



Expressive arts therapy: a way to improve Wellness for People with Parkinson's Disease

1 Introduction

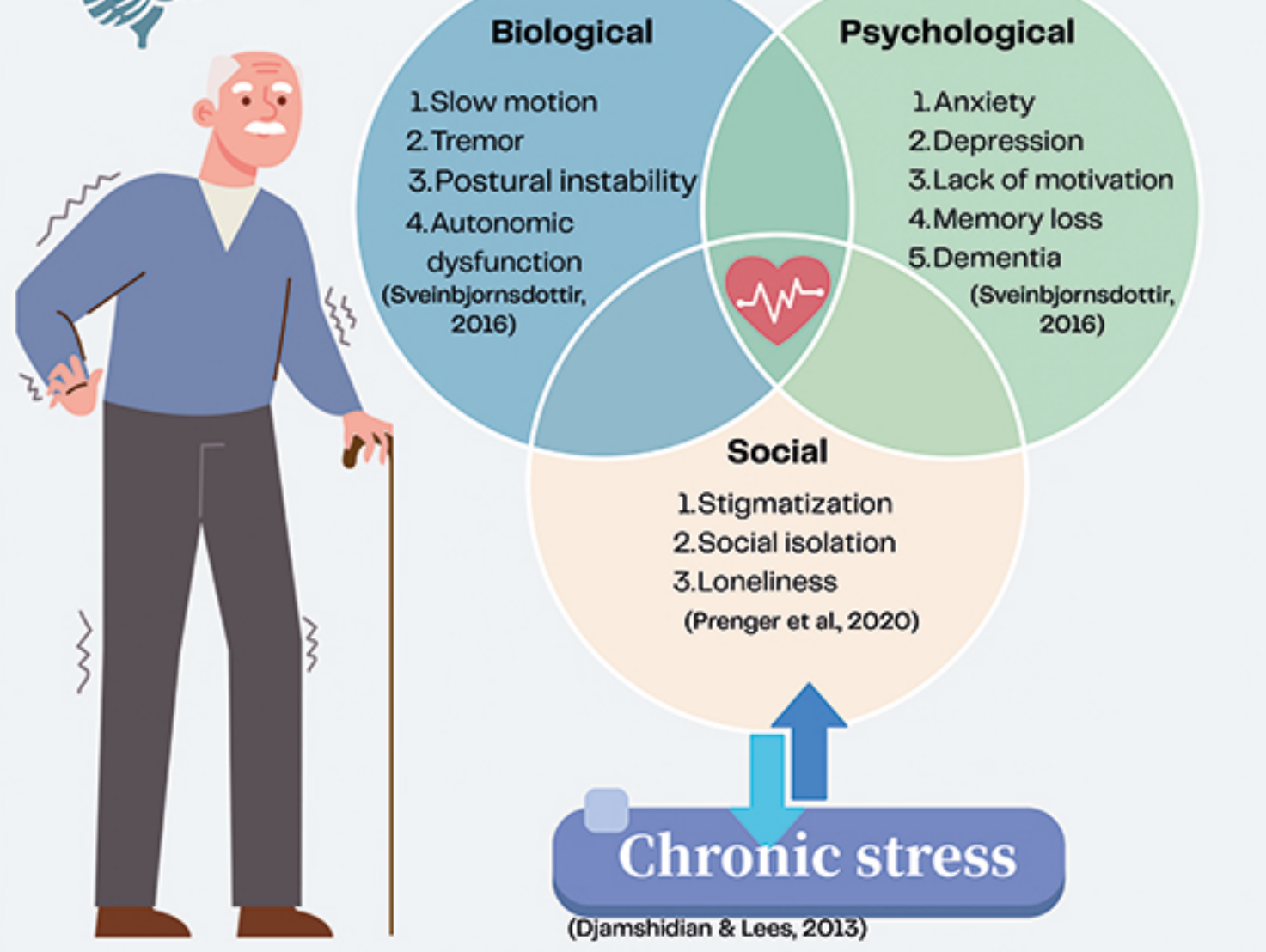
- Parkinson's disease (PD) is a progressive multi-system neurodegenerative disorder. Patients are faced with motor and cognitive decline, and mental health problems (Sveinbjornsdottir, 2016).
- Expressive arts therapy has gained increasing attention as an innovative treatment method for Parkinson's disease(Li et al, 2024).

2 Impacts



- Death of neurons in the Nigra (Sveinbjornsdottir, 2016).
- Reduced dopamine production (Sveinbjornsdottir, 2016).

Biopsychosocial model(Wade & Halligan, 2017)



3 what is expressive arts therapy?

- It is a form of psychotherapy that combines visual arts, music, dance, drama and creative writing.



- It is a non-pharmacological treatment for Parkinson's disease that improves physical, cognitive and mental well-being, and promotes socialization through creative activities (Li et al., 2024).

4 Mechanism

The triangular relationship (McNeilly et al, 2011)

Client/ Patient

- 1.Self-exploration & inner emotional release
- 2.Promoting self-awareness
- 3.Building trust with therapist

Therapist

- 1.**Observer:** Captures patient's emotional changes and psychological needs.
- 2.**Guide:** Use professional knowledge to analyze and guide the direction of treatment
- 3.**Companion:** Create a safe and trusting therapeutic environment.

Art creations

- Serves as a **medium** to externalize the client's inner world, connecting the client and the therapist.
- The therapist can understand the client's emotions through aesthetic perception, and the client can have new feelings and insights .
- An **object of analysis** to help the client and therapist exploring the client's needs and facilitating psychological growth.

5 Project outline



Aims:

- 1.Reducing Negative Effects: Maintaining Brain Health and Relieving Symptoms
- 2.Reducing Chronic Stress
- 3.Increasing Stress Resilience

Main activities:



sponge balls



visual arts



meditation (online photos)

6 Discussion

Improvement of physical functions



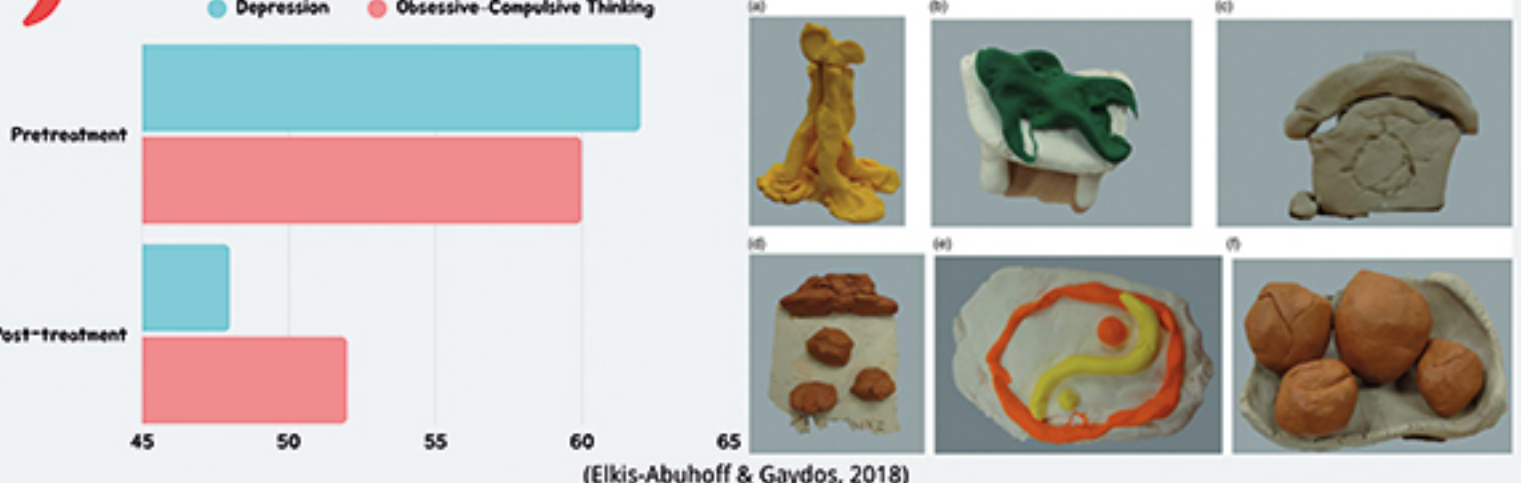
After art therapy sessions, patients with Parkinson's disease showed significant improvements in motor control and visual/spatial functioning (Ettinger et al, 2023; Li et al, 2024).

Observations

- A PD patient often says, "I can't do what I want to do because of my disease".
- However, by the middle of the trails, he was able to walk slowly with a cane instead of sitting in a wheelchair.



Improvement of mental states



Meditation Clay creation Yoga

- Reduced anxiety levels. (Mitarnun et al, 2022)
- Distracted patients from their illness.
- Induced a relaxed, calm state of mind. (Bae et al, 2018)
- Reduce anxiety and depressive symptoms. (Kwok et al, 2019)

Observations

- During the art creation, the patients were smiling and focused on the creation process, as if they had forgotten about their illnesses.



Improvement of social relations



Art therapy enhances PD patients' **socialization** and **sense of belonging** by promoting social interaction (Bega et al, 2017; Hasan et al, 2021).

Observations

- One patient shared his artwork, which looks like the backs of two people sitting on a bench, with the shade of trees on both sides, just like the feeling of himself and his wife sitting together.
- He was very grateful for his wife's companionship and support, he thanked his wife, who was very touched.



7 Future Directions

Difference in Improvement



- The effectiveness of each therapy in improving specific symptoms have not yet been clarified (Li et al, 2024).

- An in-depth comparison of different art therapies is needed to provide a basis for accurate clinical selection of treatment options.

The combination of new technology

- **Providing real-time movement feedback:** Utilizing virtual reality (VR), augmented reality (AR) technology to create an immersive art creation environment (Shamri Zeevi, 2021).
- **Improving accessibility:** Breaking through the time and space limitations.



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