

Art, Music & Recreational Therapy: Incorporating Creative Approaches for Students with Autism



Courtney Carnes, ATR-BC
Art Therapist, Monarch School
Julie Hopkins, MT-BC
Music Therapist, Monarch School
Erin Witschey, C.T.R.S.
Recreational Therapist, Monarch School

Introductions



Courtney Carnes, MS, ATR-BC



Julie Hopkins, MT-BC



Erin Witschey, C.T.R.S.

Overview

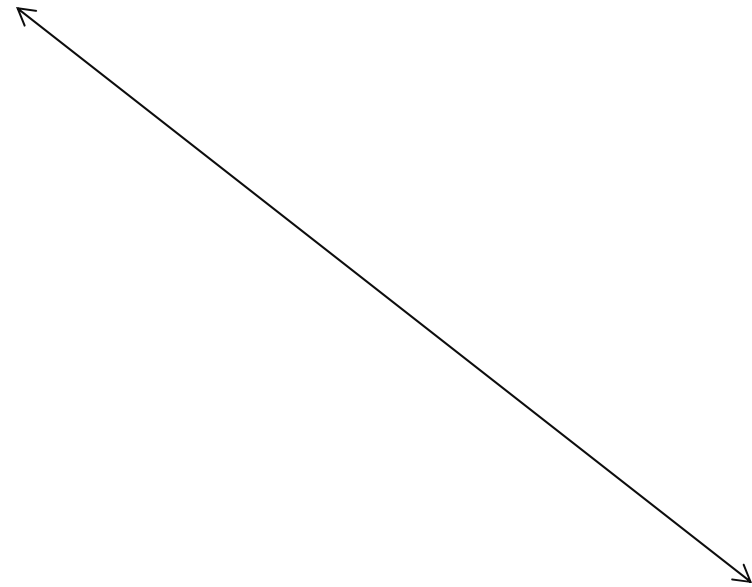
- Art Therapy
- Music Therapy
- Recreational Therapy
- Art, Music, and Recreational
Therapy and Autism
- Case Studies
- Questions



Art Therapy

Art therapy is a mental health profession in which clients, facilitated by the art therapist, use art media, the creative process, and the resulting artwork to explore their feelings, reconcile emotional conflicts, foster self-awareness, manage behaviors and addictions, develop social skills, improve reality orientation, reduce anxiety, and increase self-esteem (American Art Therapy Association)

Art as Therapy



Art Psychotherapy

Art Therapy

Art therapists work with many populations including:

- Autism Spectrum Disorder
- Mental health
- Rehabilitation
- Medical
- Educational
- Forensic
- Wellness
- Veterans
- Hospice
- Older Adults
- Developmental Disabilities



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, 2005)

-In the treatment of Autism Spectrum Disorders, music therapy is identified as an emerging intervention by the National Autism Center. (2015)



Music Therapy

Music therapists work with many populations including:

- Autism Spectrum Disorder
- Alzheimer's
- Veterans
- Premature Infants
- Mental Health
- Wellness
- Medical
- Developmental Disabilities
- Hospice
- Older Adults



Recreational Therapy

- Recreational therapy, also known as therapeutic recreation, is a systematic process that utilizes recreation and other activity-based interventions to address the assessed needs of individuals with illnesses and/or disabling conditions, as a means to psychological and physical health, recovery and well-being (American Therapeutic Recreation Association, 2017).



Recreational Therapy

Recreational Therapists may work with a wide range of individuals requiring health services including geriatric, mental health, addictions, general medicine, physical medicine and rehabilitation, developmental disabilities and pediatric clients (ATRA, 2017).



Autism Spectrum Disorder

Autism Spectrum Disorder (ASD) is a complex neurological disorder that affects the functioning of the brain, impairing normal development in the areas of social interaction and communication skills. Children and adults with ASD typically have difficulty with verbal and non-verbal communication, social interaction and leisure or play activities (Monarch Model).



Art Therapy and ASD

“As a graphic, nonverbal means of communication, art can provide relief to the child for whom verbal communication is frustrating, overwhelming, too direct, or even nonexistent.” (Martin, 2008)



“...Art therapy can utilize the child’s visual strengths to address treatment goals while providing socially appropriate outlet for self-stimulatory behaviors and sensory needs.” (Martin, 2008)

Music Therapy and ASD

- Music therapy interventions focus on enhancing social, communicative, motor/sensory, emotional, and academic/cognitive functioning or music skills in individuals with ASD.
- Currently music therapy is identified as an emerging intervention by the National Autism Center.
- Research based examples demonstrate improvements in the following areas due to use of music therapy interventions:
 - communication, interpersonal skills, personal responsibility, play, joint attention and social engagement



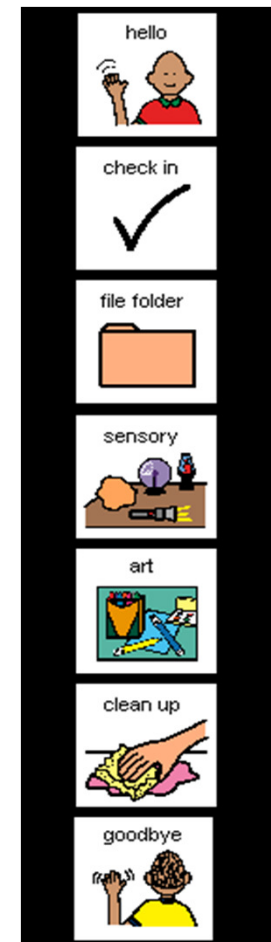
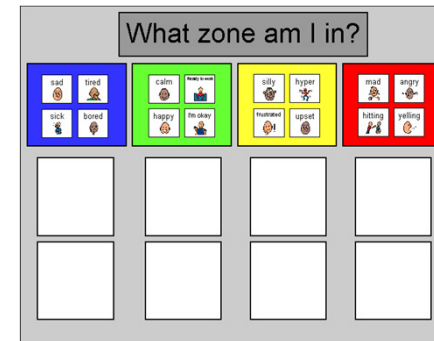
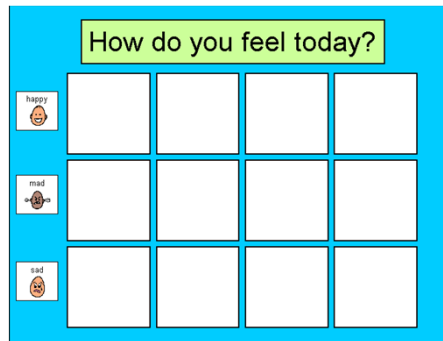
Recreational Therapy and ASD

After involvement in recreational and physical activity programs, children with autism have been shown to demonstrate significant decreases in inappropriate behavior and significant increases in appropriate behavior. It has also been shown to increase positive attitudes towards those with autism by typically developing peers (Schleien, et al., 1987).

Further studies have shown that participation in therapeutic recreation positively influences quality of life, overall health, quality of family life, and quality of social life for individuals with disabilities (Zabriskie, et al., 2005).

Art Therapy at Monarch

In a school setting, art therapy provides opportunities for positive experiences that can translate into enhanced classroom performance and increased ability to gain from educational services. Art therapy can also be adapted to support academic, social, speech and language, or emotional goals and objectives.

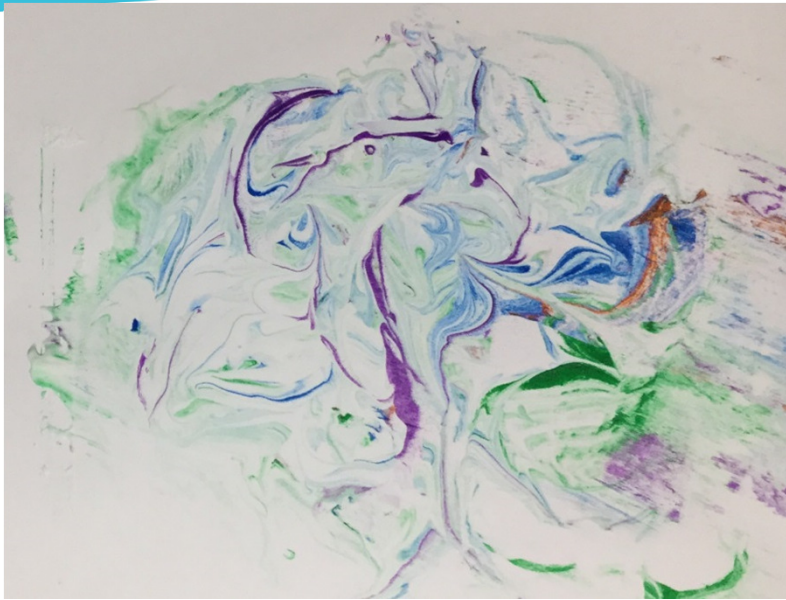


Treatment Goals for Autism
 Imagination/abstract thinking
 Sensory integration and regulation
 Emotion/self-expression
 Developmental growth
 Visual-spatial skills
 Recreation/leisure skills

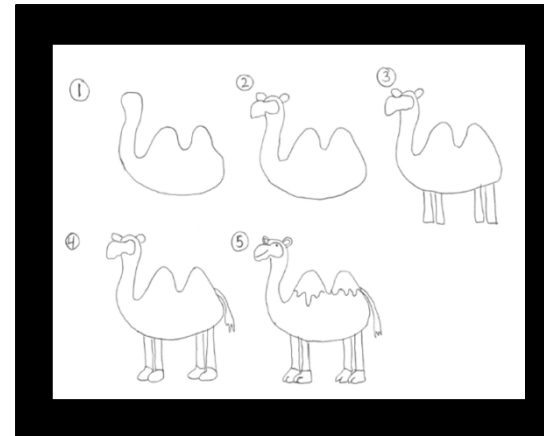
Art Therapy Case Study Examples

- Younger Student:
Sensory
 - Bubbles
 - Shaving cream art
 - Painting with different objects
 - Painting on different surfaces
- Older Students:
Leisure Skills
 - Sketchbook
 - Step-by-step drawing
 - Artist's choice





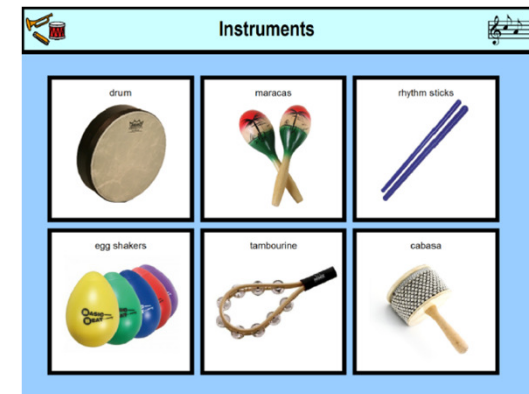
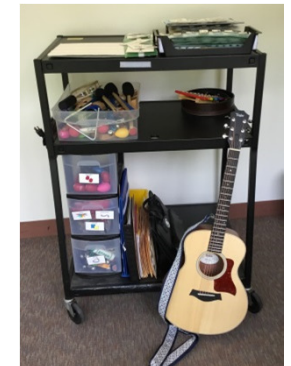
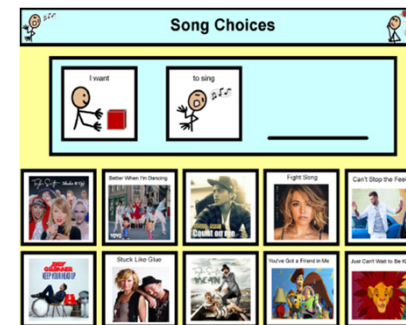
*Any artwork shown on this page was recreated by the art therapist.



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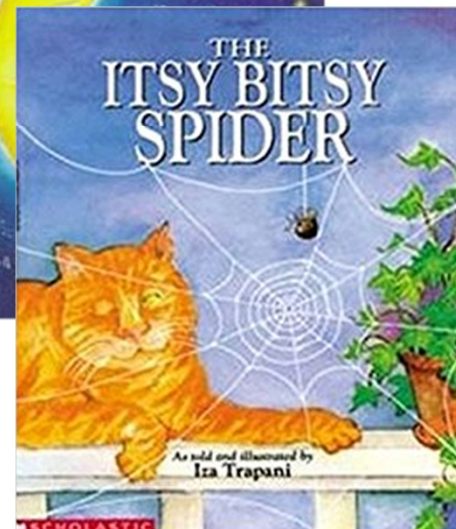
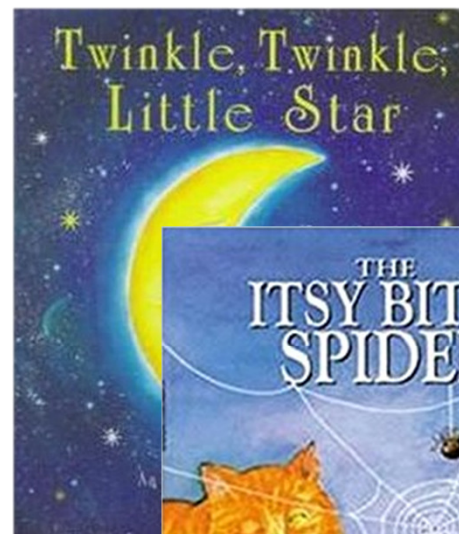
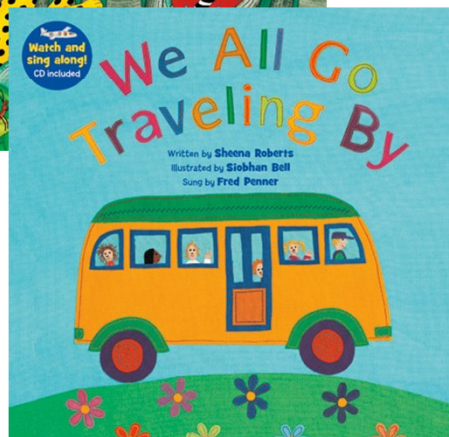
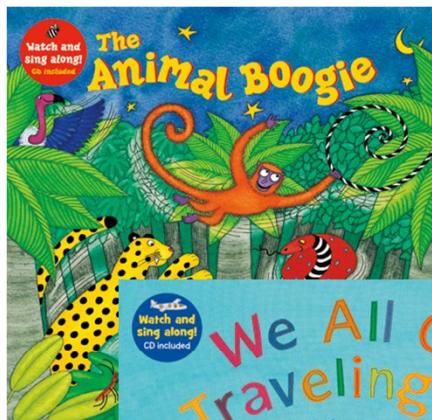
Music Therapy at Monarch

- Music therapy is provided in both group and individual sessions throughout the school.
- In these sessions students work on nonmusical goals while engaging in music therapy interventions.
- Goals can include: turn taking, impulse control, expressively answering academic questions, social skills, as well as learning musical skills.



Music Therapy Case Study Examples

- Younger Students:
 - Singable Stories: Can target goal areas such as reading, reading comprehension, reading pace, sequencing as well as sustained attention
 - Examples include Barefoot Books, Iza Trapani books and “There Was an Old Lady Who Swallowed a Fly” series.







Music Therapy Case Study Examples

- Older Students:
 - Song Share/Song Commenting: Can address goal areas such as writing skills, presentation skills, commenting, as well as filtering speech.
 - Songs can be selected by students or teachers.
 - Having students select songs can also provide the opportunity to discuss school appropriate content.





























Commenting

<p>I like it</p> <ul style="list-style-type: none"> -I like this song -This song is cool -I like this style of music -I like the rhythm -The instruments are cool -I like this artist -I like the song's lyrics -The song makes me excited -The song calms me down 	<p>It's ok</p>	<p>I don't like it</p> <ul style="list-style-type: none"> -I don't like this style music -I like _____, but I don't like _____ -I don't like this artist -I don't like the lyrics -The song is too slow -It's not my favorite -I don't like the performance -It is too repetitive -I don't like the instruments
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<p>Yes</p>  <p>I like it</p> 	<p>No</p>  <p>I don't like it</p> 
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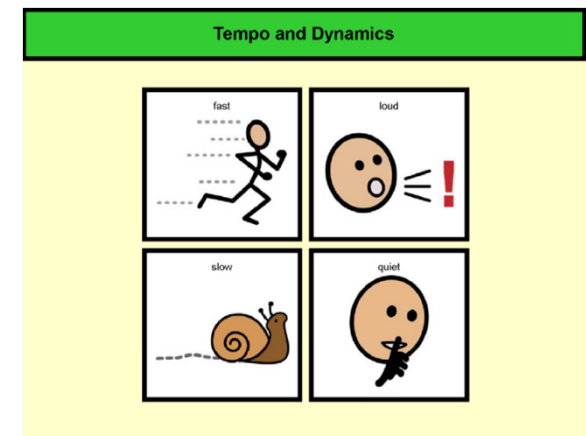
Commenting

It Sounds...

<p>Tempo:</p> <p>fast  slow </p>	<p>Dynamics:</p> <p>loud  soft </p>	<p>Mood:</p> <p>happy  sad </p>						
<p>Pitch:</p> <p>high  low </p>	<p>Style:</p> <table border="1"> <tr> <td>instrumental music </td> <td>rock music </td> <td>country music </td> </tr> <tr> <td>rap music </td> <td>classical music </td> <td>latin music </td> </tr> </table>		instrumental music 	rock music 	country music 	rap music 	classical music 	latin music 
instrumental music 	rock music 	country music 						
rap music 	classical music 	latin music 						
<p>I like that  don't like </p>								

Music Therapy Case Study Examples

- Instrument Playing:
 - Free instrument play allows students to make choices and be engaged in music making with limited demands.
 - Elements of Music: Students can expand on free instrument play by learning about the different elements of music such as:
 - Tempo: speed
 - Dynamics: volume
 - Pitch: high or low sounds
 - Tonality/Mood: major or minor
 - Student can first learn to identify the different elements of music then attempt to replicate those elements when playing instruments.



Instrument Recommendations

Lower Cost Instruments



Egg Shakers

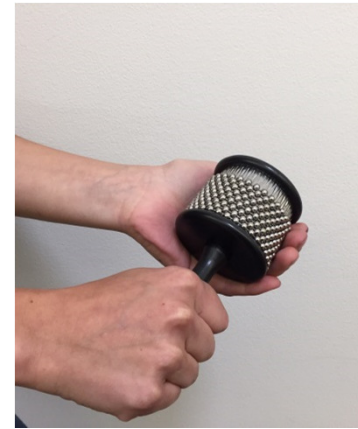


Wrist Bells



Fluted Rhythm Sticks

Sensory Instruments



Cabasa



Ocean Drum



Sound Shapes

Recreational Therapy at Monarch

At Monarch, recreational therapy is used to promote motor function and leisure skills. Students move through activity stations following video models both to provide an opportunity for independence and assist classroom staff in understanding each station.

Sessions are focused to target vestibular and proprioceptive sensory input, strengthening, static and dynamic balance, range of motion, body awareness, and coordination as well as introducing sport, fitness, and leisure skills.



Versatile Equipment

- Gator or Rhino skin balls
- Knobby balls
- Bosu Balls
- Balance ball or yoga ball
- Medicine balls
- Hula Hoops
- Float R Shapes
- Sensory stones or balance pods
- Crash pad, walrus or seal mat
- Various swings









Questions?



Monarch Center for Autism Programs & Services

- ❖ **Preschool**
- ❖ **Day School**
- ❖ **High School**
- ❖ **Transition Education Program**
- ❖ **Extended School Year and
Summer Social Language
Leadership Programs**
- ❖ **Therapeutic Residential
Treatment**
- ❖ **Adult Day Habilitation &
Supported Living Programs**
- ❖ **Community Outreach**
- ❖ **Autism Resources**

- ✦ **Web:** www.monarchcenterforautism.org
- ✦ **Telephone:** 216.320.8945 or 1-800-879-2522
- ✦ **Address:** 22001 Fairmount Boulevard,
Shaker Heights, Ohio 44118
- ✦ **Join our e-newsletter mailing list:**
[http://www.monarchcenterforautism.org/
contact-us/join-our-email-list](http://www.monarchcenterforautism.org/contact-us/join-our-email-list)
- ✦ **Facebook:**
www.facebook.com/monarchcenterforautism
- ✦ **Twitter:** www.twitter.com/monarchohio



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