



CREATIVE ARTS THERAPY

The Department of Veterans Affairs (VA) offers Veterans comprehensive creative arts therapies utilizing creative modalities and evidence-based clinical treatment interventions to promote recovery, rehabilitation and wellness. Creative arts therapy treatment objectives target improved cognition and sensorimotor function, emotional resilience, social and coping skills. Creative Arts Therapy strive to facilitate Veterans' engagement in their community, while providing a sense of achievement and channeling energies into productive forms of behavior. Creative Arts Therapies include the following clinical disciplines: Art Therapy, Dance/Movement Therapy, Drama Therapy and Music Therapy.

ART THERAPY

Art therapists use art media, the Veteran's creativity, and the resulting artwork to assist Veterans with introspection to reconcile emotional conflicts, foster self-awareness, manage behavior and addictions, develop social skills, and reduce anxiety and increase self-esteem.

DANCE AND MOVEMENT THERAPY

Dance/Movement therapists use movement to help Veterans explore their physical, emotional, cognitive, and social integration in a therapeutic care setting. Dance/movement therapy provides a means for assessment and mode of intervention through expressive, communicative and adaptive body movement.

DRAMA THERAPY

Drama therapists use drama and theater processes to address therapeutic goals by providing a context for Veterans to set goals, express themselves, tell their stories, and solve problems. This therapeutic approach can help Veterans to actively explore their self-awareness and enhance their interpersonal skills.

MUSIC THERAPY

Music therapists use clinical music interventions such as active music listening, singing, playing, creating, and improvising through various music modalities to accomplish Veterans' treatment goals for their physical, emotional, cognitive, and social/emotional health and well-being.

MEDICAL CONDITIONS

- Through education, clinical training, research, and practical experience, Creative Arts Therapists treat Veterans with neurological, orthopedic, medical, surgical and mental health conditions.
- Programs offer opportunities for functional rehabilitation and recovery via clinical interventions, education, counseling, training, and discharge planning with a holistic approach to recovery and community integration.