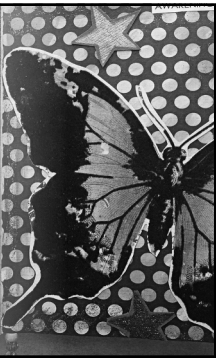


*Regulating the Traumatized Mind and Body through Expressive Arts:
Coming to Our Senses through Rhythm, Movement, Sound, and Imagery*

Cathy Malchiodi, PhD



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If you have felt marking pens and white paper...get them ready!

Note: You will get a copy of the slides after the presentation!

www.cathymalchiodi.com

2

+ Expressive Arts Therapy [or Expressive Therapies]
Using the Arts, Imagination, and Play in Integrative Ways

- ...visual arts, music/sound, dance, movement, drama, humor, play and creative writing in psychotherapy, counseling and healthcare



3

4


[illegible]

5

[illegible]

6

[illegible]



Our Higher Brain Disrupts the Process of Reparative Verbal Expression

- Our minds tell us, 'Don't shake, don't cry, don't tremor, and don't yawn.' It stops us from doing all the things the body naturally knows how to do to heal itself.
- But the body does know how to heal, but the mind "gets in the way."
- **Expressive approaches support the natural healing ability in the body that has been used for thousands of years...**


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Neuroscience tells us plenty about why Expressive Experiences are reparative.

But we know something else...

These practices emerged as rituals, spiritual traditions, procedures, and ceremonies, often in direct response to trauma and loss.

Overall purpose: A return to psychological, physical and social equilibrium.



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Expressive Approaches and Trauma Recovery

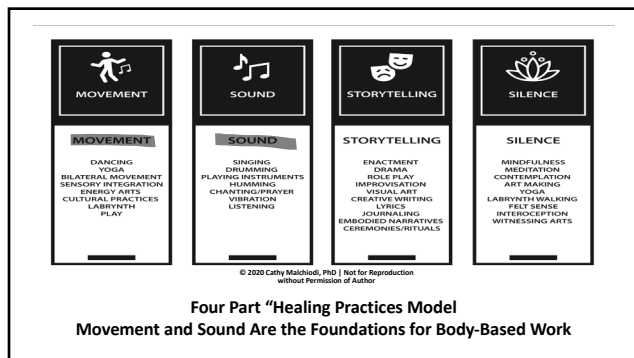
Body-Based, Action-Oriented, Often Non-Verbal Experiences:

- Rhythm
- Movement
- Synchrony
- Entrainment

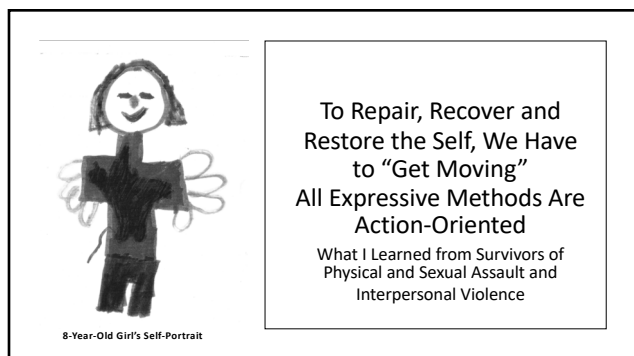
and **Sensory Integration:**

- Interoception [Internal Felt Sense]
- Exteroception [External Sense]

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Using a Continuum of Expression to Facilitate Regulate and Repair

- In this session you will be learning to apply a "bottom up" process of expression using very simple sounds, movement and gesture, rhythm, playfulness, and very simple image making.
- These are gentle ways to begin the process of body awareness.
- Just moving or making sounds is often not enough to facilitate change— we need to assist people in moving through a continuum— from sensing to feeling to thinking.

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Movement and Gesture— breaks the freeze response. It gets us mobilized.

Sound— stimulates feeling and sensation. It puts us in touch with the rhythms of our body's and emotions. It can also calm the body


Image Making— research tells us that even making a “doodle” or mark-making stimulates language. It is the bridge to storytelling.

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Polyvagal Theory (Porges) and the Ventral Vagal Network—A Helpful Model When It Comes to Expressive Therapies

Our Ventral Vagal Network runs from the diaphragm to the brain stem.

It is key because it can be influenced by breathing patterns and social cues such as smiling and making eye contact to generate a sense of calm and safety.




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Our Ventral Vagal Network...


...responds to experiences that generate sounds such as gargling, humming, prosody, and specific vocalizations can also be self-regulatory.

These practices can help us find ways to “**rest and digest**” when hyperactivation or dissociation overtake brain and body.

“Recovering or Finding a Good Rhythm through Sound”



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Simple Ways to Activate the Ventral Vagal System through Sound—Synchrony and Attunement with Your Client:

- **Prosody is essential**—it is the musicality of your voice and its rhythm “wires” the autonomic nervous system
- **Humming** is a natural vibration that regulates the vagal nerve
- **Just make sounds** and one of the best ones to regulate the nervous system is a gentle “growling” like a tiger. And it may make you laugh—another set of sounds that helps us to regulate.


“Gershwin's Rhythms,” oil pastel by Cathy Malchiodi

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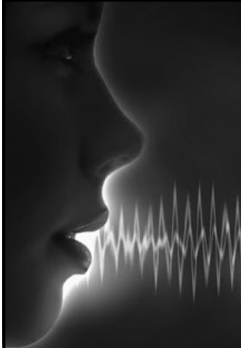
So Let's Work Through a Continuum of the Senses

Sound, Movement, Image, Storytelling

Moving from the Somatosensory to Feeling to Language



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Starting with Sounds as an Expressive Arts Body-Based Practice

A Safe Entry into the Body and Self-Expression

We are going to be working with simple body-awareness, sound-making, and image-making.

Have your paper, body outlines, and felt markers or drawing materials ready!

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There Are Many Sounds We Can Work With— Many Universall

Common Sounds [Embodied Voice]

Hmmm

Mmmm


Ahhh

Haaa


A-E-I-O-U

OM [AH-UH-MM] [Used in meditation]

VOO [Peter Levine]



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Let's Try "Ahhh"

Ahhh— can have many different meanings including relief and sympathy.

Let's all try saying "ahh" as a way to express "recognition" or "I see, I understand"


If you move your body to that "ahh," what is that like? Where do you experience it in your body?

Can you show me in a doodle or mark-making on paper, what does it look like? Color, shapes, lines...

And if you want to, can you show on a body outline where you experience this sound?

Can you write down 3 to 5 words to describe the image or experience?

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Let's Try "Mmmm"

Mmmm— can have many different meanings including agreement and satisfaction.

Let's all try saying "Mmmm" as a way to express "enjoyment" or "I like this"

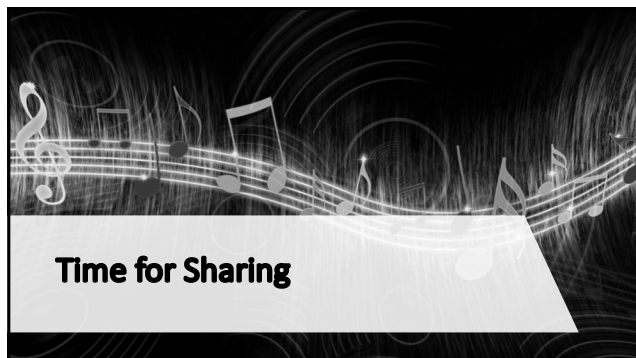
If you move your body to that "mmmm," what is that like? Where do you experience it in your body?

Can you show me in a doodle or mark-making on paper, what does it look like? Color, shapes, lines...

And if you want to, can you show on a body outline where you experience this sound?

Can you write down 3 to 5 words to describe the image or experience?

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**Sound is Co-Regulating
Communication—What We Have
Learned**


In early childhood trauma we see so many children who are initially unable to make contact with the helping professional.

As they become more musically involved and make and hold sounds, they become capable of vocalizing one tone for longer periods of time.

Holding the note is symbolic of holding a relationship with themselves and with you through and with sound, vocalization or music.



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Working with Ventral
Vagal Network
“The Sigh”

If you have felt markers
and paper--grab your
drawing materials!

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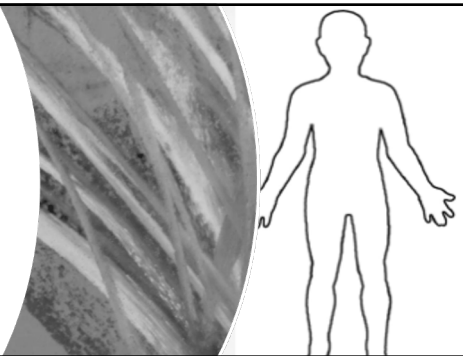
Let's Try This Sigh...

"Tired"

What does your body express in movement and gesture?

Use lines, shapes, colors, and/or mark-making to express it on paper.

You can use a body outline, too, if that feels right.



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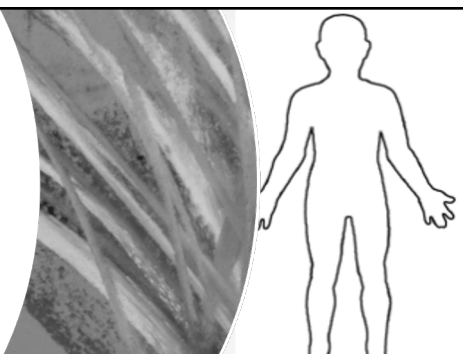
Let's Try This Sigh...

"Yearning" [for something lost, unattainable, distant]


What does your body express in movement and gesture?

Use lines, shapes, colors, and/or mark-making to express it on paper.

You can use a body outline, too, if that feels right.



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Time for Sharing & Reflections and Questions

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Thank You!
Time for
Questions

[Google Me, You'll Find Me!](#)

www.cathymalchiodi.com

www.trauma-informedpractice.com

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