

Combining DDP with humanistic Rogerian principles and processes of expressive arts therapy can create powerful experiential activities that foster self-expression, emotional healing, and personal growth.

Dyadic developmental psychotherapy: DDP is a model based on principles of attachment theory. It involves creating a safe and nurturing environment in which youth explore their experiences. Providers help caregivers respond to the youth's emotional needs aiming to foster secure attachment patterns. The treatment is built around the concept of playfulness, acceptance, curiosity and empathy which promotes an open and receptive communication style between providers, the caregiver and the youth, to create new ways of understanding and interacting that will help family members form secure and healthy relationships.

Rogerian principles emphasize empathy, unconditional positive regard, and genuineness, while music therapy uses the emotional and communicative power of music to promote well-being.

Here are 18 experiential activities that integrate these two approaches:

1. **Musical Empathy Circles:** In a group setting, clients select a piece of music that resonates with their current emotional state. The group listens together, and afterward, participants share how they felt while listening. The facilitator responds with reflective, empathic listening, embodying Rogerian principles.
 - Rogerian Principle: Empathy – The activity encourages participants to feel understood as they connect their emotions to music.
 - Music Therapy Principle: Music as a medium for emotional expression and connection.
2. **Song Lyric Reflection:** Clients choose a song with lyrics that resonate with them. They listen to the song and then discuss the lyrics, exploring personal connections and emotional responses. The therapist uses unconditional positive regard to validate their experience.
 - Rogerian Principle: Unconditional positive regard – The therapist honors the client's interpretation of the song without judgment.
 - Music Therapy Principle: Exploration of personal themes through song lyrics.
3. **Improvisational Music Dialogue:** Using instruments or vocalization, the client and therapist engage in an improvisational musical conversation. The therapist mirrors the client's musical expressions and responds empathically, fostering a non-verbal emotional dialogue.
 - Rogerian Principle: Genuineness – The therapist engages authentically in the musical exchange, fostering a deep connection.
 - Music Therapy Principle: Improvisation as a tool for emotional expression and interpersonal connection.
4. **Music and Positive Affirmation Creation:** Clients create a piece of music (or select music) that aligns with positive affirmations they have developed. They

reflect on how music reinforces these affirmations and helps internalize them.

- Rogerian Principle: Self-actualization – This activity helps clients move toward personal growth and self-empowerment.
 - Music Therapy Principle: Music as a means of reinforcing positive self-concepts and affirmations.
5. Guided Imagery and Music (GIM): The therapist plays music while guiding the client through a relaxation exercise, asking them to visualize peaceful scenes or explore emotions. Afterward, clients share their experiences, and the therapist reflects their feelings with empathy.
- Rogerian Principle: Empathy: The therapist listens deeply to the client's experiences and responds with understanding.
 - Music Therapy Principle: Music as a catalyst for mental imagery and emotional exploration.
6. Emotion-Based Playlist Creation: Clients create a playlist that represents different emotions they are experiencing. Each song is discussed in terms of its emotional relevance and connection to the client's life. The therapist offers unconditional positive regard as clients share vulnerable feelings.
- Rogerian Principle: Unconditional positive regard – The therapist offers non-judgmental support as clients explore their emotions through music.
 - Music Therapy Principle: Using music to reflect and regulate emotional states.
7. Group Music Collage” In a group setting, each participant contributes a song that represents an aspect of their emotional experience. The group listens to each song and then collectively creates a “musical collage,” weaving their stories together with empathy and support.
- Rogerian Principle: Empathy and congruence – Each participant’s emotional experience is honored and integrated into the group.
 - Music Therapy Principle*: Group music-making to foster community and shared emotional expression.
8. Musical Autobiography: Clients create a “musical autobiography” by selecting songs that represent key moments in their life. They reflect on these moments, exploring emotions and growth with the therapist's empathetic listening and support.
- Rogerian Principle: Self-exploration – Clients are encouraged to explore and express their personal history in a supportive environment.
 - Music Therapy Principle: Music as a timeline for life events and emotional processing.
9. Emotional Drumming: Clients use drums or percussion instruments to express different emotions (anger, sadness, joy). The therapist reflects their emotional state through empathic feedback and mirroring their rhythm.

- Rogerian Principle: Genuineness – The therapist offers an authentic response to the client's musical and emotional expression.
 - Music Therapy Principle: Percussion as a powerful outlet for emotional release.
10. Songwriting for Self-Expression: Clients write their own songs, reflecting on personal challenges, emotions, or desires for the future. The therapist offers unconditional positive regard and support throughout the creative process.
- Rogerian Principle: Self-actualization – Songwriting helps clients express themselves fully and move toward growth.
 - Music Therapy Principle: Songwriting as a means of processing emotions and telling one's story.
11. Empathetic Music Listening: The therapist and client listen to a piece of music together. Afterward, the therapist reflects the client's emotional responses and thoughts about the music, facilitating a deeper understanding of their inner world.
- Rogerian Principle: Empathy – The therapist tunes in deeply to the client's emotional experience of the music.
 - Music Therapy Principle: Music as a tool for exploring and understanding complex emotions.
12. Music-Based Mindfulness and Reflection: Clients engage in a mindfulness meditation practice while listening to calming music. After the session, they reflect on the experience, focusing on the emotions and thoughts that arose. The therapist provides a non-judgmental space for this reflection.
- Rogerian Principle: Genuineness and unconditional positive regard – The therapist provides a safe, authentic space for clients to explore their mindfulness experiences.
 - Music Therapy Principle: Music as a medium for facilitating relaxation, focus, and emotional clarity.
13. Emotional Collage Creation: Clients create a visual collage using images, colors, and textures that represent their emotions, thoughts, or experiences. After completing the collage, they share their reflections with the therapist, who responds with empathy and validation.
- Rogerian Principle: **Unconditional Positive Regard** – The therapist accepts and values the client's creative expression without judgment, fostering a safe environment.
 - Expressive Arts Principle: **Creative Self-Expression** – The client uses visual art to externalize emotions and explore inner experiences.
14. Expressive Movement and Dance - Clients engage in free, expressive movement or dance to music that resonates with their emotions or state of mind. The therapist mirrors or reflects the client's movements, offering empathy and congruence, and afterward, they discuss the emotions or thoughts that surfaced during the activity.

- Rogerian Principle: ****Empathy**** – The therapist offers a non-verbal, empathic response through movement, creating a deep connection with the client's emotional experience.
 - Expressive Arts Principle: ****Body and Movement**** – Movement is used as a medium for expressing emotions and exploring the body-mind connection
15. **Mandala Drawing for Self-Exploration:** Clients are invited to create mandalas (circular designs) that represent their internal world—emotions, challenges, or aspirations. After creating the mandala, the client discusses its meaning, and the therapist offers supportive, empathetic reflections.
- Rogerian Principle: ****Genuineness**** – The therapist authentically engages with the client's self-expression, showing genuine interest in their exploration.
 - Expressive Arts Principle: ****Art as a Tool for Self-Exploration**** – Creating mandalas helps the client reflect on inner emotions and foster a sense of personal balance.
16. **Storytelling and Mask-Making:** Clients create a mask that represents a part of themselves they wish to explore, such as a hidden emotion, fear, or a part of their identity. After making the mask, the client shares the story behind it, and the therapist listens with empathy, validating the experience.
- Rogerian Principle: ****Unconditional Positive Regard**** – The therapist offers non-judgmental acceptance of the client's story, fostering a sense of safety and self-acceptance.
 - Expressive Arts Principle: ****Multi-Modal Expression**** – Mask-making and storytelling combine visual art with narrative, allowing the client to explore different aspects of their identity.
17. **Emotion-Based Sound Exploration:** Clients use simple instruments (e.g., drums, bells, or their voice) to create sounds that represent different emotions (anger, joy, sadness). Afterward, they reflect on the emotions they expressed and how the sounds relate to their current life experiences. The therapist listens empathetically and mirrors the client's emotional state.
- Rogerian Principle: ****Empathy**** – The therapist mirrors the client's emotional expression through sound, creating a deep understanding of their emotional experience.
 - Expressive Arts Principle: ****Sound as Emotional Expression**** – Using sound allows the client to explore and release emotions in a non-verbal, creative way.
18. **Transformative Visual Art: Self-Portrait and Reflection:** The client is invited to create a self-portrait that reflects how they see themselves in the present moment. Afterward, they reflect on their self-image and how it relates to their personal growth. The therapist offers genuine and empathic feedback, affirming the client's self-exploration.

- Rogerian Principle: ****Self-Actualization**** – This activity encourages the client to explore and express their self-concept, moving toward personal growth and self-understanding.
- Expressive Arts Principle: ****Art as a Reflection of Identity**** – Visual art is used as a means for exploring and expressing aspects of the self, facilitating personal insight and transformation.

Conclusion: These experiential activities combine ****Rogerian humanistic principles**** with the ****creative, multi-modal approaches**** of expressive arts therapy, allowing clients to explore emotions, experiences, and aspects of their identity in a safe, non-judgmental environment. The integration of empathy, unconditional positive regard, and creativity creates powerful opportunities for self-awareness, healing, and personal growth.