

Please review the Questionnaire:



HERE'S
YOUR
GIFTPAK



CREATIVE

RESONANCE

A Reflection On How Art Moves You

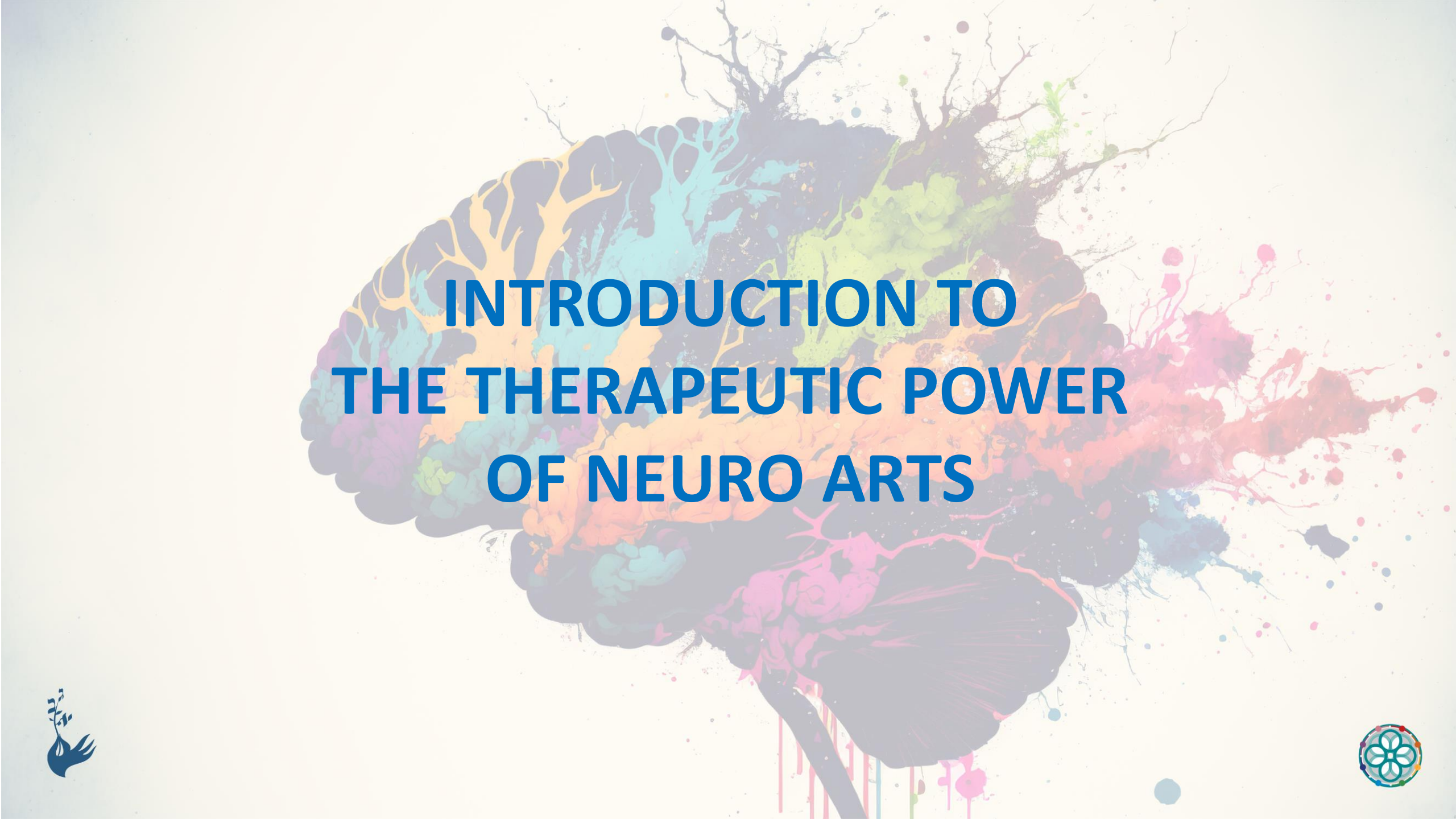




NEURO ARTS IN PRACTICE: CUSTOM TAILORED TOOLBOX FOR OUR CLIENTS (PART 2)

Rus Devorah (Darcy) Wallen, LCSW, ACSW, CIMHP

NEFESH CONFERENCE DECEMBER 2024



INTRODUCTION TO THE THERAPEUTIC POWER OF NEURO ARTS



SUSAN MAGSAMEN
EXECUTIVE DIRECTOR OF THE
INTERNATIONAL ARTS + MIND LAB
CO-DIRECTOR NEUROARTS BLUEPRINT

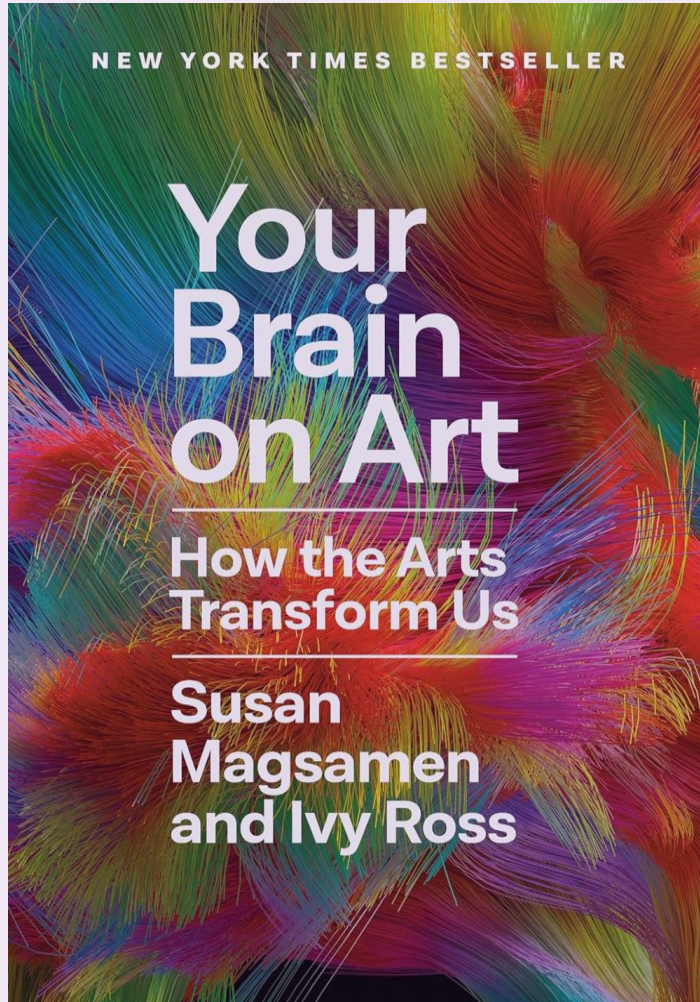
“The goal of the (NeuroArts) Blueprint is really simple. It’s to ensure that the arts and the use of the arts in all of its many forms, become part of mainstream medicine and public health with all the fundamentals that that entails in research, practice, education, policy...”



YouTube video December 5, 2022 - Creativity And The Brain: How The Arts Can Shape Well-being



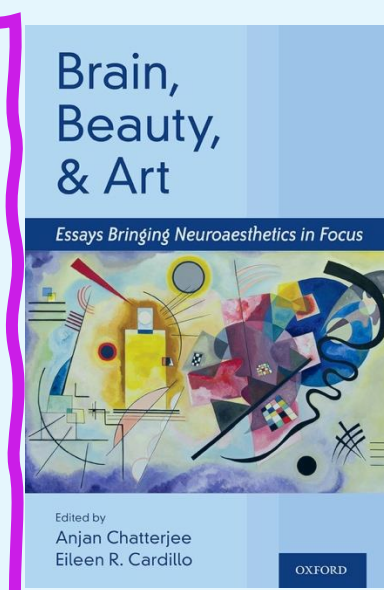
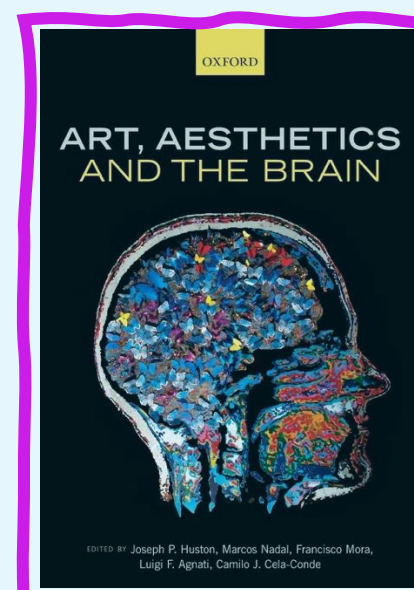
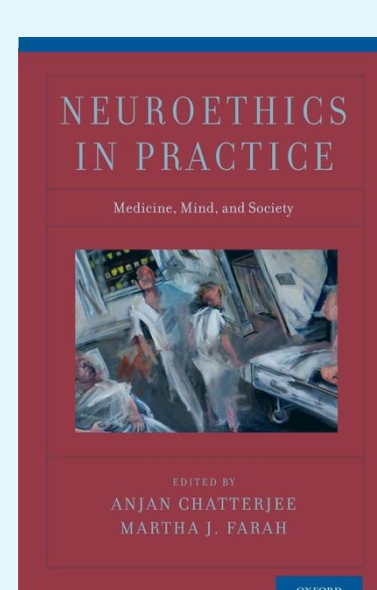
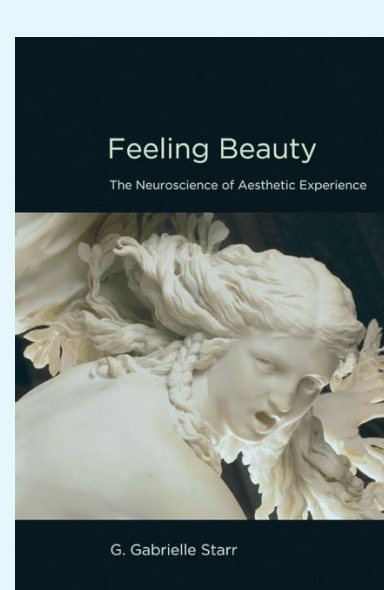
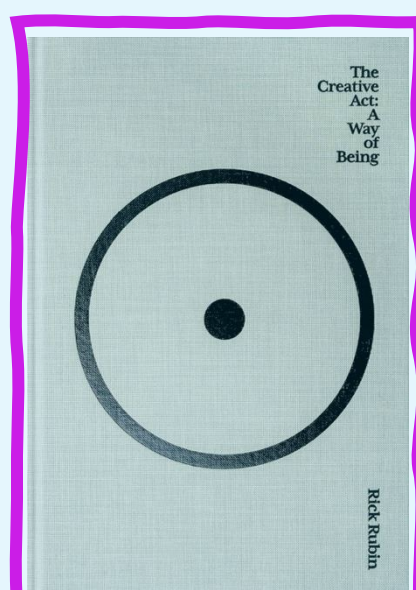
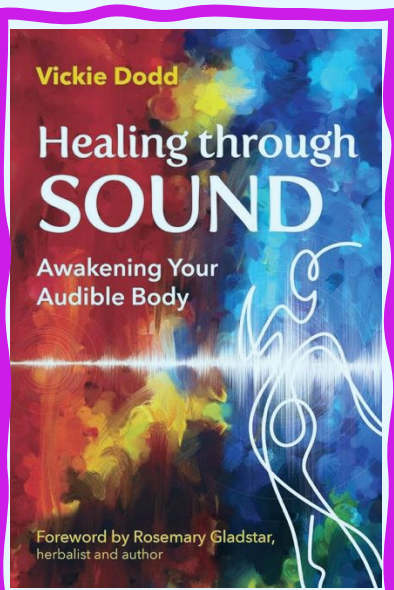
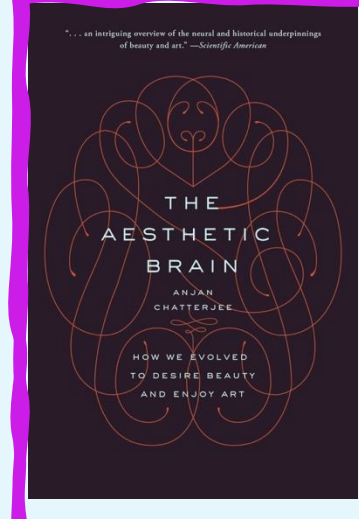
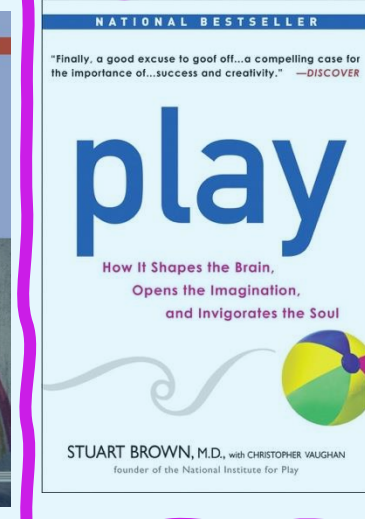
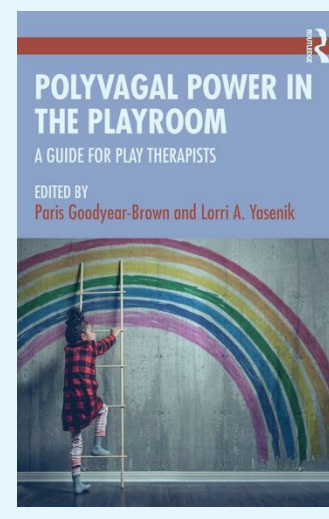
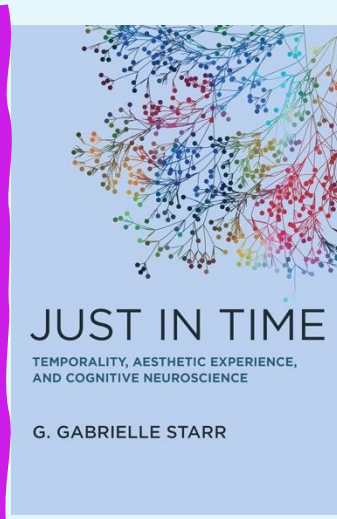
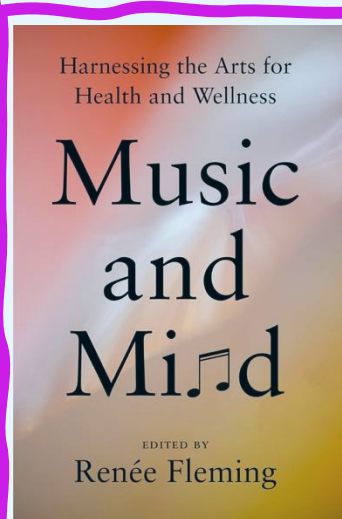
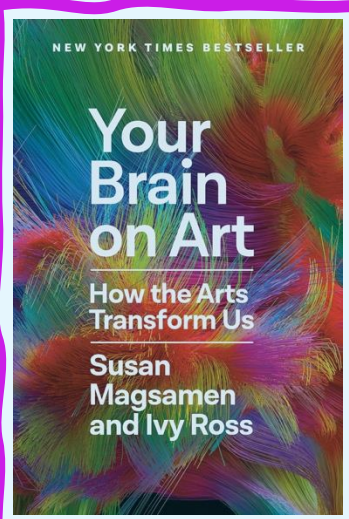
"YOUR BRAIN ON ART" – PIONEERS • IVY ROSS AND SUSAN MAGSAMEN



- 1. BRAIN'S RESPONSE TO ART**
Engages reward pathways and emotional centers.
- 2. ART AS THERAPY**
Manages stress, anxiety, depression, self expression.
- 3. CREATIVITY FOR HEALING**
Promotes mental well-being and personal growth.
- 4. MINDFUL ART PRACTICES**
Cultivates present-moment awareness and reduces stress.
- 5. CREATIVE LIFESTYLE**
Integrates creativity daily for well-being.

Visit NeuroArtsBlueprint.org for more details.

SOME NEURO ARTS & NEURO AESTHETICS LITERATURE



MANY MEANS OF HEALING THROUGH THE ARTS

- Preventative Medicine
- Symptom Relief For Issues
- Treatment,
- Intervention For Illness,
- Developmental Issues,
- Accidents,
- Psychological Support,
- Tool For Successful Living With Chronic Issues,
- End of Life Solace and Meaning.



MENTAL HEALTH CRISIS

- **The WHO states we have a current mental health crisis among young adults and caregivers.
(See GIFTPAK article – Daisy Fancourt)**
- **Daisy Fancourt's studies show regular engagement in the arts lowers mortality risk and enhances cognitive reserve**
- **“Social prescribing” of arts, play, and aesthetics for mental health improvement.**



These Papers are in your GIFTPAK

Proyer and Ruch *Psychology of Well-Being: Theory, Research and Practice* 2011, 1:4
<http://www.psywb.com/content/1/1/4>

 Psychology of Well-Being
a SpringerOpen Journal

RESEARCH

Open Access

The virtuousness of adult playfulness: the relation of playfulness with strengths of character

René T Proyer* and Willibald Ruch



HEALTH EVIDENCE NETWORK SYNTHESIS REPORT 67

What is the evidence on the role of the arts in improving health and well-being?

A scoping review

Daisy Fancourt | Saoirse Finn

Abstract

Background: It was hypothesized that playfulness in adults (i.e., the predisposition to play) is robustly associated with the “good character.” Playfulness in adults can be tested via a global cognitive evaluation and an instrument for distinguishing five different facets of playful behaviors (spontaneous, expressive, creative, fun, and silly). Character strengths can be assessed within the framework of the Values-in-Action (VIA) classification of strengths.

Results: Data were collected in an online study and the sample consisted of 268 adults. A regression analysis revealed that adult playfulness was best predicted by humor, the appreciation of beauty and excellence, low prudence, creativity, and teamwork. As expected, single strengths (e.g., creativity, zest, and hope) demonstrated strong relations with facets of playfulness with its fun-variants yielding the numerically highest relations. The fun-variant of playfulness was most strongly related with emotional strengths while intellectual strengths yielded robust relations with all facets of playfulness. Strengths of restraint were negatively related with spontaneous, expressive, and silly-variants of playfulness.

Conclusions: The findings were in line with expectations and are discussed within a broader framework of research in playfulness in adults. The results indicate that playfulness in adults relates to positive psychological functioning and that more studies further illuminating the contribution of playfulness to well-being in adults are warranted.

Keywords: adult playfulness, character strengths, humor, playfulness, VIA, virtuousness

RENÉE FLEMING – “AMBASSADOR FOR THE ARTS” and Diva Soprano

RENÉE MRI STUDY OF BRAIN ACTIVITY

- Listening
- Singing
- Imagining singing (most brain activity)

RESEARCH SHOWS

- Listeners' benefits: heart, mind, body
- Help during tragic loss, illness, cancer



Harnessing the Arts for
Health and Wellness

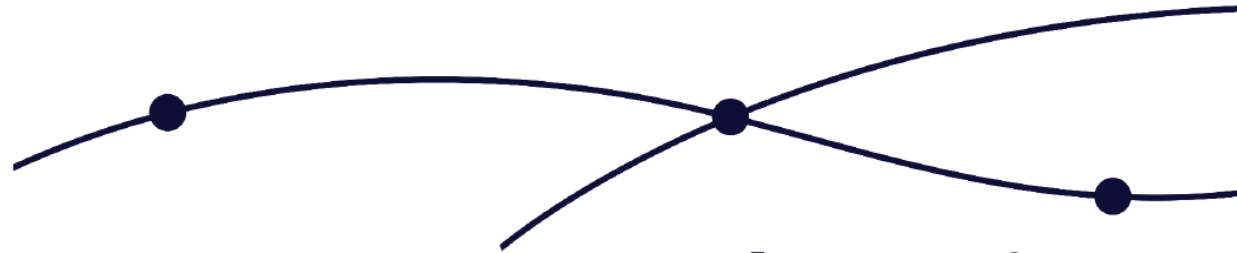
Music and Mind

EDITED BY

Renée Fleming

RENÉE FLEMING – “AMBASSADOR FOR THE ARTS”

RENÉE FLEMING – “AMBASSADOR FOR THE ARTS”



NeuroArts Blueprint

Advancing the Science of Arts, Health, and Wellbeing



Renée Fleming Neuroarts Investigator Awards 2025

Request for Proposals

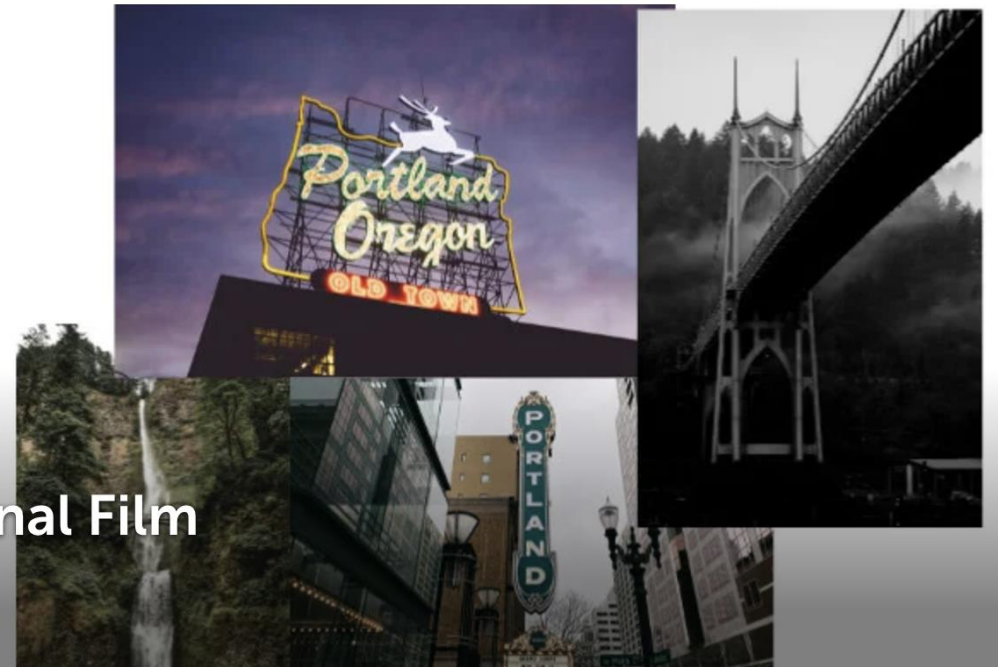
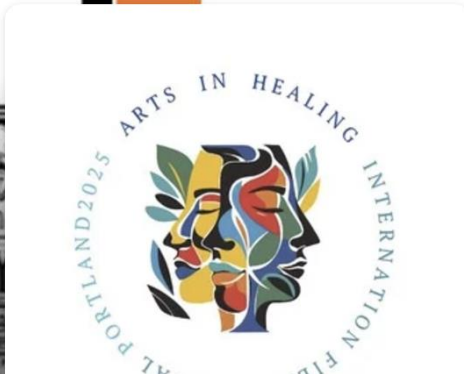


NEUROARTS & HEALING PROGRAMS ARE CROPPING UP ALL OVER!!!!

FilmFreeway

[How It Works](#) [Browse Festivals](#) [Log In](#) [Sign Up](#)

Lewis & Clark
Graduate School of
Education and Counseling



BENEFITS OF NEURO ARTS

THE NEUROBIOLOGICAL BASIS OF ARTISTIC ENGAGEMENT

- **Emotional Regulation:** Reduces stress, improves emotional regulation.
- **Social Connection:** Enhances communication, empathy, and social skills.
- **Aging and Brain Health:** Supports healthy aging, cognitive vitality.
- **Research Implications:** Informs art therapy, education, and healthcare practices.



Toddler Captivated by Violinist Dancing in the Square

**RESEARCH
STATES THERE
IS NO AGE TOO
YOUNG TO
EXPOSE
CHILDREN TO
THE ARTS –**



TwoTrends ✓
@twotreend

*When the music takes
you to another world* ❤️



**EVEN IN THE
WOMB THE
FETUS HEARS
AND LATER
AFTER BIRTH
RESPONDS TO
MUSIC!!!**

Questionnaire & Discussion:

CREATIVE RESONANCE

A Reflection On How Art Moves You



CREATIVE RESONANCE - A Reflection On How Art Moves You

PICK AT LEAST 5 TO ANSWER (feel free to respond to all of them)

NEURO ARTS IN PRACTICE – Rus Devorah Wallen, LCSW, ACSW, CIMHP

**HANDOUT &
IN GIFTPAK**

1. Have you ever listened to music that gave you chills or brought you to tears? What do you think caused that reaction?
2. Have you ever looked at a painting or sculpture and felt deeply connected to it? Can you describe the feeling?
3. When was the last time you felt a sense of awe while watching a performance, such as a play, dance, or concert?
4. Have you ever felt your mood shift—either positively or negatively—because of a song or melody?
5. Can you recall a time when creating something (writing, drawing, etc.) helped you process an emotion or situation?
6. Have you ever been so immersed in an artistic experience (music, film, or a book) that you lost track of time?
7. Have you ever felt more relaxed or at peace after coloring, doodling, or engaging in another simple creative activity?
8. Have you ever associated a specific memory or person with a song or a piece of art? How does it make you feel?
9. When walking in nature, have you ever felt that the scenery itself was like a painting or a masterpiece?



Dr. Francis Collins – Endogenous Opioids Triggered with Music



EXPERIENTIAL ACTIVITY

YOUR “NEUROAESTHETIC RESPONSE”

What feelings are elicited by the following 11 very brief audio samples?

(CAVEAT: This is a culturally dependent and completely subject exercise.)

USE YOUR OWN “FEELING” VOCABULARY

(List with some words is on the next page)

YOUR “NEUROAESTHETIC RESPONSE”

SOME FEELING VOCABULARY

Playful • Sad • Peaceful
Lively • Nostalgic
Mournful • Patriotic
Despairing • Excited
Energetic • Exuberant
Pensive • Longing
Anticipation
Pride • Anxiety

SAMPLE #s

1. Enya – Watermark
2. Linus & Lucy – George Winston
3. The Star-Spangled Banner – US Army Chorus
4. What a Wonderful World – Louis Armstrong
5. The Cold Sea’s Embrace – Patrick O’Hearn
6. Unsquare Dance - Dave Brubeck
7. River Flows in You – Yiruma
8. James – Pat Metheny
9. Wolf Eyes – Paul Winter
10. Sing – Karen Carpenter
11. Taps

SOME AREAS OF NEURO ARTS & TRANSFORMATION

1. **Music Therapy:** Addresses emotional, cognitive, and social needs; reduces stress.
2. **Visual Arts Therapy:** Expresses emotions, reduces anxiety and improves clarity.
3. **Dance/Movement Therapy:** Enhances body awareness, reduces stress.
4. **Drama Therapy:** Explores personal issues, enhances social skills.
5. **Art in Education:** Enhances learning, creativity, critical thinking.
6. **Creative Writing and Poetry Therapy:** Processes emotions, improves mental health.
7. **Art and Neuroscience Research:** Explores neural changes and benefits of artistic engagement.



THE VIRTUOUSNESS OF ADULT PLAYFULNESS

The Relation of Playfulness With Strengths of Character (In Your GIFTPAK)

RENÉ T PROYER AND WILLIBALD RUCH

This study explored adult playfulness in relation to positive psychological functioning, using two approaches:

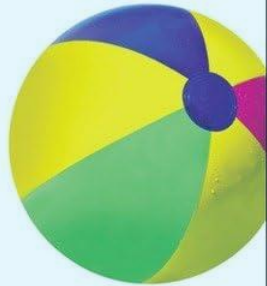
- **Overall playfulness: Easy onset, high intensity, frequent display of playful activities.**
- **Facets of playfulness: Spontaneous, expressive, fun, creative, and silly behaviors.**

NATIONAL BESTSELLER

"Finally, a good excuse to goof off...a compelling case for the importance of...success and creativity." —*DISCOVER*

play

How It Shapes the Brain,
Opens the Imagination,
and Invigorates the Soul



STUART BROWN, M.D., with CHRISTOPHER VAUGHAN
founder of the National Institute for Play

PLAY:

How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul

Stuart Brown, MD with Christopher Vaughan

**CROSS
SPECIES
PLAY
IN
THE
WILD!**



PLAY • STUART BROWN

"Play isn't the enemy of learning, it's learning's partner. Play is like fertilizer for brain growth. It's crazy not to use it."





FRANK ZAPPA
“SPONTANEOUS
ARTISTRY”



LOL, MY AUDIO

ENGINEER

JOHN SHOTWELL

NEUROPLASTICITY AND SALIENCY

- Marian Diamond's experiments on "enriched environments" and brain growth.
- Increases in BDNF – Brain Derived Neurotrophic Factor
 - Salient experiences create stronger neural connections and enhance learning.



BRAIN-DERIVED NEUROTROPHIC FACTOR (BDNF)

KEY FUNCTIONS

- Supports development, maintenance, and survival of neurons
- Promotes growth and differentiation of new neurons and synapses
 - Crucial for learning, memory, and cognitive function
 - Produced in hippocampus, cortex, and basal forebrain
- Influenced by physical activity, stress, and mental health conditions
- Low levels of BDNF linked to depression, schizophrenia, Alzheimer's
 - Enhancing BDNF can improve mental health
- Exercise significantly elevates BDNF levels, promoting cognitive function and neuroprotection



PLAY • STUART BROWN & CHRISTOPHER VAUGHAN

"The ability to play is critical, not only to being happy, but also to sustaining social relationships and being a creative, innovative person.... I sometimes compare play to oxygen – it's all around us, it goes mostly unnoticed or unappreciated until it is missing." — Stuart Brown



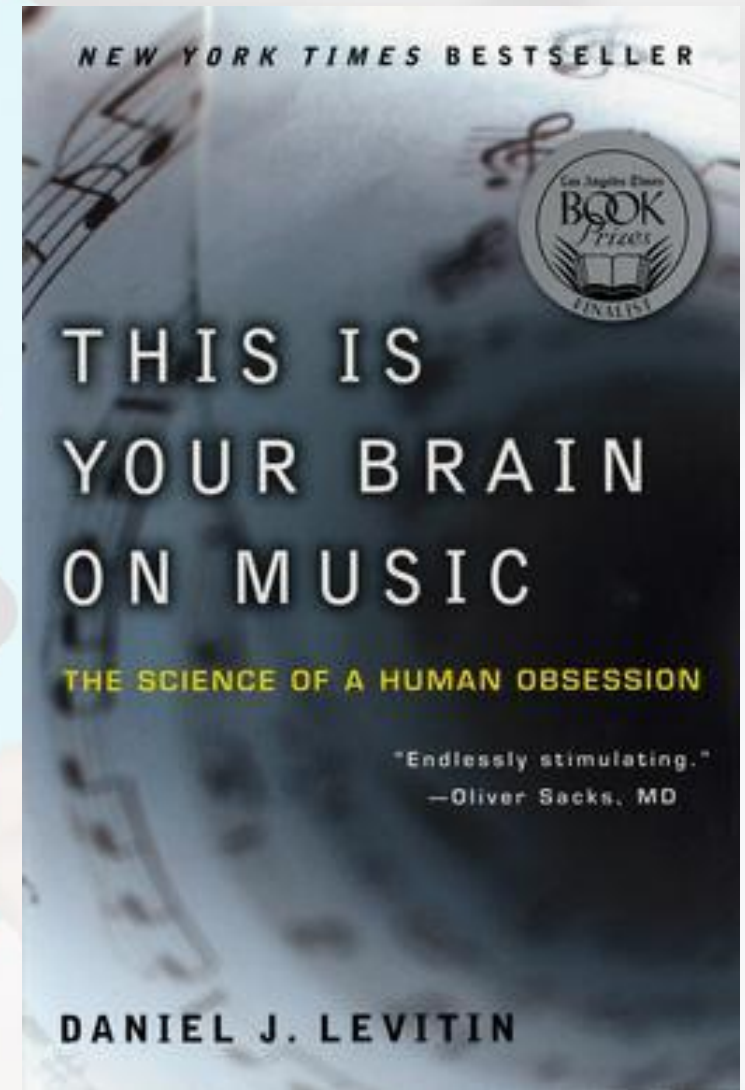
INSIGHTS ON PLAY AND DEVELOPMENT

- Lack of play in childhood linked to criminal behavior.
- Panksepp's research links play to brain development & impulse control.
 - Play correlates to FC development and cognitive functions.
 - Imagination is vital, helping resolve issues and foster success.
 - Play makes neural connections, enhances brain organization.
 - Play stabilizes body and social development, like sleep.
 - Biological drive for play, crucial for lifelong mental health.
 - Early dementia shows physical play can delay mental decline.
- Humor stimulates brain's reward circuitry, enhancing learning and memory
 - Vital for creativity and learning, fostering imagination and curiosity
- Creates salient experiences, enhances neuroplasticity, and improves understanding and connection



HUMOR AND PLAY IN LEARNING

- Dr. Stuart Brown emphasizes the importance of play for imagination, creativity, and curiosity.
- Dr. Dan Levitin's research shows humor stimulates the brain's reward circuitry and enhances learning.
- Dr. Levitin uses humor, play, and music in his neuroscience classes.



PLAY VS. THE NEURO ARTS: SIMILAR PROPERTIES

- **Purposelessness:** Both are done for intrinsic satisfaction.
- **Voluntary:** Participation is by choice, enhancing autonomy.
- **Inherent Attraction:** Naturally appealing and enjoyable.
- **Freedom from Time:** Both induce a state of timelessness.
- **Diminished Self-Consciousness:** Reduces anxiety, promotes creativity.
- **Improvisation:** Stimulates creativity and cognitive flexibility.
- **Continuous Desire:** Sustained engagement benefits mental health.







THE NEUROBIOLOGY OF ARTISTIC ENGAGEMENT



NEUROSCIENCE INSIGHTS

- Human beings are “wired” for art
- Arts engagement rewires neural circuitry, creates new pathways via neuroplasticity
- Art experiences spark neurotransmitter changes, shaping emotions, thoughts, and behaviors



ARTS AND NEURAL PLASTICITY

- Integrating arts and aesthetics creates more salient experiences, strengthening neural connections and understanding.
- Novelty, humor, curiosity, attention, creativity, motivation, environment, and unique brain.
 - The more salient something is, the quicker and better we learn.



THE ARTS AND SOCIAL BRAIN

- **Research from Canada, the UK, and the Netherlands shows how the arts ignite the social brain.**
- **Synchrony in group activities like singing and dancing enhances social bonds and feelings of belonging.**
 - **Daisy Fancourt's research on perinatal wellness shows how music helps connect mothers and newborns**
 - **Singing groups for postpartum depression show significant benefits**



ERIC WHITACRE'S VIRTUAL CHOIR 6: SING GENTLY

Over 17,000 singers from 129 countries during COVID

Singing

FINDINGS FROM NEUROAESTHETICS RESEARCH

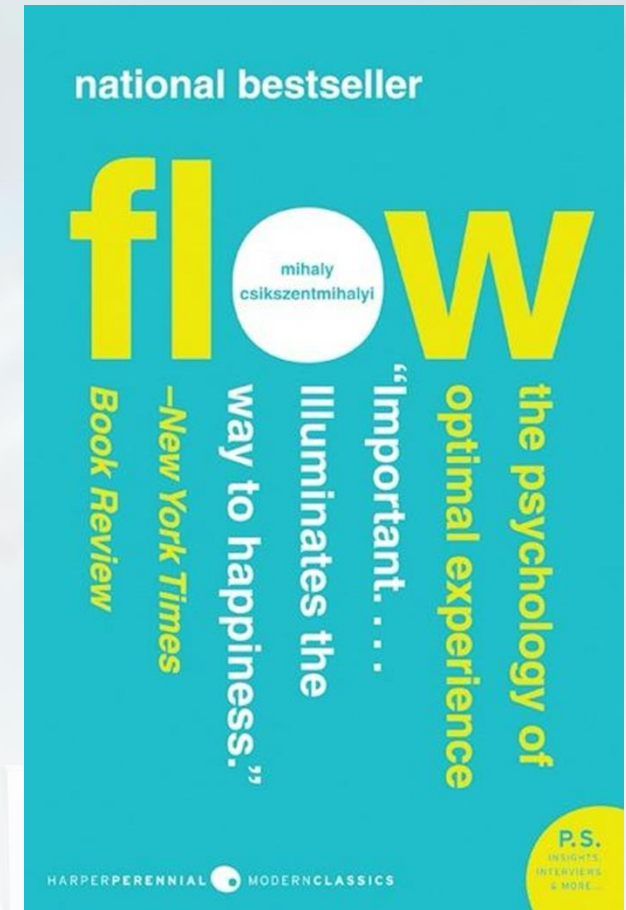
- Arts alter immune, circulatory, respiratory, cognitive, affective, reward, and motor functions
- Release neurochemicals, hormones, and endorphins
 - The arts make us healthier, happier, and smarter
 - The arts are being reimagined as transformational vehicles for learning, memory, creativity, innovation, social connection, and quality of life



MIHALY CSIKSZENTMIHALY (1990)

FLOW: THE PSYCHOLOGY OF OPTIMAL EXPERIENCE

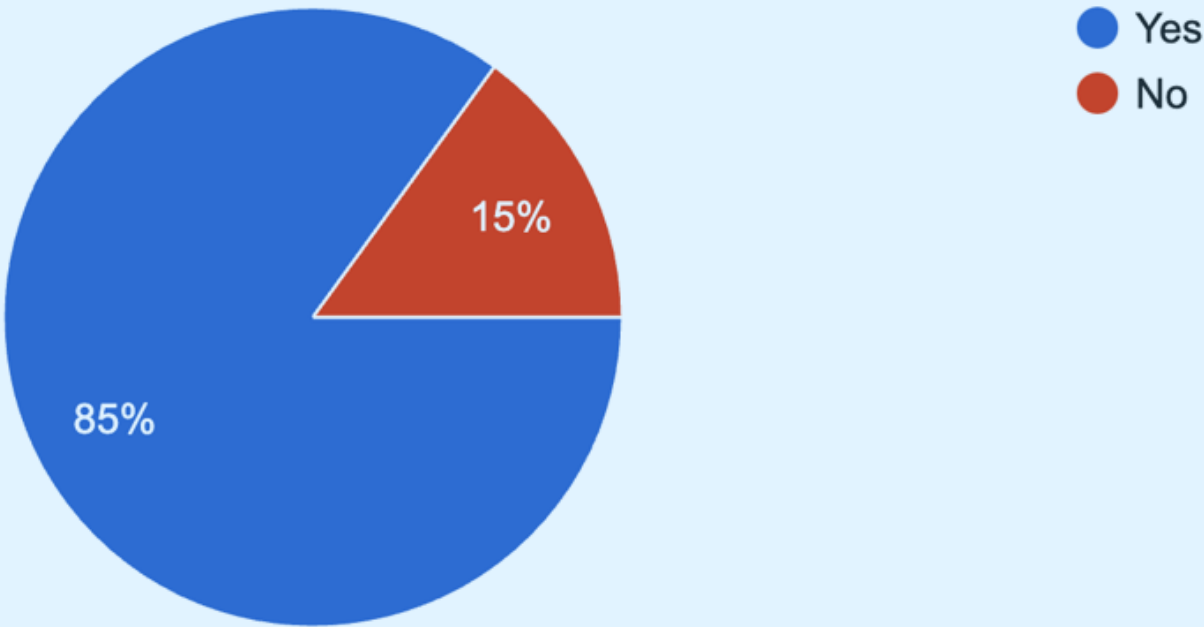
Contrary to what we usually believe... The best moments in our lives are not the passive, receptive, relaxing times. The best moments occur when a person's body or mind is stretched to the limits in a voluntary effort to accomplish something difficult and worthwhile.



MY INFORMAL RESEARCH STUDY

Do you find moments of "Flow" in your work? A feeling of transcendence where time might expand or contract...where you feel fully engaged and unaware of things around?

20 responses



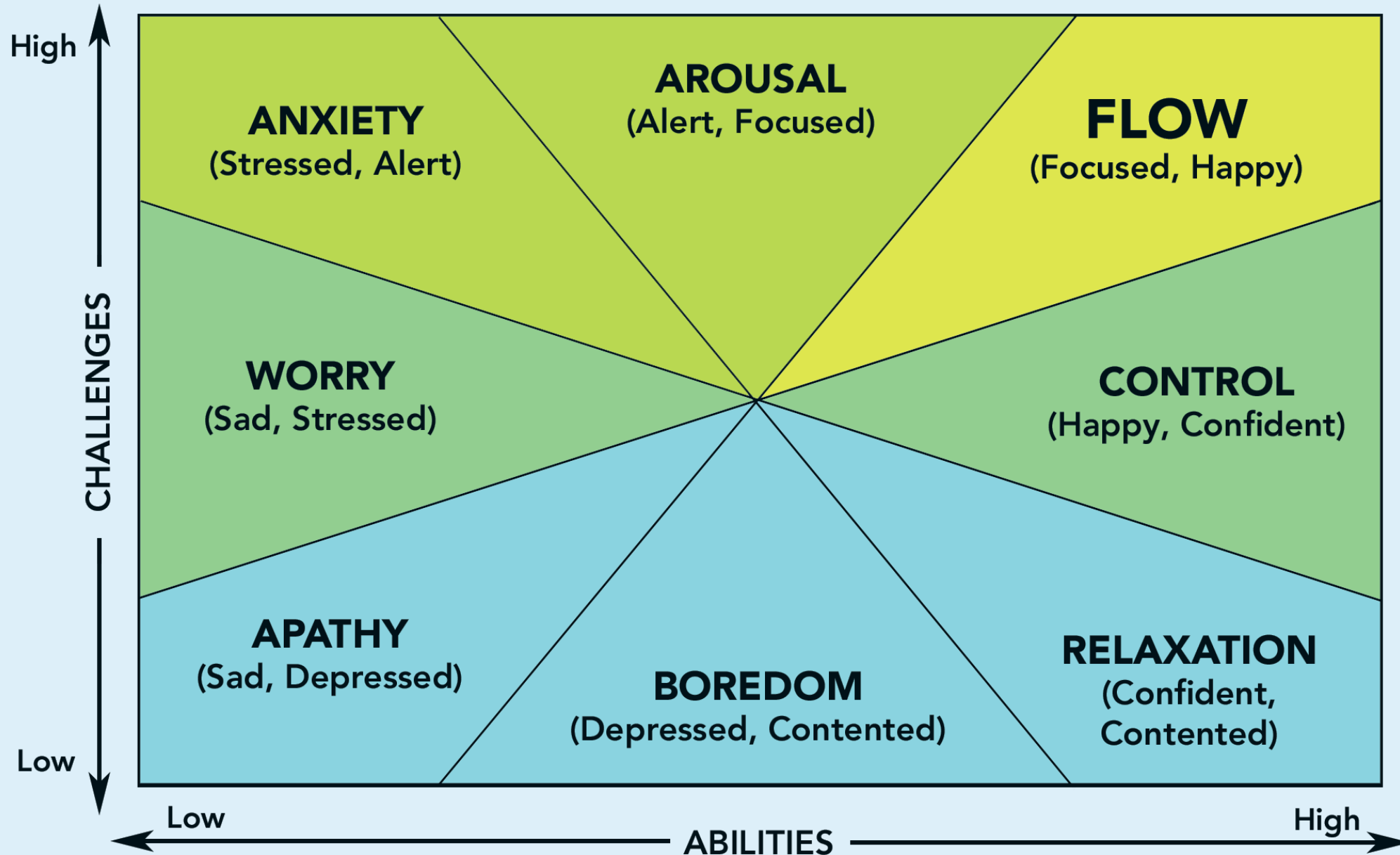
MIHALY CSIKSZENTMIHALYI'S "FLOW"

WHEN ABSORBED IN A FLOW STATE THROUGH
NEURO ARTS, INDIVIDUALS CAN GAIN
ENHANCED NEUROLOGICAL BENEFITS

- Boosted prefrontal cortex activity.
 - Better brain connectivity.
- Activated reward pathways (dopamine release).
 - Reduced default mode network activity.



MIHALY CSIKSZENTMIHALYI'S CONCEPT OF "FLOW"



IN THE FLOW STATE THROUGH NEURO ARTS

PHYSIOLOGICAL BENEFITS

- Lower cortisol levels.
- Decreased heart rate and blood pressure.
 - Improved immune function.

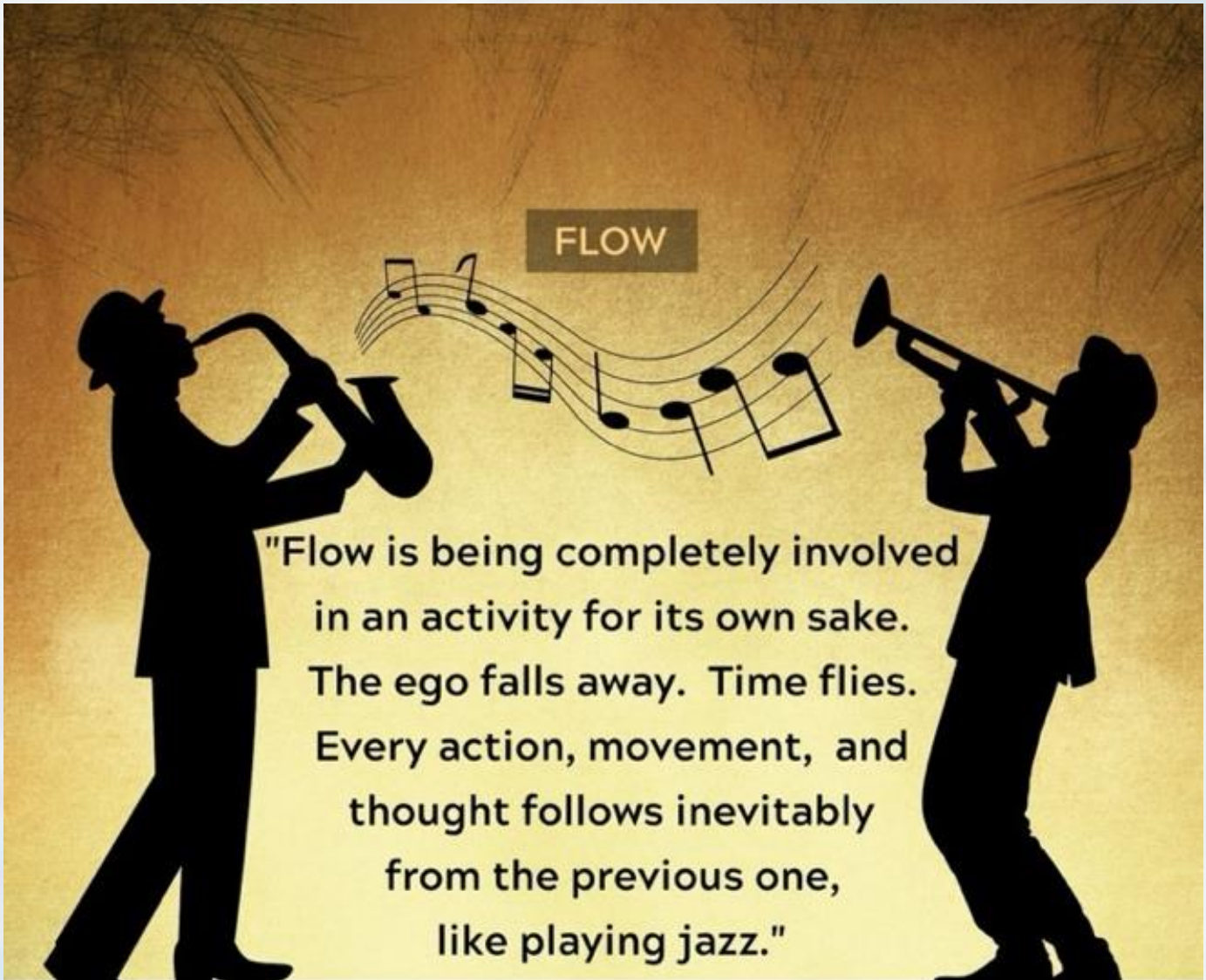
HORMONAL BENEFITS

- Increased endorphins.
 - Elevated oxytocin.
- Regulated mood-related hormones.

EMOTIONAL BENEFITS

- Greater happiness and satisfaction.
- Enhanced self-esteem and confidence.
- Better emotional regulation and resilience.
- Increased sense of connection and belonging.





FLOW

"Flow is being completely involved
in an activity for its own sake.
The ego falls away. Time flies.
Every action, movement, and
thought follows inevitably
from the previous one,
like playing jazz."

- Mihaly Csikszentmihalyi



Toratherapeutics®



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Wellness Solutions®



**THE
NUMINOUS
EPIGENETIC
STATE**



- SPIRITUAL
- NEW • NOVEL
- PEAK
- HEIGHTENED
AWARENESS
- ABSORPTION





PRACTICAL APPLICATIONS FOR THERAPISTS



HEALTH BENEFITS

- Evidence arts in improve mental health, managing chronic conditions, and enhancing overall well-being.
- Arts interventions benefit where traditional solutions are lacking and provide a holistic approach to health.



APPLICATIONS IN VARIOUS FIELDS

- Composers writing music to activate relaxation response* such as Chuck Wild – “Liquid Mind”
 - Military uses arts for PTSD and traumatic brain injuries recovery
- Businesses design creative, collaborative, and innovative work environments
- Healthcare incorporates arts to combat

*See “El Sistema” later



APPLICATIONS IN VARIOUS FIELDS cont.

- Cities design housing promoting wellbeing and fostering community
 - Schools* integrate arts to enhance attention, learning, reduce stress, and increase collaboration
- Countries prescribe arts for issues like loneliness and isolation

*See “El Sistema” later



EXPRESSIVE ARTS FOR TRAUMA RECOVERY

- Dr. James Gordon’s drawing technique for “Transforming Trauma” for trauma recovery.
- 1) Draw yourself, 2) Draw yourself with your biggest problem, 3) Draw yourself with your problem solved!
“Against your ruminations...the problem is solved!”
- James Pennebaker’s research on expressive writing for mental and physical health benefits. (See later)



PAIN MANAGEMENT

- **Art reduces emotional distress and pain perception**
- **Studies show mindful dance therapy and drawing/music interventions alleviate pain**
- **Snow World VR for burn victims shows 30-50% less pain, better than opioids**



NEURODIVERGENCE & INNOVATION

- Ned Sahin's wearable device "Empower Me"
- Enhance social skills for neurodivergent individuals.
- Provides visual and audio cues with sensors.
- Assists with social interactions
- Helps manage emotions
- Aids in staying focused
- Google Glass superpower for autism.
- Personalized programs for those with neurodivergence



Nine-year-old boy kept getting in trouble for doodling in class until a restaurant hired him to decorate their wall.



Extraordinary Lucy





EXTRAORDINARY

LUCY

Jude Kofie (“Keyz”)



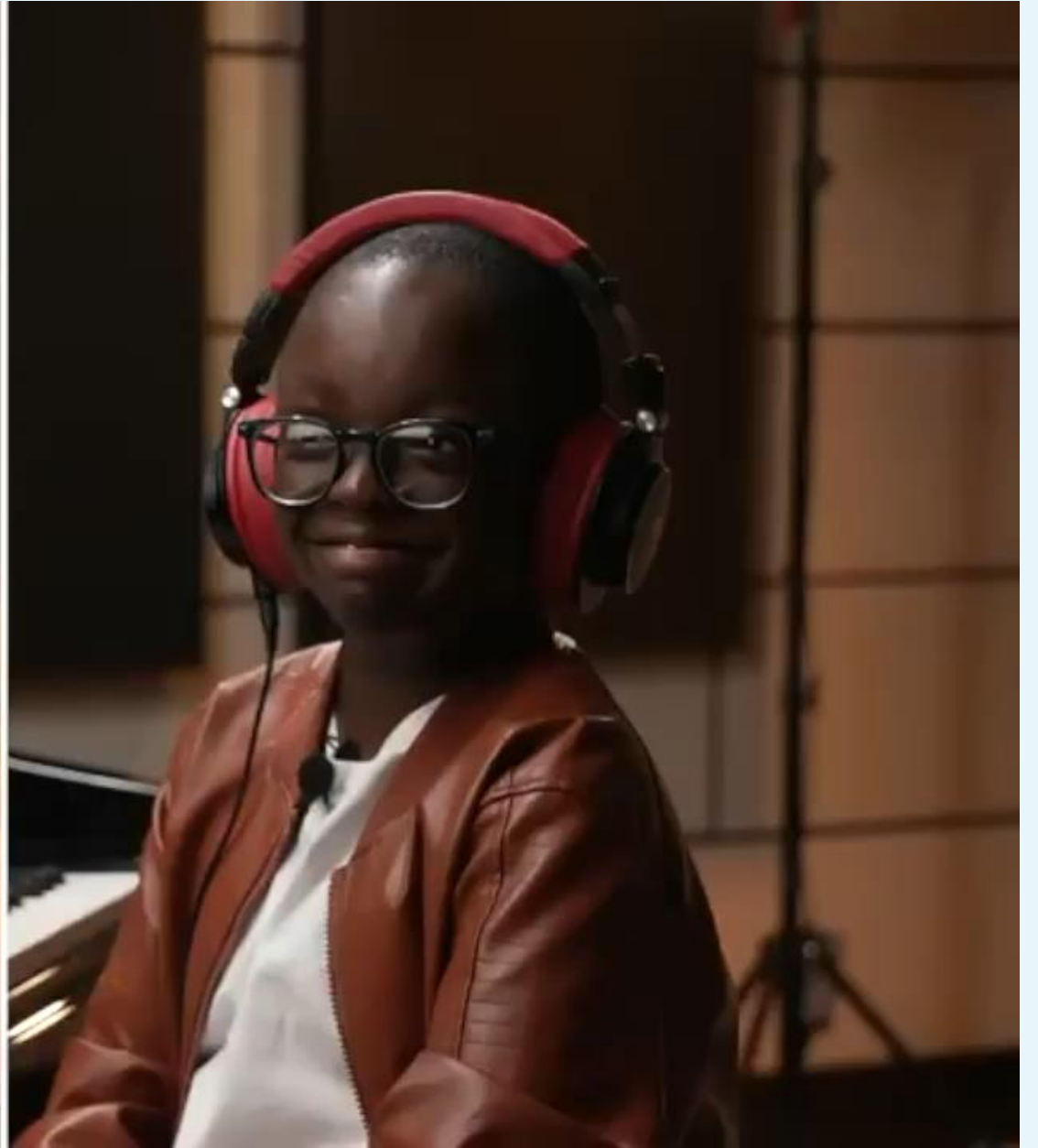
On the Road

CBS EVENING NEWS
WITH NORAH O'DONNELL

Jude Kofie (“Keyz”)



Jude Kofie (“Keyz”)



Jude Kofie (“Keyz”)

Entertaining in the Hospital he was sick in for 8 years!



THE POWER OF TOUCH

- Touch as a sensory system for emotional and physiological regulation.
- Cognitive neuroscientists state that touch and sensory experiences shape neural pathways.
- Positive touch increases oxytocin flow.

THE POWER OF TOUCH

- **Massage Therapy**
- **Group or Partner “Holding”**
- **Havening (Self-Soothing)**
- **Holding a Baby**



"Touch comes before sight, before speech. It is the first language and the last, and it always tells the truth."

Margaret Atwood

THE POWER OF TOUCH

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The power of touch: The effects of havening touch on subjective distress, mood, brain function, and psychological health.

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Journal Article

[Sumich, Alexander](#) [Heym, Nadja](#) [Sarkar, Mustafa](#) [Burgess, Tony](#) [French, Julie](#) [Hatch, Lorna](#)
[Hunter, Kirsty](#)

Citation

Sumich, A., Heym, N., Sarkar, M., Burgess, T., French, J., Hatch, L., & Hunter, K. (2022). The power of touch: The effects of havening touch on subjective distress, mood, brain function, and psychological health. *Psychology & Neuroscience*, 15(4), 332–346. <https://doi.org/10.1037/pne0000288>

Psychology &
Neuroscience

Journal TOC



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THE POWER OF TOUCH & SENSORY FOR SAFETY AND GROUNDING

PERSONAL SENSORY GROUNDING KIT

- Create a sensory kit with 5 items for grounding.
 - Keep it in a Ziploc or a small, handy box.
 - Take 30 sec - 1 min to savor each sense.
- Keep it handy in purse, kitchen, car console, or diaper bag, etc.

• SAMPLE KIT:

1. Touch - Soft piece of velvet.
2. Taste - Favorite flavored wrapped candy.
3. Smell - Aroma on cotton in an airtight bag.
4. Sound - Relaxing piece on an mp3 player.
5. Sight - Visual item of personal preference, maybe a photo.

ENGAGE YOUR SENSES IN EVERYDAY ACTIVITIES

- Try things like music, cooking, gardening, coloring, humming, nature exploration, and more!
- See my handout in your GIFTPAK –
“25 Simple, Inexpensive Ways To Integrate The Neuro Arts Into Your Daily Routine”

TRY THESE 25 SIMPLE, INEXPENSIVE WAYS TO INTEGRATE THE NEURO ARTS INTO YOUR DAILY ROUTINE

1. **Doodling:** Let your pen wander on paper without any specific goal.
2. **Journaling:** Write down your thoughts, feelings, or experiences.
3. **Neurographic Art:** Create abstract designs using lines and shapes to express emotions.
4. **Humming:** Explore the therapeutic benefits of humming, chanting, or making sounds.
5. **Coloring:** Use adult coloring books or printouts to relax and unwind.
6. **Free Writing:** Set a timer and write continuously without pausing or editing.
7. **Mindful Walking:** Take a leisurely walk outdoors, paying attention to your surroundings.
8. **Collage-ing:** Use magazines or photographs to make collages reflecting your mood.
9. **Guided Imagery:** Listen to recordings guiding you through sensory visualizations.
10. **Sculpting with Clay:** Knead, shape and mold clay to express yourself.
11. **Nature Sketching:** Sit outside and sketch images or scenes from nature.
12. **Poetry Writing:** Experiment with writing poems to capture moments or emotions.

IN GIFTPAK



ECONOMIC VALUE

- Many arts interventions cost-effective
 - Comparable to or exceeding effectiveness of other interventions.
- Supports both physical and mental health through a single activity
- Potentially more efficient than separate interventions.
 - See “El Sistema” later.



PERSONALIZED ART PRACTICES

- “Social Prescribing”
- Tailored artistic endeavors for physical and mental health
- Different forms of art (VR, poetry, fine art, sculpting, music, movement, etc.) provide varying benefits
- Unique, bio-psycho-social-spiritual needs!

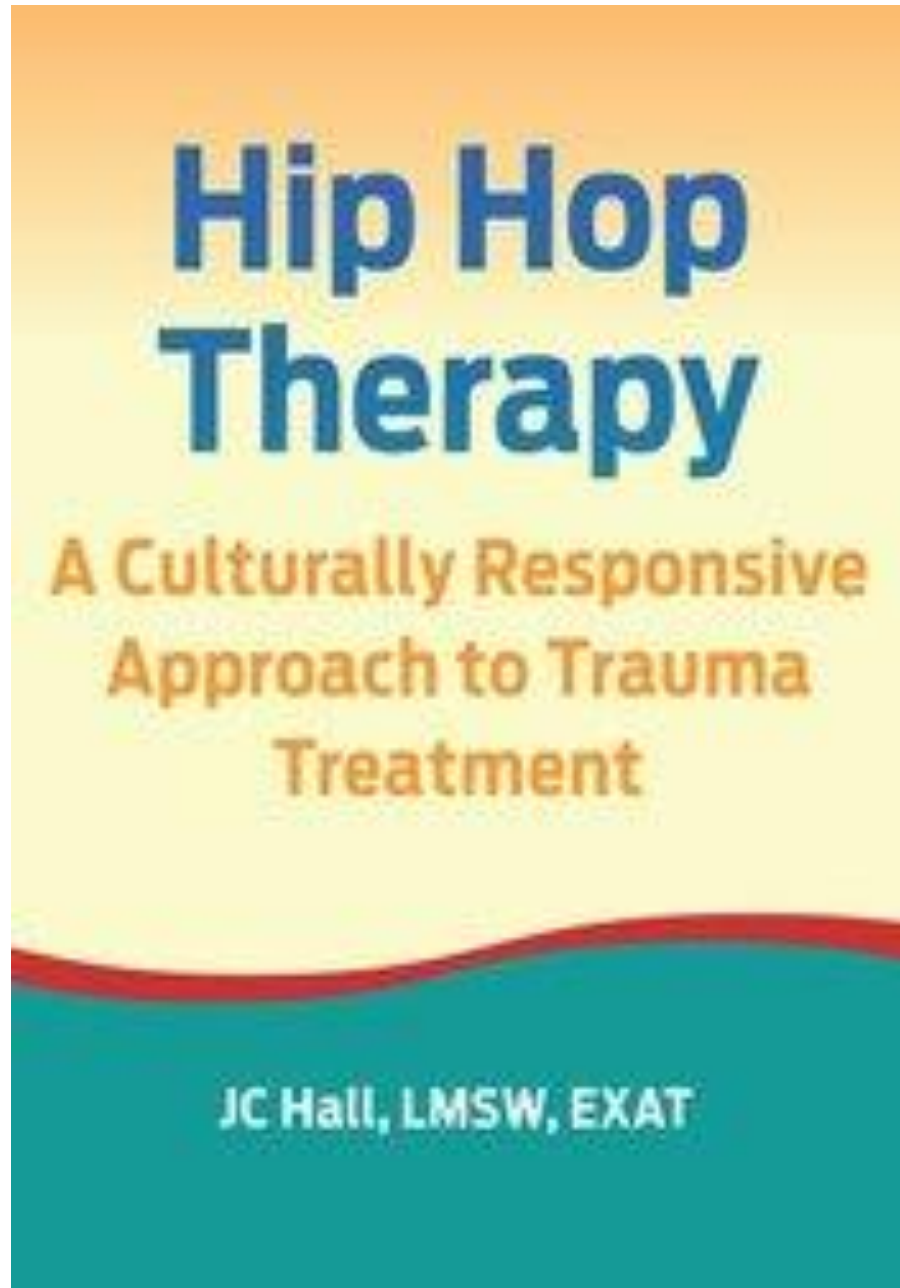


HIP HOP AS THERAPY!!!

**J.C. Hall, LCSW, EXAT
School Social Worker
Hip Hop Therapy Studio Director
Mott Haven Community High School
Bronx, New York**



HIP HOP AS THERAPY!!!

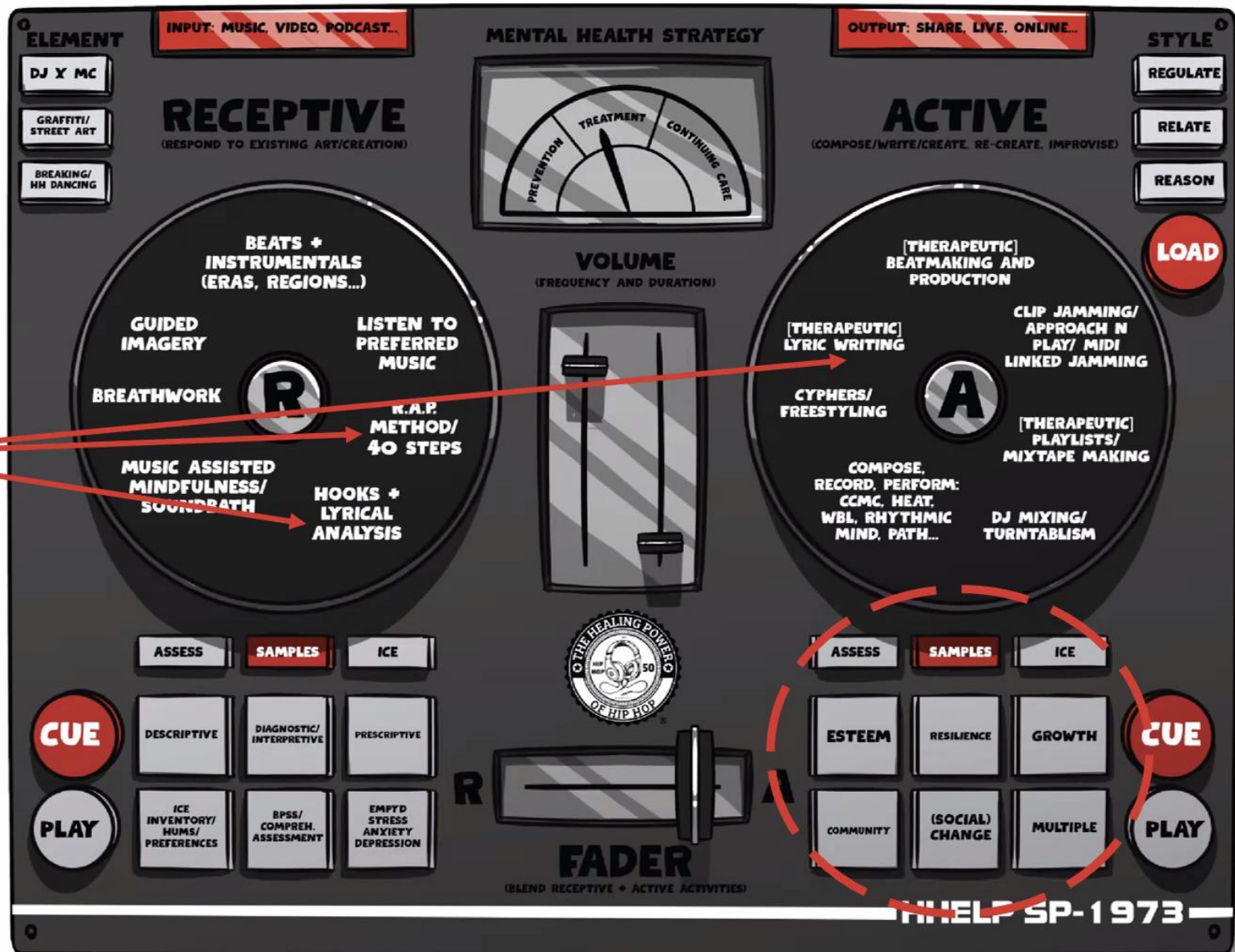


REMIXING WELLBEING

- ★ Music therapy and poetry/
bibliotherapy (Tyson, 1998, 2002)
- ★ Solution-focused therapy (Tyson & Baffour, 2004)
 - Self-identified, arts-based strengths guide problem-solving
- ★ Narrative therapy (Tillie Allen, 2005)
 - Power of personal stories, rewriting narratives
- ★ Cognitive behavioral therapy (Kobin & Tyson, 2006)
 - Causal link between thoughts, feelings and actions
 - Psychoeducation, rehearsal, modeling
- ★ Psychodynamic therapy (Hara, 2012)
 - Supportive mirroring, ego strength
 - Holding environment
- ★ Expressive arts therapy (Hall, 2016)
 - Intermodal, studio approach



THE HEALING POWER OF HIP HOP



Strategies within the therapeutic landscape...

ADD CHILD? WONDERING WHY YOUR CHILD CAN'T SIT STILL? A Dancer, Maybe?

**GILLIAN LYNNE -
RENOWNED
BRITISH
BALLERINA
AND LATER
CHOREOGRAPHER**



Homeschool Hippo ✓
@homeschoolhippo

Wondering why your child can't sit still?
You'll want to hear this



**She
choreographed
Andrew Lloyd
Webber's "Cats,"
which became
the longest-
running musical
on Broadway!!!!**

DANCE AND NEUROGENERATIVE DISEASES

- Programs like Mark Morris Dance Group improve movement in Parkinson's patients
- Dance involves rhythm, spatial awareness, and brain regions like the basal ganglia and motor cortex
 - Music therapy helps with Alzheimer's and dementia, stimulating various brain regions
 - Live interactive music therapy is highly effective



AMBIENCE AND POSITIVE ENVIRONMENTAL INFLUENCES: SHINRIN-YOKU – FOREST BATHING (NATURE EXPOSURE)

Review > J Physiol Anthropol. 2018 Jun 4;37(1):15. doi: 10.1186/s40101-018-0176-8.

The importance of the exposome and allostatic load in the planetary health paradigm

Alan C Logan¹, Susan L Prescott², Tari Haahtela³, David L Katz⁴

Affiliations + expand

PMID: 29866162 PMCID: [PMC5987475](#) DOI: [10.1186/s40101-018-0176-8](#)



ELSEVIER

Environmental Research

journal homepage: www.elsevier.com/locate/envres

The health benefits of the great outdoors: A systematic review and meta-analysis of greenspace exposure and health outcomes

Caoimhe Twohig-Bennett*, Andy Jones

Norwich Medical School, University of East Anglia, Room 1.23 Queen's Building, Norwich Research Park, Norwich NR4 7TJ, United Kingdom

Environ Health Prev Med (2010) 15:9–17
DOI [10.1007/s12199-008-0068-3](#)

SPECIAL FEATURE

The Trends on the Research of Forest Bathing in Japan, Korea and in the World

Effect of forest bathing trips on human immune function

Qing Li



International Journal of
Environmental Research
and Public Health



Review

Shinrin-Yoku (Forest Bathing) and Nature Therapy: A State-of-the-Art Review

Ma...

> J Physiol Anthropol. 2016 Jan 13;35:1. doi: 10.1186/s40101-016-0083-9.

Sc
C
*

Natural environments, nature relatedness and the ecological theater: connecting satellites and sequencing to shinrin-yoku

Jeffrey M Craig^{1 2}, Alan C Logan^{3 4}, Susan L Prescott^{5 6}

Affiliations + expand

PMID: 26763049 PMCID: [PMC4712592](#) DOI: [10.1186/s40101-016-0083-9](#)



Environ Health Prev Med (2010) 15:27–37
DOI [10.1007/s12199-009-0091-z](#)

SPECIAL FEATURE

The Trends on the Research of Forest Bathing in Japan, Korea and in the World

Trends in research related to “Shinrin-yoku” (taking in the forest atmosphere or forest bathing) in Japan

Yuko Tsunetsugu · Bum-Jin Park · Yoshifumi Miyazaki





SMELL

Smell is a potent wizard that transports us across thousands of miles and all the years we have lived.

- Helen Keller



AMBIENCE AND POSITIVE ENVIRONMENTAL INFLUENCES:

- Positive environmental influences impact DNA methylation in genes associated with stress response and mood regulation.
 - Changes in DNA methylation profiles linked to stress-related genes and mood regulation markers.
 - CRH (Corticotropin-Releasing Hormone)
 - BDNF (Brain-Derived Neurotrophic Factor)



Relaxation and Sleep Audio with Nature Sounds in GIFTPAK



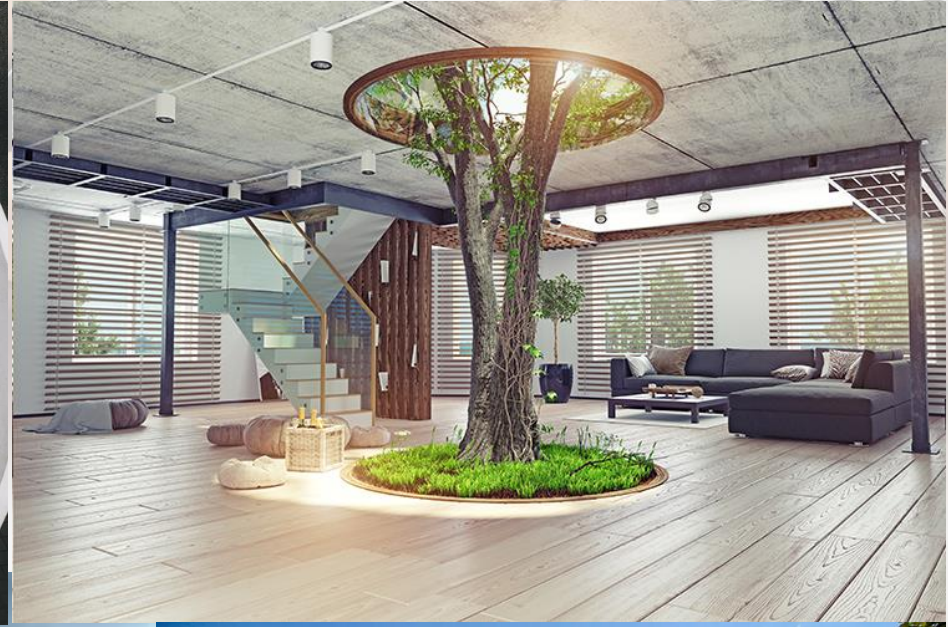
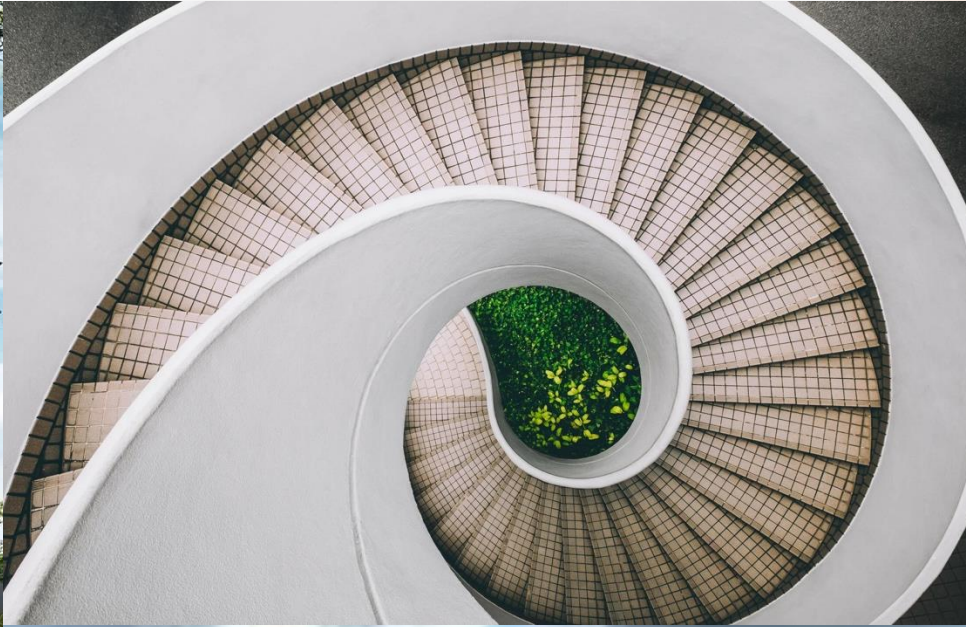


RESPIRE

Venturing outdoors into the natural world offers respite, as we reconnect with the soothing sounds of nature—birds, rustling leaves, the wind, and the rhythmic lapping of water on the shore, or raindrops. Tuning into the natural environment rejuvenates our nervous system.

- RD Wallen - ©2023

ARCHITECTURE AND WELLBEING



ARCHITECTURE AND WELL-BEING

- Work on human environments through the NeuroArts Lab.
- Natural elements in design reduce anxiety and increase resilience and well-being.
 - Curved vs. Angular Lines



POETRY AND EMOTIONAL ENGAGEMENT

Impact of Poetry • Findings from the Max Planck Institute

- Poetry elicits strong emotional responses.
- Triggers physiological reactions like chills and goosebumps.
- Engages the brain's reward circuitry, similar to music and other art forms.
 - Rhythmic and phonological elements enhance cognitive processing.
- Deep engagement with language and emotion.



THE HEALING POWER OF SOUND

- John Beaulieu - tuning forks and sound healing.
- Sound therapy, including VAT (Vibroacoustic Therapy)
- VAT for stress reduction, pain relief, and cardiovascular.
- Binaural beats (see GIFTPAK for sample Sleep audio)
 - Nature sounds
 - Crystal Quartz singing bowls
- See “A Few Sound Healing Ideas” in your GIFTPAK (such as: singing, humming, chanting, doodling, listening to nature sounds, etc.)



THE HEALING POWER OF SOUND

“A Few Sound Healing Ideas” IN GIFTPAK

B”H

(A Few) SOUND HEALING IDEAS FOR HOME AND ON THE WAY (With Minimal Equipment)

Rus Devorah Wallen, LCSW, ACSW, CIMHP

- **HUMMING:** Humming helps activate the vagus nerve, enhances nitric oxide, promoting relaxation and reducing stress. Try humming with headphones or earbuds on.
- **SINGING:** Singing releases endorphins and promotes emotional expression and catharsis.
- **CHANTING:** Reciting or chanting prayers can help focus the mind and induce a meditative state.
- **TONING:** Experiment with vocal sounds and vowels to find tones that resonate with different parts of your body, allowing for energetic balancing. Consider “sympathetic vibration” with various items.
- **BREATHWORK:** Use intentional deep breathing combined with vocalization or sighing to release tension and promote relaxation.
- **LISTENING TO NATURE SOUNDS:** Immerse yourself in the soothing sounds of nature, such as birds chirping, waves crashing, or rain falling.

THE HEALING POWER OF SOUND

- Toxic and Healing Sound (Ex: Urban vs. Nature)
- Binaural Beats (Requires earbuds/headphones)
- Feelings Elicited By Music Genres Or Songs
 - Your “Neuroaesthetic Responses”*
 - Finding Your “Constitutional Song”*
- Tuning Out for Tuning In (meditating, etc.)
- Crystal Qtz. Singing Bowls (Bowling with Alchemists in GIFTPAK)
Guided Imagery • Humming For Health

* Listening Exercise 😊 Mine is among our audio samples



HUMMING

Humming helps activate the vagus nerve, enhances nitric oxide, and thus promote relaxation and reduces stress.

- R.D. Wallen 2023



BINAURAL BEATS FOR ANXIETY

[Display Settings:](#) Abstract

[Send to:](#)

[Altern Ther Health Med.](#) 2001 Jan;7(1):58-63.

Use of binaural beat tapes for treatment of anxiety: a pilot study of tape preference and outcomes.

[Le Scouarnec RP](#), [Poirier RM](#), [Owens JE](#), [Gauthier J](#), [Taylor AG](#), [Foresman PA](#).

Clinique Psyché in Montreal, Quebec.

Abstract

CONTEXT: Recent studies and anecdotal reports suggest that binaural auditory beats can affect mood, performance on vigilance tasks, and anxiety.

OBJECTIVE: To determine whether mildly anxious people would report decreased anxiety after listening daily for 1 month to tapes imbedded with tones that create binaural beats, and whether they would show a definite tape preference among 3 tapes.

DESIGN: A 1-group pre-posttest pilot study.

SETTING: Patients' homes.

PARTICIPANTS: A volunteer sample of 15 mildly anxious patients seen in the Clinique Psyché, Montreal, Quebec.

INTERVENTION: Participants were asked to listen at least 5 times weekly for 4 weeks to 1 or more of 3 music tapes containing tones that produce binaural beats in the electroencephalogram delta/theta frequency range. Participants also were asked to record tape usage, tape preference, and anxiety ratings in a journal before and after listening to the tape or tapes.

MAIN OUTCOME MEASURES: Anxiety ratings before and after tape listening, pre- and post-study State-Trait Anxiety Inventory scores, and tape preferences documented in daily journals.

RESULTS: Listening to the binaural beat tapes resulted in a significant reduction in the anxiety score reported daily in patients' diaries. The number of times participants listened to the tapes in 4 weeks ranged from 10 to 17 (an average of 1.4 to 2.4 times per week) for approximately 30 minutes per session. End-of-study tape preferences indicated that slightly more participants preferred tape B, with its pronounced and extended patterns of binaural beats, over tapes A and C. Changes in pre- and posttest listening State-Trait Anxiety Inventory scores trended toward a reduction of anxiety, but these differences were not statistically significant.

CONCLUSIONS: Listening to binaural beat tapes in the delta/theta electroencephalogram range may be beneficial in reducing mild anxiety. Future studies should account for music preference among participants and include age as a factor in outcomes, incentives to foster tape listening, and a physiologic measure of anxiety reduction. A controlled trial that includes binaural beat tapes as an adjunctive treatment to conventional therapy for mild anxiety may be warranted.

Save items

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Related citations in PubMed

[Binaural beat technology in humans: a pilot study to assess psych \[J Altern Complement Med. 2007\]](#)

[Binaural beat technology in humans: a pilot study to assess neuro \[J Altern Complement Med. 2007\]](#)

[Binaural auditory beats affect vigilance performance and mood. \[Physiol Behav. 1998\]](#)

Review [Conceptual framework and systematic review of the effectiveness of binaural beats \[Health Technol Assess. 2005\]](#)

Review [Systematic reviews of the effectiveness of day care for people with anxiety \[Health Technol Assess. 2001\]](#)

[See reviews...](#)

[See all...](#)

Cited by 1 PubMed Central article

[A high-density EEG investigation into steady state binaural beat stimulation. \[PLoS One. 2012\]](#)

Related information

[Related Citations](#)

[MedGen](#)

DR. MITCHELL GAYNOR, ob”m

"One reason sound heals on a physical level is because it so deeply touches and transforms us on the emotional and spiritual planes."

BENEFITS OF SINGING AND VOCAL TRAINING

SINGING AND VOCAL TRAINING CAN HELP TO PROMOTE

- **Lung development and strengthening**
 - **Improves breathing**
 - **Can improve blood pressure**
- **Back strengthening and posture correction**
 - **Neurological improvement**
- **Oxygen to the blood system and brain**
 - **Can boost immune system**
- **Improve sense of rhythm and balance**
- **Vibration of music can influence brain waves**

BENEFITS OF SINGING AND VOCAL TRAINING (cont.)

COGNITIVE AND EMOTIONAL BENEFITS

- **Increased concentration**
- **Energetic and euphoric uplift**
- **Enhances learning and language in children**
- **Improves Confidence and overcome shyness**
 - **Improves articulation and presence**
 - **Develops discipline**
 - **Forges comforting memories**
- **Choirs and group music promote communal bonding**

BENEFITS OF SINGING AND VOCAL TRAINING cont.

ADDITIONAL BENEFITS

- **Improved vocabulary and grammar**
 - **Helps sufferers of sleep apnea**
 - **Helps retrain breathing for asthma sufferers and clients with panic and hyperventilation syndrome.**
- **Helps reduce the feelings of depression or anxiety through the release of endorphins during singing**
 - **Motivates and empowers**

A close-up photograph of a vibrant red rose resting on the white keys of a piano. In the background, a sheet of aged music paper is visible, featuring handwritten musical notation and the word 'Rhapsodien.' printed vertically. The scene is softly lit, creating a contemplative atmosphere.

MELODY

“The tongue is the pen of the heart and the mind, but melody is the pen of the soul.”

Rabbi Schneur Zalman of Liadi
- The Alter Rebbe

**THE
TRANSFORMATIVE
POWER OF MELODY**

**Rebbetzin Shaindy
Jacobson**

**About her brother,
Rabbi Shaya Gansburg, ob”m**



TRY THESE 25 SIMPLE, INEXPENSIVE WAYS TO INTEGRATE THE NEURO ARTS INTO YOUR DAILY ROUTINE

- 1. Doodling:** Let your pen wander on paper without any specific goal.
- 2. Journaling:** Write down your thoughts, feelings, or experiences.
- 3. Neurographic Art:** Create abstract designs using lines and shapes to express emotions.
- 4. Humming:** Explore the therapeutic benefits of humming, chanting, or making sounds.
- 5. Coloring:** Use adult coloring books or printouts to relax and unwind.
- 6. Free Writing:** Set a timer and write continuously without pausing or editing.
- 7. Mindful Walking:** Take a leisurely walk outdoors, paying attention to your surroundings.
- 8. Collage-ing:** Use magazines or photographs to make collages reflecting your mood.
- 9. Guided Imagery:** Listen to recordings guiding you through sensory visualizations.
- 10. Sculpting with Clay:** Knead, shape and mold clay to express yourself.
- 11. Nature Sketching:** Sit outside and sketch images or scenes from nature.

“SOCIAL & AESTHETICS PRESCRIPTIONS”

- **Daily Gratitude Journaling**
 - **Custom Guided Audio**
- **Coloring Or Neurographic Art (Later)**
 - **Sketching**
- **Sculpting Or Pottery Classes**
 - **Group Singing**

(See 25 things in your GIFTPAK)





ENHANCING SELF-EFFICACY & EXPRESSION



POSITIVE EFFECTS ON NEUROLOGY AND PSYCHOSOCIAL WELLBEING

- **Enhanced feelings of self-efficacy**
- **Non-verbal expression when verbal is challenging (consider speech problems, aphasia, stuttering, anxiety and Broca's area)**

KURT VONNEGUT'S ADVICE TO A HIGH SCHOOL CLASS

A high school class once asked the late Kurt Vonnegut to define a successful life. He wrote them a letter which is in your GIFTPAK:

“Practice, painting, sculpting, poetry, fiction, essays, reportage, no matter how well or badly, not to get money or fame, but to becoming, to find out what’s inside you, to make your soul grow.”

The best kind of learning, sparks curiosity, and return endless discovery. It’s like a renewable energy source.

SIR IAN MCKELLEN

'Make your
soul grow'



Letters
Live

ART HEALS



HOW CREATIVITY CURES THE SOUL

SHAUN MCNIFF

"When art and psycho-therapy are joined, the scope and depth of each can be expanded."

—Shaun McNiff

ART INTERVENTIONS RESEARCH

Coloring Activities for Anxiety Reduction and Mood Improvement in Taiwan

frontiers | Frontiers in Psychology

TYPE Opinion
PUBLISHED 17 March 2023
DOI 10.3389/fpsyg.2023.1132584

Community-Dwelling Older Adults: A Randomized Controlled Study

Malcolm Koo,^{1,2} Hsuan-Pin Chen,³ and Yueh-Chiao Yeh^{3,4}

Cult Med Psychiatry (2021) 45:565–598
<https://doi.org/10.1007/s11013-020-09690-6>

ORIGINAL PAPER

Doodling as a Measure of Burnout in Healthcare Researchers

Carol Nash¹ 

Art Therapy: Journal of the American Art Therapy Association, 33(2) pp. 74–80. Published with license by Taylor & Francis Group, LLC

Reduction of Cortisol Levels and Participants' Responses Following Art Making

Girija Kaimal, Kendra Ray, and Juan Muniz

*CORRESPONDENCE
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SPECIALTY SECTION

An in-depth introduction to arts-based spiritual healthcare: Creatively seeking and expressing purpose and meaning

Carlos Laranjeira^{1,2,3*} and Ana Querido^{1,2,4}

¹Department of Nursing Science, School of Health Sciences of Polytechnic of Leiria, Leiria, Portugal, ²Centre for Innovative Care and Health Technology (ciTechCare), Polytechnic of Leiria, Leiria, Portugal, ³Comprehensive Health Research Centre (CHRC), University of Évora, Évora, Portugal, ⁴Center for Health Technology and Services Research (CINTESIS), NursiD, University of Porto, Porto, Portugal

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Article

Art Therapy Improves Mood, and Reduces Pain and Anxiety when Offered at Bedside during Acute Hospital Treatment

October 2017 · The Arts in Psychotherapy 57(1)

October 2017 · 57(1)

DOI: [10.1016/j.aip.2017.10.003](https://doi.org/10.1016/j.aip.2017.10.003)

Authors:



Tamara A. Shella
Cleveland Clinic



Review

Creative Arts Interventions for Stress Management and Prevention—A Systematic Review

Lily Martin^{1,*}, Renate Oepen¹ , Katharina Bauer², Alina Nottensteiner³, Katja Mergheim⁴, Harald Gruber¹  and Sabine C. Koch^{1,2} 

- ¹ Research Institute for Creative Arts Therapies (RIArT), Alanus University of Arts and Social Sciences, Alfter/Bonn, Villestr. 3, 53347 Alfter, Germany; Renate.Oepen@alanus.edu (R.O.); harald.gruber@alanus.edu (H.G.); sabine.koch@alanus.edu (S.C.K.)
- ² Department for Therapy Sciences, SRH University Heidelberg, Maria-Probst-Str. 3, 69123 Heidelberg, Germany; katharina.bauer@hotmail.de
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ART INTERVENTIONS RESEARCH

Art Therapy: Journal of the American Art Therapy Association, 33(2) pp. 74–80, Published with license by Taylor & Francis Group, LLC

frontiers | Frontiers in Psychology

TYPE Review
PUBLISHED 26 September 2022
DOI 10.3389/fpsyg.2022.906191

Reduction of Cortisol Levels and Participants' Responses Following Art Making

Girija Kaimal, Kendra Ray, and Juan Muniz

Check for updates

OPEN ACCESS

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Barbara Jazwinski,
Tulane University,
United States

Creativity and art therapies to promote healthy aging: A scoping review

Flavia Galassi[†], Alessandra Merizzi[†], Barbara D'Amen* and Sara Santini

Centre for Socio-Economic Research on Aging, IRCCS INRCA-National Institute of Health and Science on Aging, Ancona, Italy

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> Art Ther (Alex). 2016 Apr 2;33(2):74–80. doi: 10.1080/07421656.2016.1166832. Epub 2016 May 23.

Reduction of Cortisol Levels and Participants' Responses Following Art Making

Girija Kaimal, Kendra Ray, Juan Muniz

PMID: 27695158 PMCID: PMC5004743 DOI: 10.1080/07421656.2016.1166832



Review

Art making and expressive art therapy in adult health and nursing care: A scoping review

Heli Vaartio-Rajalin^{a, b, *}, Regina Santamäki-Fischer^a, Pamela Jokisalo^a, Lisbeth Fagerström^{a, c}

^a Health Sciences, Åbo Akademi University, Vasa, Finland

^b Bachelor of Healthcare/Nursing, Novia University of Applied Sciences, Åbo, Finland

^c Health Sciences, University of South-Eastern Norway, Kongsberg, Norway



Art in an age of artificial intelligence

OPEN ACCESS

EDITED BY

Luca Tummolini,
National Research Council (CNR), Italy

Anjan Chatterjee*

“I argue that AI need not understand ideas or experience emotions to produce meaningful and evocative art. AI is and will increasingly be a powerful tool for artists. The continuing development of aesthetically sensitive machines will challenge our notions of beauty, creativity, and the nature of art.”

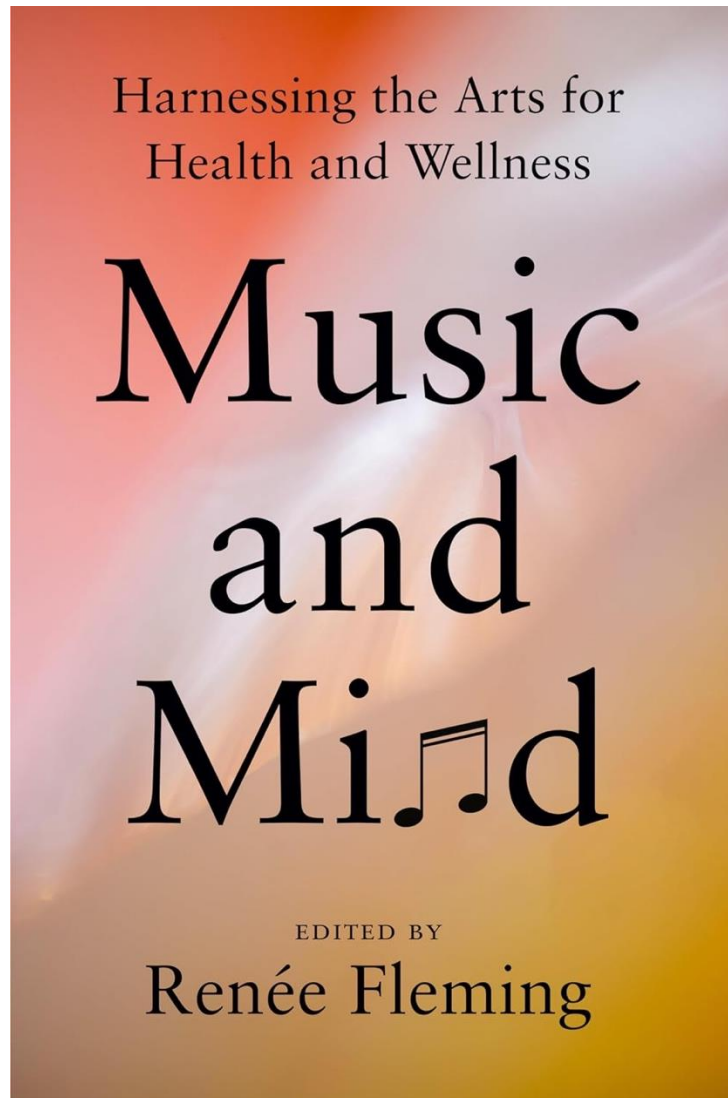
WILLIAM CONGREVE

**“Music has charms to soothe
the savage beast, to soften
rocks, or bend a knotted oak.”**



MUSIC AND MIND: HARNESSING THE ARTS FOR HEALTH AND WELLNESS

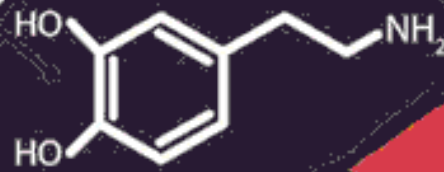
Renée Fleming



A collection of articles by musicians, artists, scientists, actors, dancers, and more. Each one explaining their experience with the Neuro Arts benefiting them or their populations

Your Brain On Music

Listening to music causes the brain to release dopamine, a **feel-good chemical**.⁶



Music with a strong beat can stimulate brainwaves. Slow beats encourage the **slow brainwaves** that are associated with hypnotic or **meditative states**. **Faster beats** may encourage more alert and **concentrated thinking**.¹³

Music **occupies the mind** with something familiar and soothing.¹²

Music **alters patterns of pain**, depression and disability.¹¹

Music **acts as a distractor**, focusing the attention away from negative stimuli to something pleasant and encouraging.⁷

Music has the **ability to alter breathing and heart rate**.⁸

Music also has the power to **improve your state of mind**. This helps keep things like depression and anxiety at bay.⁹

Music can help **reduce the perception of pain**.¹⁰

ASSAL HABIBI'S RESEARCH ON MUSIC & CHILD DEVELOPMENT

- No best age or instrument
- Start with cultural music at home.
 - Musical activities at any age
 - Fosters engagement and benefits cognitive and social skills.
- Musical training changes brain structure, boosts decision-making, and enhances memory, language, and reading skills.



“EL SISTEMA” IN VENEZUELA AND ITS IMPACT ON YOUTH

- **In 1975, musical instruction and instruments were brought to impoverished children through El Sistema.**
 - **Success story, Gustavo Dudamel graduate of El Sistema**
 - **Later created the youth orchestras in Los Angeles and the Miami Music Project.**
- **Programs like El Sistema improve Competence, Confidence, Caring, Character, and Connections.**

THE 5 Cs 😊



EDUCATIONAL IMPACT OF EARLY AESTHETICS LEARNING

- Programs like El Sistema in Venezuela teach life skills through music.

- Simon Bolivar Youth Orchestra

Improved test scores, socialization, behavior, etc.

- Boosts brain engagement.
- Arts and aesthetics strengthen learning capacity
- Gustavo Dudamel went through “El Sistema” and initiated the Youth Orchestra of Los Angeles

DUDAMEL & SIMON BOLIVAR ORCHESTRA

Bernstein's Mambo from West Side Story



"THE CREATIVE ACT: A WAY OF BEING" BY RICK RUBIN

- Find creativity in everyday moments.
- Fully engage with the creative process.
- Nurture your unique creative voice.
 - Release fear to allow creativity.
 - Collaborate to maintain authenticity.
- Creativity is a continuous journey requiring persistence.
 - Make creativity a holistic way of being.



CREATIVITY AS SPIRITUAL PRACTICE – RICK RUBIN

CREATIVITY AS SELF-EXPRESSION AND CONNECTION TO A HIGHER POWER.

OVERCOMING BLOCKS

- **Exercises to address self-doubt and perfectionism.**

RECONNECTING WITH INNER CREATIVITY

- **Emphasizes playfulness and exploration.**

REDISCOVERING PASSION

- **Guides to pursue creative activities that bring joy.**

ACCOUNTABILITY AND SUPPORT

- **Form creative communities for mutual support.**

INTEGRATION INTO DAILY LIFE

- **Make creativity a regular habit for fulfillment.**



PRACTICE EXAMPLE - CASE STUDY

Orthodox Female Client, late 30's

- Location: Underserved remote area, distance therapy
- Profession: Gourmet chef, can create “something from nothing”
- Family: 5 children, multiple perinatal and postpartum issues
- Medical History: Heart arrhythmias, SVT, high blood pressure, anxiety, childhood, social anxiety

INITIAL ISSUES

- Postpartum anxiety
- Sleep Disturbances
- Difficulty Nursing

PRACTICE EXAMPLE - CASE STUDY

INTERVENTIONS

- Self-Regulation Techniques (meditation, breathing, Havening, Guided Imagery...)
- Day Spa Schedule 😊 (floats, walks, swimming, massage, reflexology, etc.)

DAILY RELAXING ACTIVITIES

- Daily Meditation • Breathing Exercises • Customized Nursing Meditation
 - Doodling or Coloring
 - Journaling • Positive Affirmations • “Gratituding”
 - Nature Exposure (Real Or Virtual)
- Regular Viewing and Resourcing with Pictures of Family and Friends
 - Weekly Special Meal Planning
 - Supplements and Rx

CASE STUDY IMPROVEMENTS USING THE NEURO ARTS

- Improved Anxiety and Sleep
- Postpartum issues resolved (including fewer intrusive thoughts)
 - Diminished Physiological Problems: BP and SVT
 - Enhanced Overall Wellbeing and Relaxation
(she still does Neurographic Art to relax)
- Able to do part-time work and create “something from nothing!”
 - Managing with children and family responsibilities



**DEEPENING THE
EXPERIENCE WITH
HANDS-ON ACTIVITIES**



EXPRESSIVE WRITING: WORDS THAT HEAL

BY JAMES W. PENNEBAKER & JOHN FRANK EVANS

- **Therapeutic power of writing for emotional healing and well-being.**
- **Practical exercises and techniques to process emotions and reduce stress.**



EXPRESSIVE WRITING: WORDS THAT HEAL

BY JAMES W. PENNEBAKER & JOHN FRANK EVANS

STREAM-OF-CONSCIOUSNESS WRITING

Write without censoring.

EMOTION-FOCUSED WRITING

Write about specific emotional experiences.

LETTER WRITING

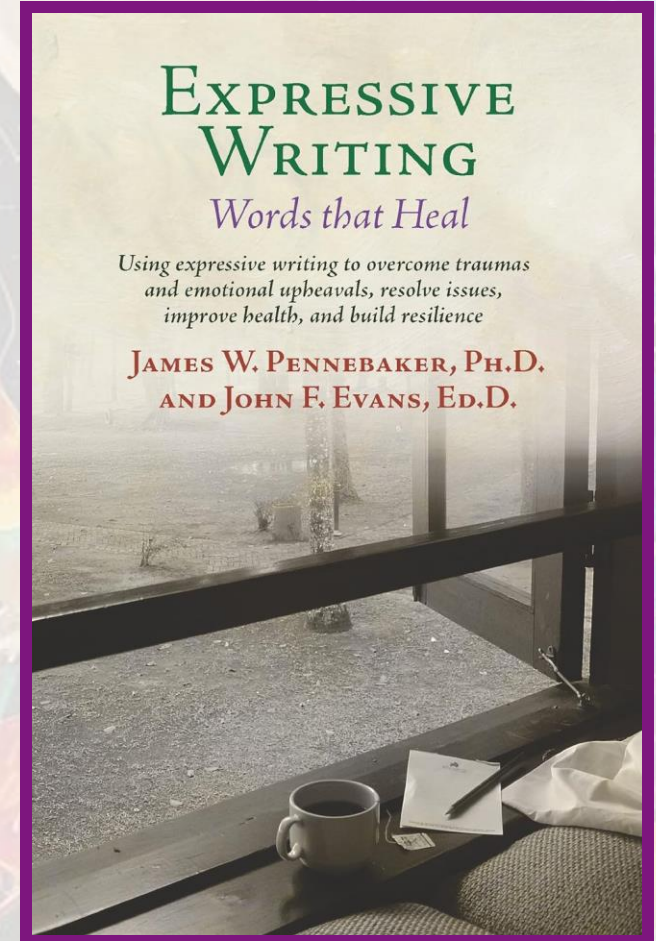
Write unsent letters to express emotions.

NARRATIVE RECONSTRUCTION

Write about past events from different angles.

GRATITUDE JOURNALING

Write about positive aspects and things to be grateful for.



JAMES W. PENNEBAKER

Tips for Writing to Heal

- Find a time and place where you won't be disturbed
- Write continuously for at least 20 minutes
- Don't worry about spelling or grammar
- Write only for yourself
- Write about something extremely personal and important for you
- Deal only with events or situations you can handle now



The background of the image is a piece of neurographic art. It features a complex, organic pattern of interconnected, irregular shapes. The colors used are primarily shades of yellow, green, and reddish-brown, with dark, almost black, lines defining the boundaries between the shapes. The overall effect is reminiscent of a microscopic view of cells or a stylized map of neural connections.

NEUROGRAPHIC ART

Neurographic Art is not just about creating beautiful images; it's about unraveling the mysteries of our subconscious mind and discovering the depths of our emotions through the strokes of a pen.

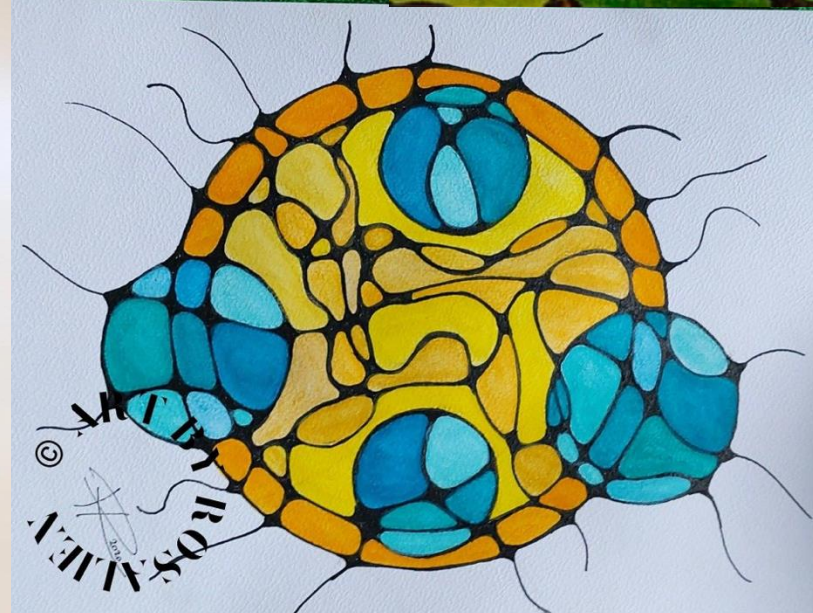
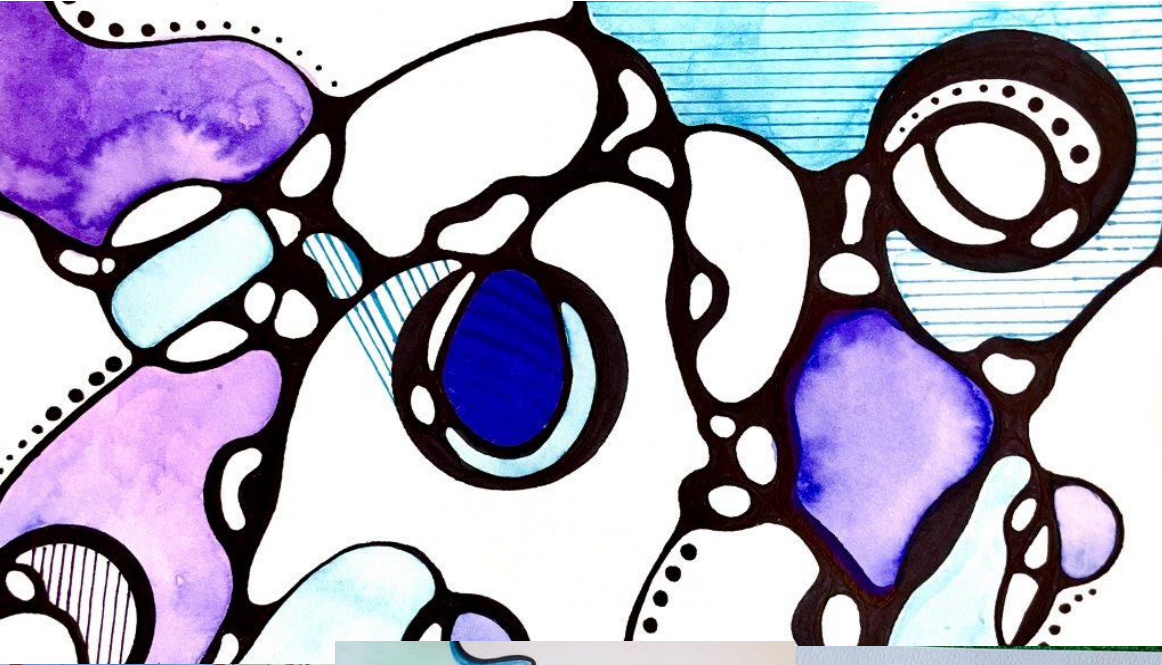
- RD Wallen - ©2024

NEUROGRAPHIC ART EXERCISE BENEFITS

- Relief From Anxiety
- Finding Peace and Relaxation
 - Stress Reduction
 - Mindful Meditation
 - Clarity And Perspective
- Expression of Inner Feelings



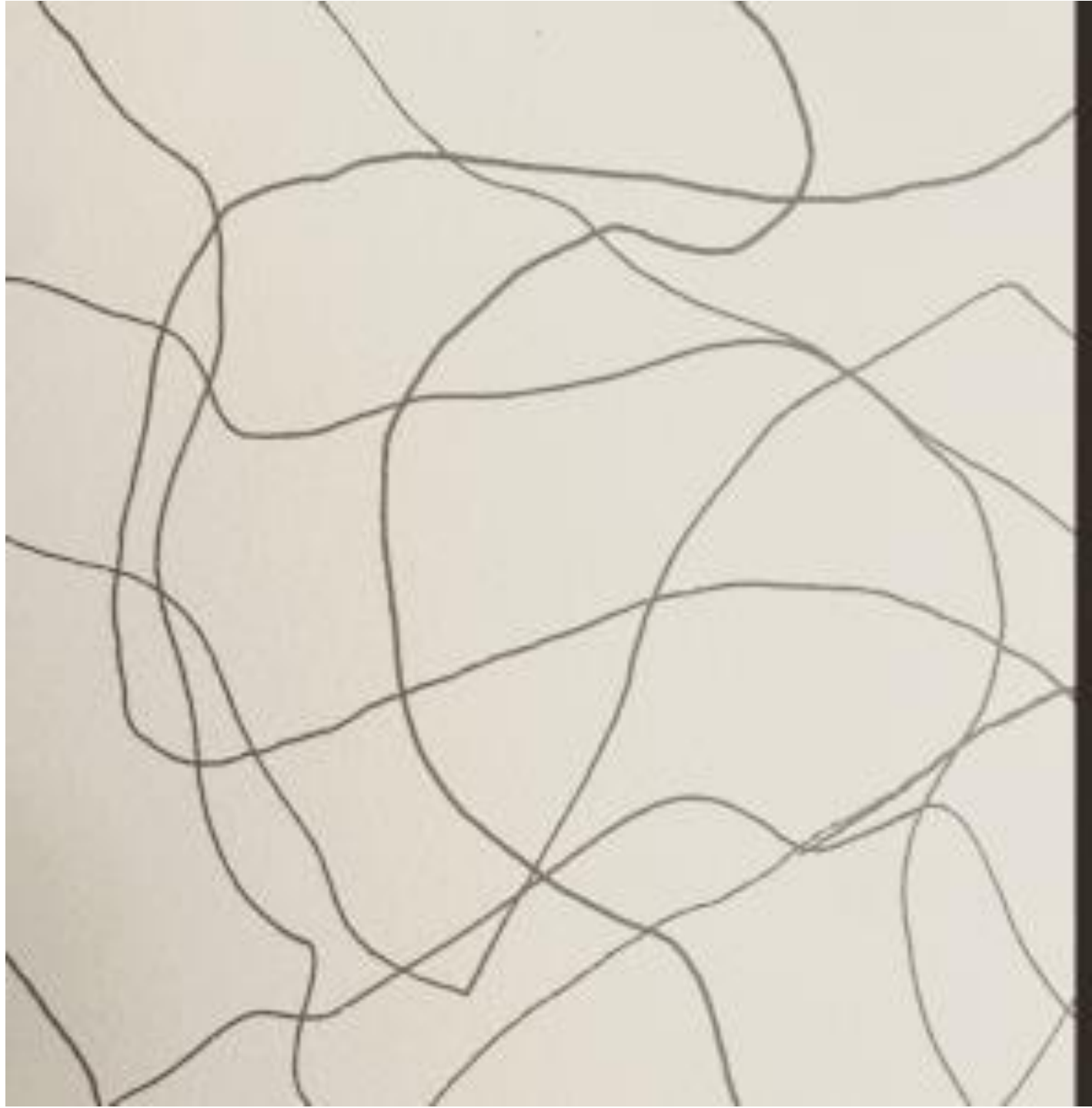
NEUROGRAPHIC ART SAMPLES



NEUROGRAPHIC

ART

PROCESS



**I DID THIS
WITH A
SHARPIE,[®]
CRAYONS,[®]
AND A
NICKEL!**

**(the previous one
with a paint pen)**



NEUROGRAPHIC ART EXERCISE

1. Draw a wavy line from mid-left to top-right.
2. Draw a second wavy line from top to bottom.
3. Draw a third wavy line from top-left to bottom-right.
4. “Round” and curve intersections and fill them in to symbolize neural connections.
5. Color sections with rainbow colors (red, orange, yellow, green, blue, indigo, violet).



CONCLUSION

The arts can ease physical and mental distress, enhance learning, strengthen communities, and promote overall health and wellbeing in an economic, low-risk, holistic manner.



DISCUSSION



Q&A

time



THANK YOU FOR JOINING

Here's your Neuro Arts GIFTPAK link

<https://bit.ly/neuroartsgiftpak>



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