entry level practice in art therapy.
- Includes coursework and clinical work
- Art therapists are often co-credentialed in art therapy and counseling
- Complete required post-graduate supervision hours to gain ATR (Registered Art Therapist) and pass the board exam to gain credential ATR-BC (Board Certified Registered Art Therapist). This is required to practice at ACH.
- Continuing education is required to maintain credentials and re-certify every 5 years.

RESEARCH INDICATES THAT ART THERAPY:

- Reduces stress
- Aids in pain management
- Decreases anxiety
- Promotes emotional well-being
- Strengthens self-identity
- Improves an individual's adaptability to traumatic experiences

Nainis, N. (2008).

EXPRESSIVE THERAPY GOALS IN PEDIATRIC HEALTHCARE

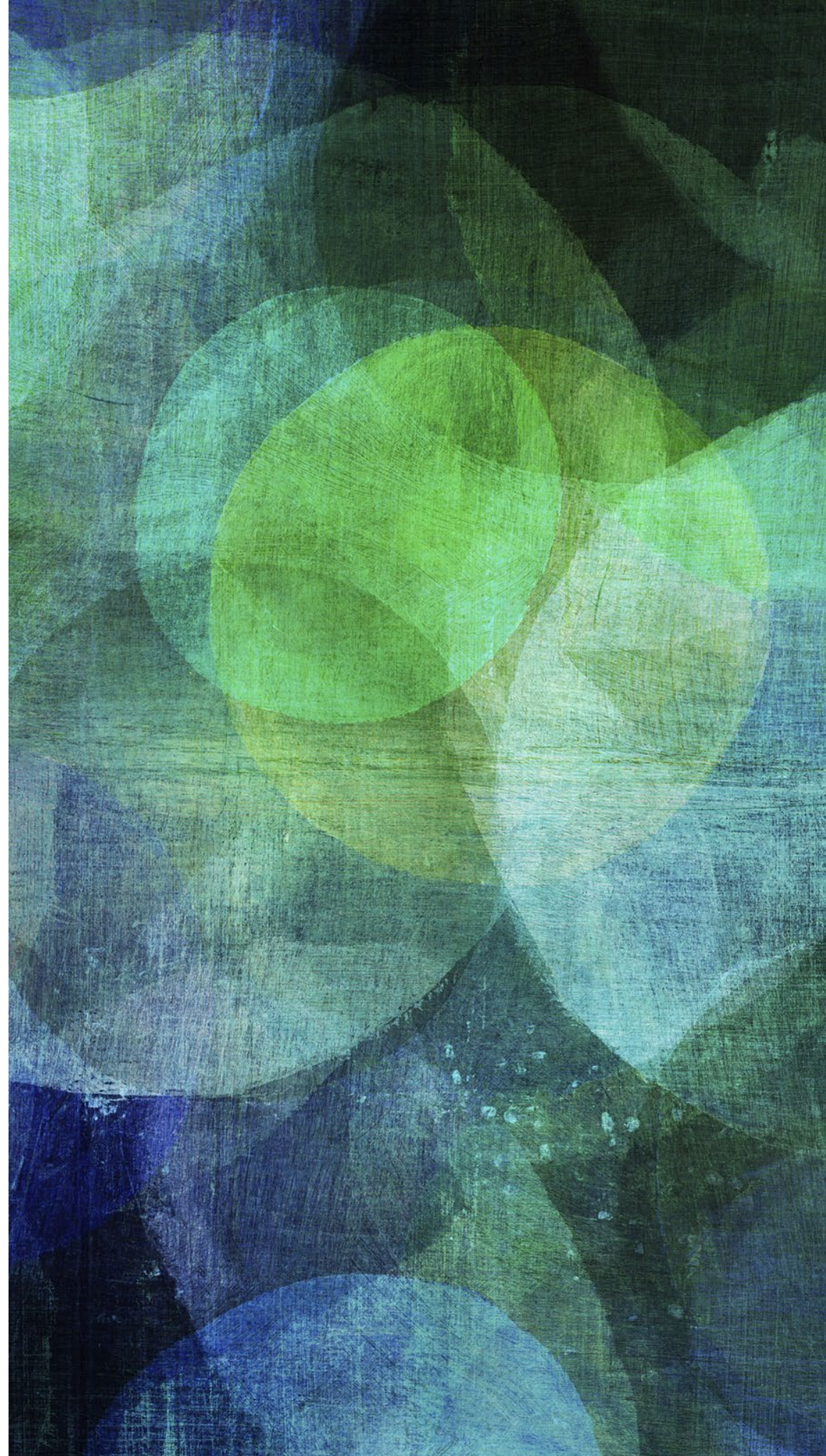
- Decrease anxiety and fear
- Improve coping through choice and control
- Alleviate pain
- Increase emotional expression
- Decrease feelings of isolation
- Improve socialization skills
- Strengthen and improve communication
- Improve family dynamics surrounding treatment
- Experience feeling of community

ART THERAPY AT AKRON CHILDREN'S HOSPITAL

- Art Therapy is available to patients, families, and staff at Akron Children's
- Weekly and monthly patient and family art therapy groups
- Monthly staff art therapy groups
- Individual sessions by referral. Patients and families are seen at the bedside, in outpatient infusion centers, or in the ETC
- A limited number of Palliative Care patients are seen at their homes each month

MUSIC THERAPY

.....
Elizabeth Germano, MT-BC, NICU-MT



“

Music can lift us out of depression or
move us to tears- it is a remedy, a tonic,
orange juice for the ear.

-Oliver Sacks

WHAT IS MUSIC THERAPY?

- Music therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program (American Music Therapy Association).

- www.musictherapy.org, www.aomt.org

MUSIC THERAPISTS' QUALIFICATIONS

- Music therapists must complete three steps in order to practice:
 - Complete an approved college music therapy curricula
 - Complete a 6-9 month internship
 - Pass the national board certification exam
- Music therapists hold the credentials MT-BC which stands for Music Therapist- Board Certified
- Continuing education is required to maintain credentials and re-certify every 5 years.

MUSIC THERAPY INTERVENTIONS

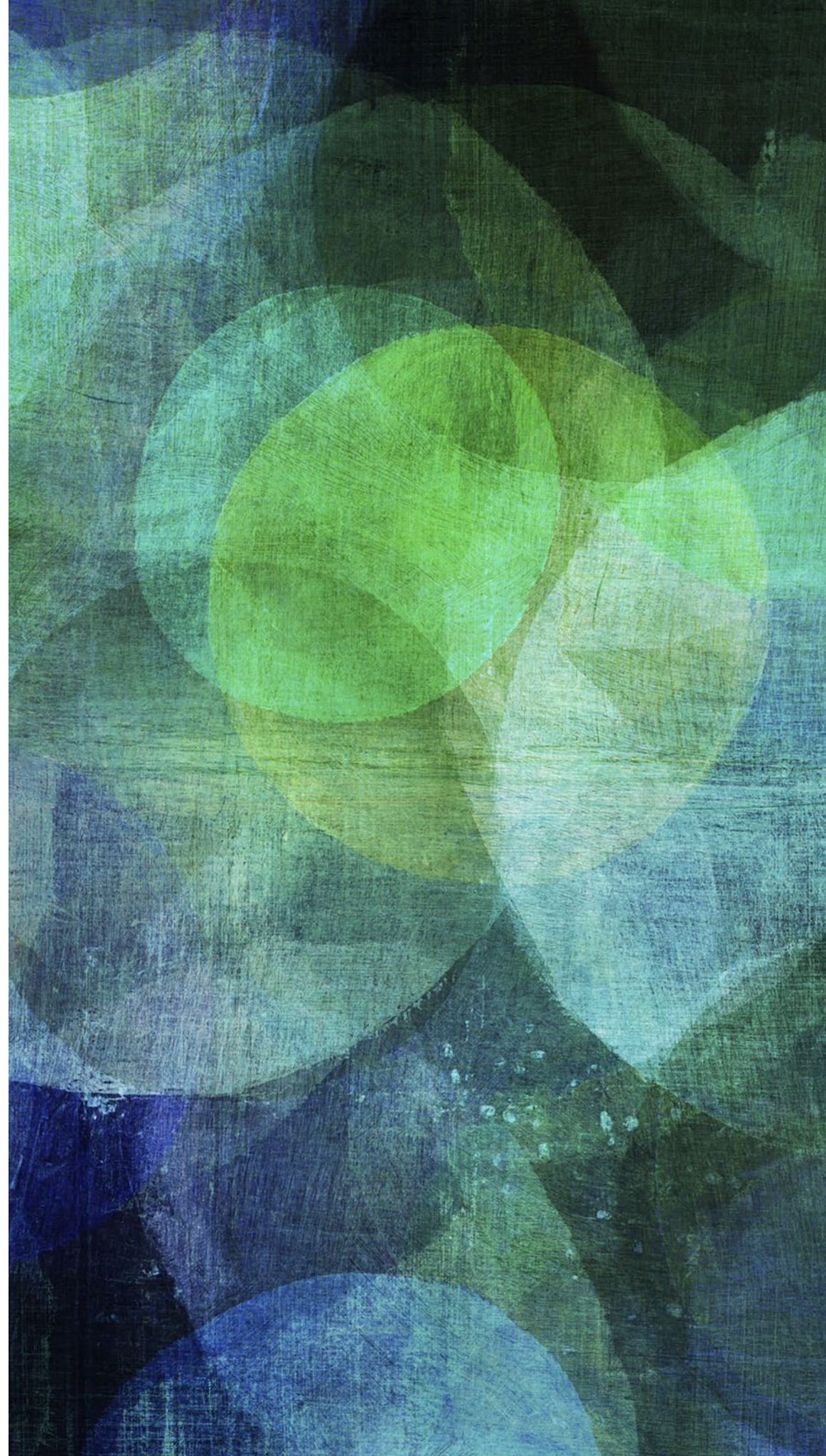
- Improvisation
- Therapeutic and Live Singing
- Song Choice
- Instrument Playing
- Composition/Song Writing
- Guided Imagery and Music
- Lyric Analysis
- Music Ensembles
- Concept Songs
- Developmental Music Therapy
- Adaptive/Rehabilitative Music Therapy

MUSIC THERAPY AT AKRON CHILDREN'S HOSPITAL

- Music Therapy is accessible to the patients and staff at Akron Children's through group sessions and individual work.
- Groups include:
 - Music Therapy Open Studio
 - Ukulele Workshops
 - Inpatient Behavioral Health Groups
 - Rehab. Group
 - Boombinos Staff Ensemble
- Patients and Families are also seen individually at the bedside and in the center through referral
- A limited number of Palliative Care patients and their families are also seen at home.

Narrative Medicine

Nicole Robinson, MFA



“

Poetry has a great digestive system and
can consume and recycle almost
anything.

—*Stanley Kunitz*

WHAT IS NARRATIVE MEDICINE?

- Narrative medicine is an interdisciplinary field that brings powerful narrative skills of radical listening and creativity from the humanities and the arts to address the needs of all who seek and deliver healthcare. Narrative medicine – through the use of poetry, literature, and other genres – enables patients and caregivers to voice their experience, to be heard, to be recognized, and to be valued, improving the delivery of healthcare.

BENEFITS OF NARRATIVE MEDICINE FOR CHILDREN, FAMILIES, AND STAFF

➤ **For children and families**

- Helps express and explore the health care journey
- Provides creative ways to have fun and feel a sense of normalcy during the hospital experience
- Supports children and families while they express, discover, and explore emotions individually or with each other
- Offers tools to approach content that otherwise feels too difficult to approach through standard communication
- Assists siblings who feel forgotten during a child's health care journey
- Allows children to feel in control of their narrative during a time that can feel uncontrollable

➤ **For staff**

- Increases empathy while also promoting self-care and reflection to help protect from burnout and empathy / compassion fatigue
- Promotes resiliency and communication for individuals and medical teams
- Promotes deeper understanding of children receiving care and of their illnesses
- Helps to make children and families feel heard and understood

NARRATIVE MEDICINE AT AKRON CHILDREN'S HOSPITAL

- Children and families are referred to narrative medicine by hospital staff or families can self-refer
- Individual narrative medicine sessions are available for children and families throughout the hospital on a weekly basis
- A limited number of home visits are provided once a month for children and families receiving services through the Haslinger Family Pediatric Palliative Care Division
- Multiple weekly groups are provided to children and adolescents while admitted to our Inpatient Behavioral Health Unit
- Multiple weekly groups are provided to adolescents through our Partial Hospitalization Program and Intensive Outpatient Program of the Lois and John Orr Family Behavioral Health Center
- Groups for are provided through our Good Mourning bereavement series which runs four times a year
- Open groups for children and families – such as adventure writing and comic-book writing – are provided throughout the year in the Expressive Therapy Center
- A monthly group for parents is provided in the Expressive Therapy Center
- Staff and department workshops are provided on an as needed basis through department requests; CMEs are available for workshops when applicable

RESOURCES AND WEBSITES

Art Therapy:

www.arttherapy.org

www.buckyearththerapy.org

Music Therapy:

www.musictherapy.org

www.aomt.org

Narrative Medicine:

www.narrativemedicine.org

<https://sps.columbia.edu/academics/masters/narrative-medicine>

Akron Children's Expressive Therapy Center:

<https://www.akronchildrens.org/cms/expressive-therapy/index.html>