

## OUR EXPRESSIVE ARTS TEAM

### FRANCI DUMAR

*Individual and Group Expressive Arts Therapist  
Registered Drama Therapist (RDT)  
Certified Dementia Practitioner (CDP), Certified Dementia Care Partner (CDCP)*

Franci DuMar (M.A., RDT) integrates diverse Expressive Arts Therapy techniques into her work with clients to strengthen the therapeutic process using diverse art mediums and mindfulness techniques. Her goal is to help clients live happier and healthier lives, even while experiencing cognitive changes, by providing accessible therapeutic support that is tailored individually to each client and their unique passions, abilities, and needs.

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### ELIZABETH LEVERING

*Individual and Group Expressive Arts Therapist  
M.A. Mental Health Counseling & Art Therapy  
Certified Dementia Care Partner (CDCP), Certified Dementia Montessori Professional*

Elizabeth Levering (M.A., CDCP) is passionate about Expressive Therapies as a way to promote healing and personal growth. In her work with aging adults she utilizes creative techniques to foster connection, healing and positive wellness within each client.

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## DIRECT INDIVIDUAL THERAPY

Our team provides Expressive Arts **individual therapy** for adults who are experiencing cognitive changes, including memory loss.

Our services are available at private homes, assisted living, nursing and respite homes, day programs, and community centers.

In the therapy session, clients process emotions, reduce symptoms of anxiety and depression, activate brain stimulation, increase communication, feel agency, retain a sense of self, and improve their quality of life through meaningful creative engagement.

## Clear Guidance Consulting & Care Management

*Charting the course for living well with  
aging, disability, and dementia*



## EXPRESSIVE ARTS THERAPY GROUP SERVICES

Expressive Arts Therapy is an approach to therapy or counseling that uses multiple forms of expression, such as: visual art, dance/movement, drama, writing, and music within the therapeutic process.

Our Expressive Arts groups are available at assisted living, nursing and respite homes, day programs, and community centers. In group sessions, clients process emotions, reduce symptoms of anxiety and depression, activate brain stimulation, increase communication, feel agency, retain a sense of self, and improve their quality of life through meaningful creative engagement.

## TESTIMONIALS

**A client said:** "Franci makes it easy for us to do things we maybe wouldn't do. She helps us to think, and that's the hardest thing to do"

**A family member said:** "My mom smiled the whole time and loved it."

**A staff member from a memory unit said:** "This group has taught me new skills on how to support residents in ways I never considered before."

**Learn about how we can support your community!**

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