

ON EXPRESSIVE ARTS THERAPY (EXAT)

USING ART TO ACCESS THERAPEUTIC WORK

WHAT IS EXAT?

EXAT is the use of multiple art modalities to access therapeutic work.

- Everyone has their own definition of art
- Use of creative expression to explore internal experiences

Modalities include, but are not limited to:

- Painting
- Drawing
- Writing
- Drumming
- Singing
- Sculpting
- Dancing
- Movement
- And others...

SO... WHY EXAT?



Why not? It's another tool to add to your toolbox.

- The purpose is **NOT** to make 'beautiful art' - it's to let what is inside of you out
- We all have creative expressions that resonate louder than others
 - IE - you prefer writing over painting
 - Or you're resistant to working with clay

Remember: the point to connect with your *soul*, not to make the next Sistine Chapel. You will never hear me compliment you on the quality of your work.

SO, HOW DO I GET STARTED?



1. Look around your home and see what art is available to you - don't worry about buying anything.
2. Bring a few ideas to our next session and we can either:
 - a. Have an EXAT experience in session or,
 - b. Give you 'homework' to have one outside of session
3. Consider **layering** modalities, which is incorporating multiple art forms into an experience
 - a. IE - painting, followed by journaling
 - b. IE - singing, followed by movement to that song
4. Interpret your art *exactly* how you want

WAIT, HOW DO I INTERPRET MY ART?



Again: Your art is not for critical review.

After you've completed a project, ask yourself some of the following questions:

- How do I feel looking at it now?
- How did it feel creating it?
- What colors did I use? What drew me to those colors?
- What prompted me to place these images together?
- Most importantly, what does this art mean to me?

Remember: You get to interpret your art EXACTLY how you want.



REMEMBER ...

EXAT IS ABOUT THE CONTENT & INTERPRETATION OF
YOUR ART, NOT A CRITIQUE OF ITS QUALITY



LWC THERAPIES PLLC
LEARN. GROW. HEAL. TOGETHER.

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