



### **Benefits of Intermodal Expressive Arts**

The expressive arts process uses many different modalities for expression, such as movement/dance, music/song, a variety of visual arts, journaling/poetry, drama, along with sharing/witnessing. These can be integrated with use of natural materials, found objects in nature, or being outdoors, if possible. Emphasis is on the experience of the wholistic process and not necessarily the product, although both can hold deep meaning for the individual, dyad or group. In expressive arts meaning is not interpreted but is allowed to emerge throughout the process and often afterwards as reflection continues. It is a deeper way of knowing, getting below or beyond our thinking mind. Embracing the fullness of our imagination expands the possibilities for our lives. When we practice intermodal expressive arts, we are giving loving attention to our whole selves. The wisdom revealed during the expressive arts process is a powerful resource and has many potential benefits:

1. Improved wholistic self-awareness (body, mind, spirit)
2. Relaxation
3. Improved self-esteem
4. Mindfulness and presence
5. Personal growth
6. Freedom of expression
7. Joy
8. Enlarging the circle of capacity in healing trauma (personal, intergenerational, collective)
9. Wellness
10. Connection with others
11. Connection with nature
12. Improved health outcomes (e.g. reduction of pain)
13. Improved communication
14. Tolerance and understanding
15. Acceptance
16. Increased empathy and compassion
17. Increased individual and group problem solving capacity
18. Improved conflict resolution
19. Facilitation of cross-cultural communication
20. Enhanced parenting skills
21. Improved emotional regulation

(Adapted from Expressive Arts Florida Institute)