

Creating Safe Spaces through Art and Music Therapy

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University Hospitals Connor Whole Health, Samaritan Medical Center

A Bit About The Therapists

Candace Ressler, MA, LPCC, ATR

- Appleseed Community Mental Health Center (CMHC) since June 2021
- Individual and group therapy with children, adolescence, and adults
- Special interests in the process of sharing artwork



Bekah Smith, MT-BC

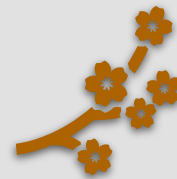
- University Hospitals Connor Whole Health since 2021
- Inpatients at bedside, outpatients, staff support, community groups, special events
- Special interests in research, sleep quality, athletes, meditation



Today's Presentation



A Short History of Music
and Art Therapy



Core Aspects of These
Creative Therapies



Application



Volunteers

For A Short Experiential

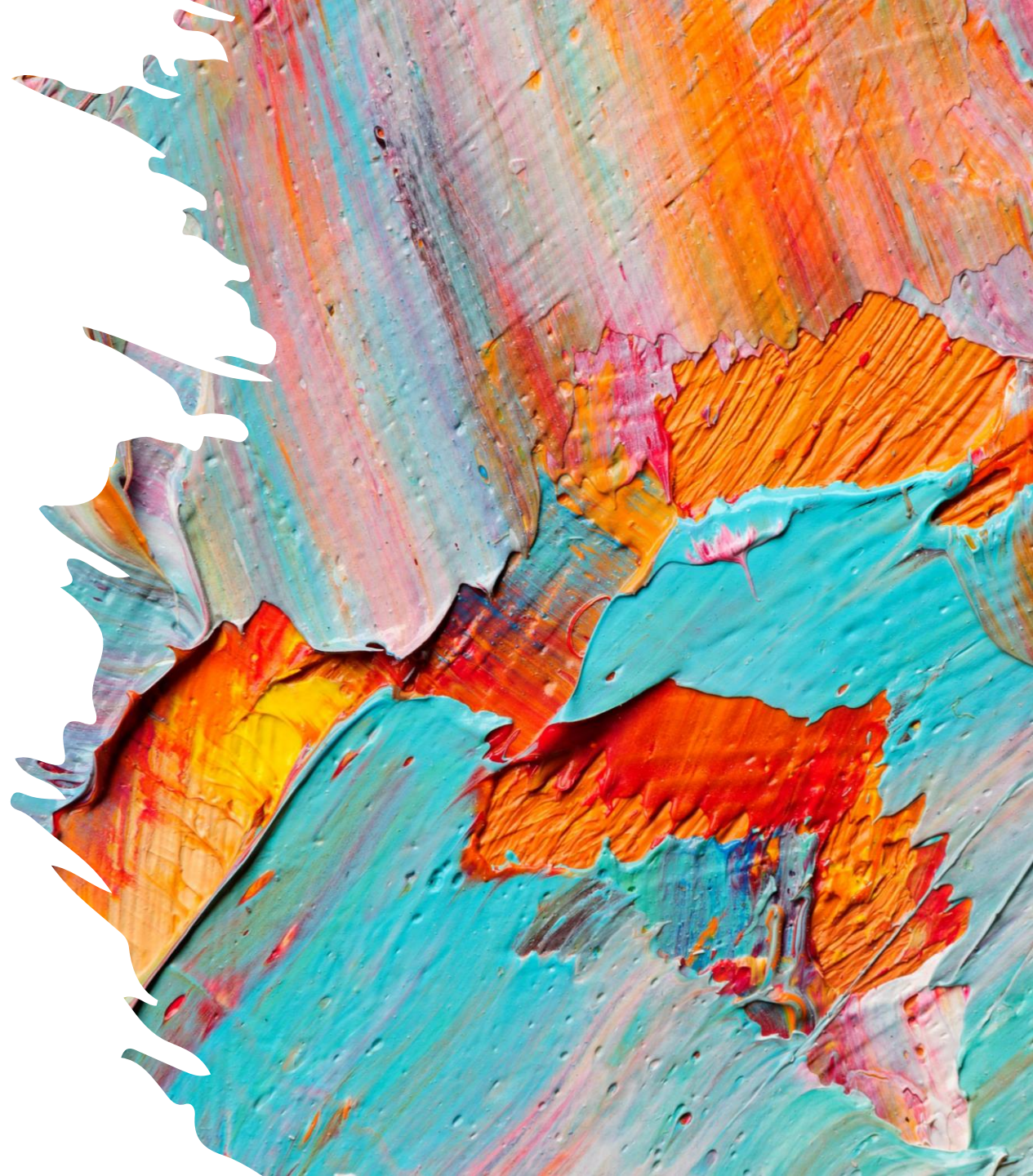
What is Art Therapy & It's History

Art therapy is a mental health profession that enriches the lives of individuals, families, and communities through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship.

[AATA What is Art Therapy?](#)

- Mother of Art Therapy

Art as Therapy & Art Psychotherapy



Music Therapy and MT-BC Training

Music therapy: the use of music to address nonmusical goals by a board-certified music therapist (MT-BC)

Evidence based practice for helping patients cope, reduce pain/anxiety, self-express, communicate, etc.

Education: Bachelors (minimum) Masters, Doctorate

Clinical practicums, 6 month internship post coursework (1200 hours)

Take and pass national board exam (CBMT)



Brief History of Music Therapy

- Music and Healing traced back to Plato, Aristotle, the Bible, and more
- 20th century profession formally began after WWI and WWII
- AMTA formed 1998 (AMTA, 2024)



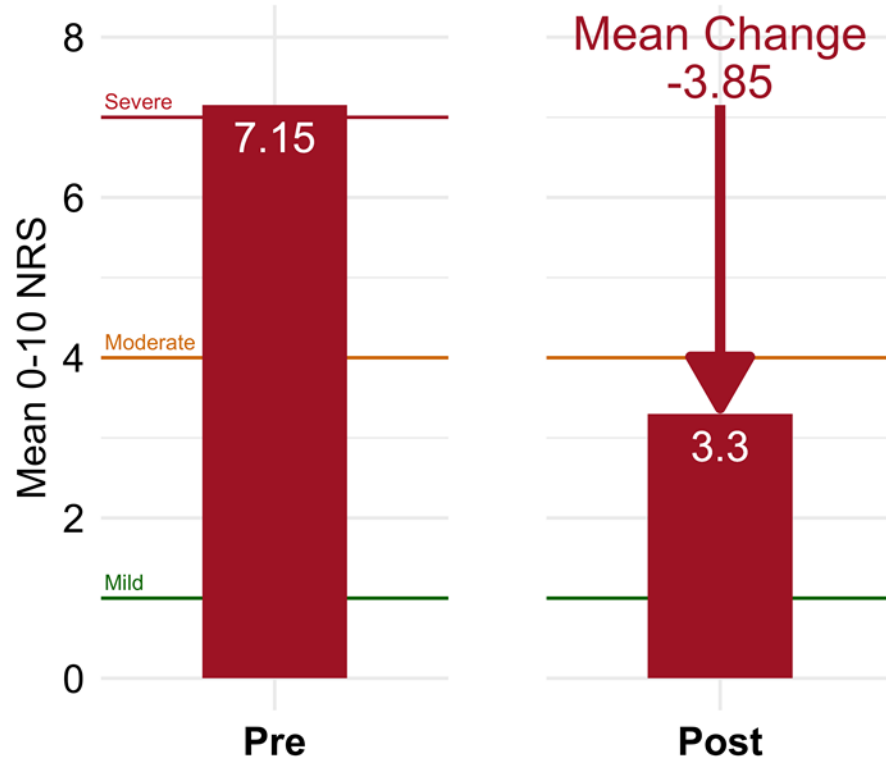


Art Therapy at Appleseed CMHC

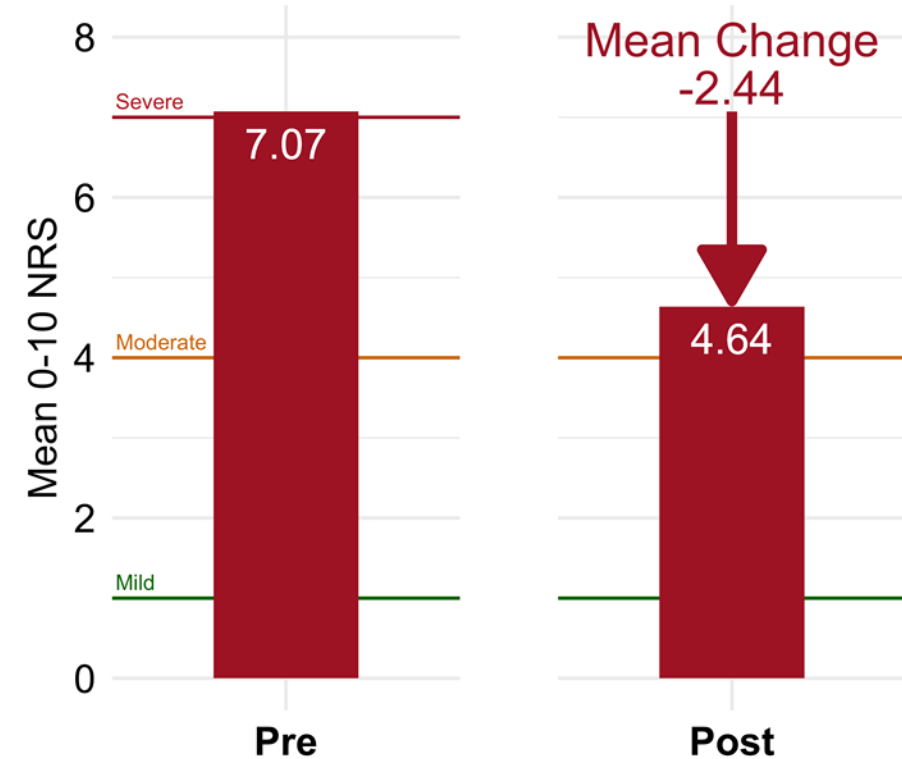
- To find Art Therapist: [Locator](#)
- Appleseed has counselors that treat both mental health and substance use
- Upcoming Exhibit: Seeds of Hope

Music Therapy at University Hospitals

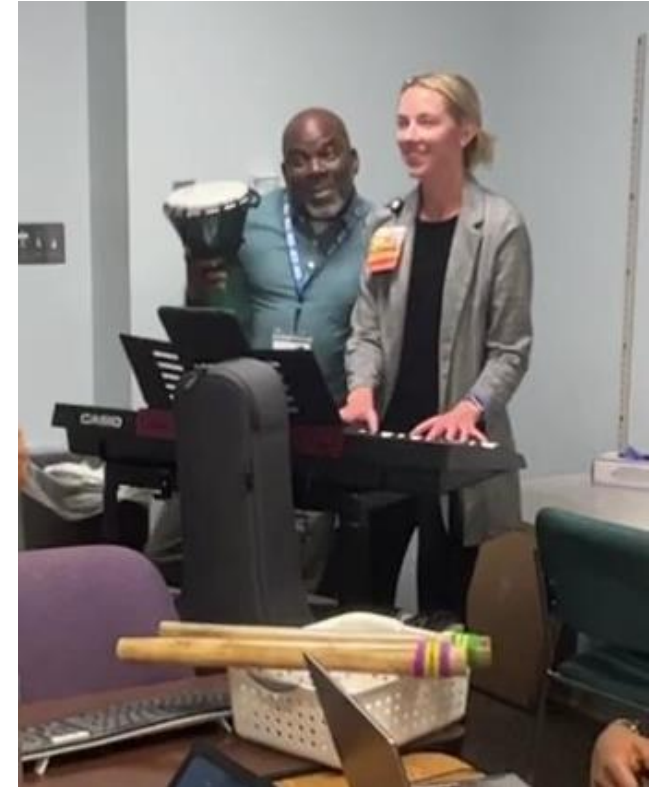
Stress ≥ 4



Pain ≥ 4



Music Therapy at UH Samaritan Medical Center



Safe Space
Experiential



Reference

- Junge, M. B. (2016). History of art therapy. In D. E. Gussak & M. L. Rosal (Eds.), *The Wiley handbook of art therapy* (pp. 7–16). Wiley Blackwell.
- Appleseed Community Mental Health Center (2024). Retrieved from <https://www.appleseedmentalhealth.com/>
- American Art Therapy Association (2024). Retrieved from <https://arttherapy.org/>

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- American Music Therapy Association (2024). History of music therapy. Retrieved from <https://www.musictherapy.org/about/history/>
- Rodgers-Melnick, S. N., Rivard, R. L., Block, S., & Dusek, J. A. (2023). Effectiveness of music therapy within community hospitals: an EMMPIRE retrospective study. *Pain reports*, 8(3), e1074.
<https://doi.org/10.1097/PR9.0000000000001074>

Thank You!

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