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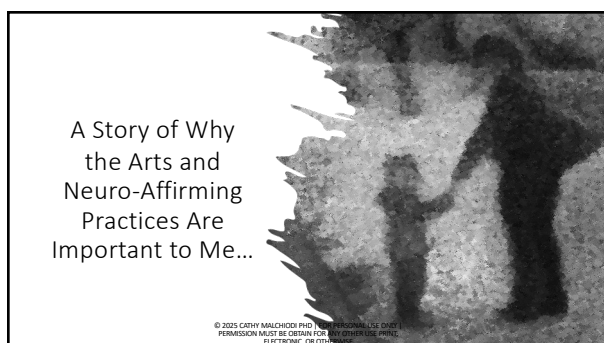
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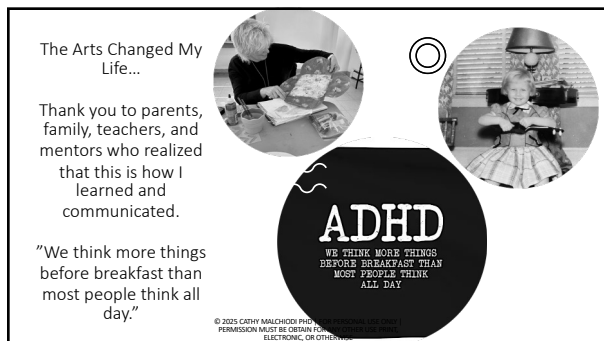
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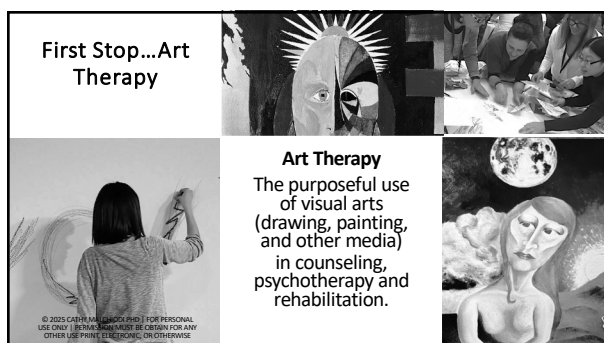
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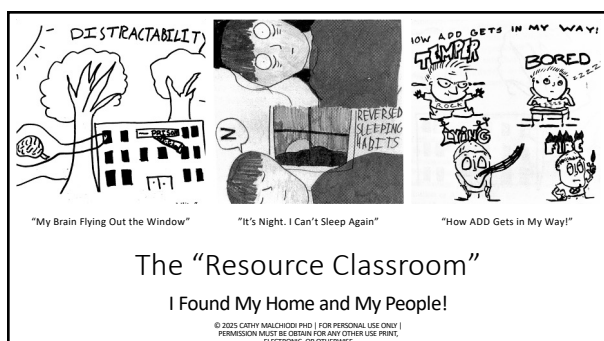
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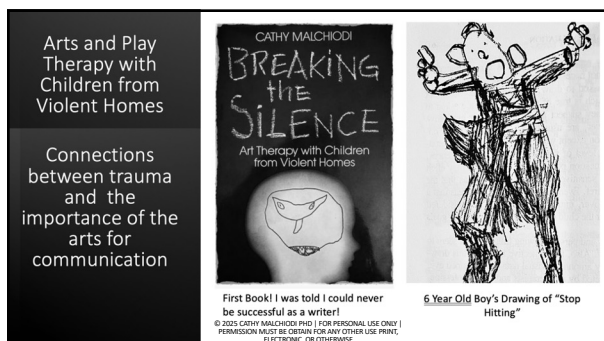
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40+ Years of Work with  
Individuals with Traumatic Stress  
Helped Me to Understand More  
About Two Things:

- That Neurodiversity is Inherent  
to All Traumatic Stress Responses
- That There is a Connection  
Between Traumatic Stress and  
Neurodivergence

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**My Eventual Focus: Expressive Arts Therapy**

It is an Integrated Approach of Two or More Arts-Based Approaches.

We combine two or more different art forms (movement, sound, music,  
drama, visual arts, play, and storytelling/writing into a session.

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The Arts Are  
Communications  
of Our Lived  
Experiences



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**Where is Expressive Arts Therapy Situated In Neurodiversity and Neurodivergence Affirming Practice?**

Q: Are Expressive Arts Neuro-Affirming Practices?  
Perhaps for at Least Three Reasons...

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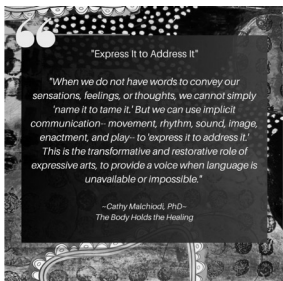
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**1. When We Cannot “Name It to Tame It” then We Can “Express It to Address It”**



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**2. “Shift Happens”**

**Provides the opportunity to communicate through a variety of implicit and explicit pathways**

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### 3. Working with the Arts and Traumatic Stress

#### Envisioning a Circle of Capacity

Arts Therapies are not just about learning to cope with distress.

They are also about expanding the capacity for resilience, enlivenment, joy, playfulness, and curiosity.

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### Becoming "Neuro-Affirming"

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### Expressive Arts Therapy Research with Classroom Teachers and Students

#### Five Year Expressive Arts Therapy Grant Research

**The Data:**  
Measured Outcomes  
Witnessed, Recorded, and Evaluated Lived Experiences

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**A Brief Research Summary:  
The Three Expressive Arts  
"Essentials" Identified:**

- ✓ Moving
- ✓ Moving, Enacting, and  
"Sounding" Together
- ✓ and Image Making  
(critical because image  
making and mark-  
making do support  
storytelling in a majority  
of individuals)

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**A Brief Research Summary (and  
what we will explore today):  
The Three Expressive Arts  
"Essential Senses" to Include in  
Neuro-Affirming Practices**

- Proprioception
- Touch/Haptics
- Vestibular  
Function/Gravitational  
Security

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**Time to Do Something!  
(and because neurodivergent individuals are natural  
"doers")**

**You Will Need Drawing Materials and the Worksheets (Body  
Outlines in Circles)**

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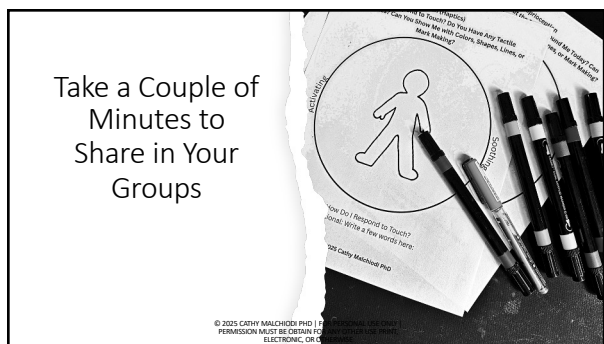
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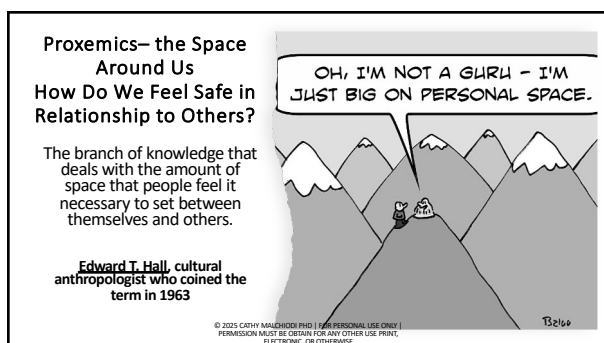
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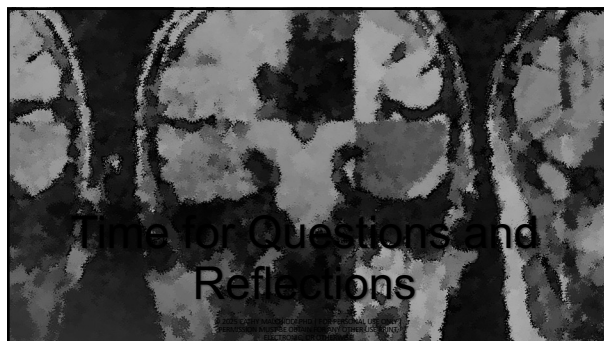
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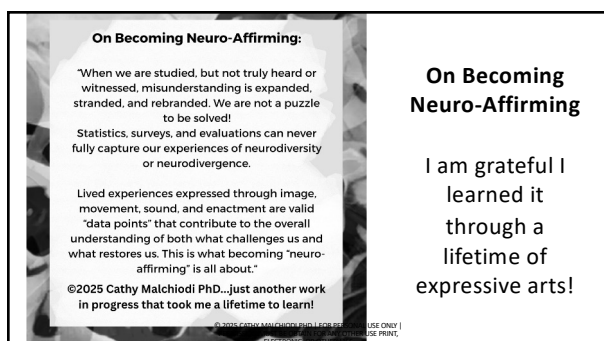
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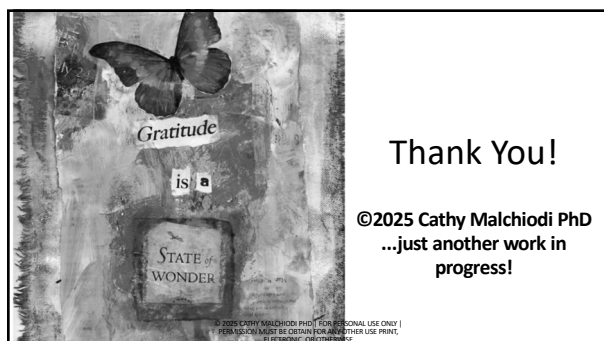
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