

Arts & Humanities + the Doing Therapies

& People with Emotional & Intellectual Overexcitabilities—and the Cognitive Issues that sometimes come with them

This can also be “integrated” with STEM (Science, Technology, Engineering & Mathematics) to create STEAM – the “A” standing for Arts.

There are some people who might be struggling and nonetheless REFUSE help – who might want access to programs in the areas listed below.

Therapy	Research	Associations & Program Examples
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<p>Art</p>	<p>Creative art therapy for mental illness. Chiang M, Reid-Varley WB, Fan X. Psychiatry Res. 2019 May;275:129-136. doi: 10.1016/j.psychres.2019.03.025. Epub 2019 Mar 16.PMID: 30901671 Review. Creative art therapy (CAT) for severe mental illness (SMI) represents an extremely heterogenous body of literature that encompasses the use of a large variety of creative mediums (i.e. visual art, music, dance, drama, writing) in the treatment of mental disor ...</p> <p>“Although literature suggests CAT to be a potentially low-risk and high benefit intervention to minimize symptoms and maximize functioning in individuals living with SMI, the lack of methodological rigor, and inconsistency in study methods and outcome measures have prevented the advancement of CAT for use in SMI.</p> <p>“Although creation of a single CAT regimen for all psychiatric disorders stands neither practical nor advisable, greater standardization of methods would improve evaluation of CAT interventions. Future research should elucidate biological mechanisms underlying CAT methods.”</p>	<p>American Art Therapy Association</p> <p>Colorado Art Therapy Association</p> <p>Art Therapy Without Borders</p>
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[Art therapy for people with psychosis: a narrative review of the literature.](#)

Attard A, Larkin M. **Lancet Psychiatry. 2016** Nov;3(11):1067-1078. doi: 10.1016/S2215-0366(16)30146-8. Epub 2016 Aug 12.PMID: 27528095 Review.

Art therapy enables individuals to use **art** to creatively express themselves and communicate differently with themselves, others, and their reality. ...We examined the effectiveness of **art therapy** for people with psychosis and explored whether ...

“High-quality quantitative articles provided inconclusive evidence for the effectiveness of art therapy in adults with psychosis.

“However, high-quality qualitative articles indicated that therapists and clients considered art therapy to be a beneficial, meaningful, and acceptable intervention, although this conclusion was based on a small number of studies.

In this Review, we discuss the theoretical, clinical, and methodological issues in light of the development of more robust research, which is needed to corroborate individuals' experiences and guide evidence-based practice.”

<p>Comedy</p>	<p><u>Evaluation of a comedy intervention to improve coping and help-seeking for mental health problems in a women's prison.</u></p> <p>Wright S, Twardzicki M, Gomez F, Henderson C. Int Rev Psychiatry. 2014 Aug;26(4):423-9. doi: 10.3109/09540261.2014.924096. PMID: 25137108 Clinical Trial.</p> <p>Questionnaires assessed prisoners' knowledge of and attitudes towards mental health problems, and relevant behavioural intentions before and after the intervention, to evaluate the effectiveness of a comedy show in a women's prison to reduce mental ...</p> <p>The intervention appeared effective in improving factors that might increase help-seeking and improve coping, but not those that would change behaviour towards others with a mental health problem.</p>	<p><u>Association for Applied and Therapeutic Humor</u></p>
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	<p>Humour-related interventions for people with mental illness: a randomized controlled pilot study.</p> <p>Rudnick A, Kohn PM, Edwards KR, Podnar D, Caird S, Martin R. <i>Community Ment Health J.</i> 2014 Aug;50(6):737-42. doi: 10.1007/s10597-013-9685-4. Epub 2013 Dec 12. PMID: 24337476 Clinical Trial.</p> <p>Twelve, randomly assigned, participated in each of 3 arms--stand up comedy training (the experimental arm), discussing comedy videos (the active control arm), and no humour-related intervention (the passive control arm). ...</p> <p>Interview responses indicated benefits for the interventions, including improved self-esteem in the experimental arm. These results, though mixed, justify further study.</p> <p>[Orchid: All of these potential interventions are individual, especially "Comedy." We think the important thing is to have a RANGE of OPTIONS that someone MIGHT be interested in.]</p>	
<p>Cooking</p>		

Dance		<u>American Dance Therapy Association</u>
		<u>Rocky Mountain ADTA</u>
Dog (Canine) Therapy		
Drama		<u>North American Drama Therapy Association</u> <u>World Alliance of Dramatherapy</u>

<p>Equine Therapy</p>	<p><u>Equine Assisted Therapy for Patients with Post Traumatic Stress Disorder: A Case Series Study.</u> Shelef A, Brafman D, Rosing T, Weizman A, Stryjer R, Barak Y. <i>Mil Med.</i> 2019 Oct 1;184(9-10):394-399. doi: 10.1093/milmed/usz036.PMID: 30839068</p> <p>INTRODUCTION: Equine assisted therapy (EAT) which includes therapeutic horseback riding (THR), grooming, horsemanship and ground level work with horses, has been studied as treatment for children with special needs and/or autistic spectrum disorder. ...Ten pa ...</p> <p>Conclusion: This preliminary pilot open case series study suggests that EAT (Equine Assisted Therapy) may be a beneficial treatment for patients suffering from PTSD. The study demonstrated improved ability to work and perform</p>	<p><u>American Hippotherapy Association, Inc.</u> (Headquartered in Ft. Collins, CO)</p> <p><u>The Federation of Horses in Education and Therapy International</u></p>
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	<p>daily tasks and reduction in the number of days of inefficiency. Further large-scale long-term studies are warranted to substantiate our observation.</p> <p><u>Evaluation of an equine-assisted therapy program for veterans who identify as 'wounded, injured or ill' and their partners.</u> Romaniuk M, Evans J, Kidd C. PLoS One. 2018 Sep 27;13(9):e0203943. doi: 10.1371/journal.pone.0203943. eCollection 2018. PMID: 30260975 Free PMC article. The aim of this study was to evaluate outcomes of an equine-assisted therapy program for Defence Force veterans and their partners across the psychological domains of depression, anxiety, stress, posttraumatic stress, happiness, and quality of life, as well as compa ...</p> <p>These results indicate there may only be meaningful benefits for equine-assisted therapy in the reduction of depression, stress, and PTSD symptoms for veterans, if partners are integrated into the intervention.</p> <p><u>Animal-Assisted Therapies for Youth with or at risk for Mental Health Problems: A Systematic Review.</u> Hoagwood KE, Acri M, Morrissey M, Peth-Pierce R. Appl Dev Sci. 2017;21(1):1-13. doi: 10.1080/10888691.2015.1134267. Epub 2016 Jan 25. PMID: 28798541 Free PMC article.</p>	
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	<p>To systematically review experimental evidence about animal-assisted therapies (AAT) for children or adolescents with or at risk for mental health conditions, we reviewed all experimental AAT studies published between 2000-2015, and compared studies by animal ...</p> <p>Conclusion: Findings are generally promising for positive effects associated with equine therapies for autism and canine therapies for childhood trauma. The AAT research base is slim; a more focused research agenda is outlined.</p>	
<p>Filmmaking</p>		
<p>Gardening (horticulture)</p>		<p><u>American Horticultural Therapy Association</u></p> <p><u>Horticulture Therapy Institute (Denver, CO)</u></p>
<p>History</p>		

Humanities & Health Programs in General		
Jurisprudence		
Language --- Modern & Ancient Languages & Literatures		

<p>Music</p>	<p><u>Music therapy for depression.</u> Roddis JK, Tanner M. Res Nurs Health. 2020 Jan;43(1):134-136. doi: 10.1002/nur.22006. Epub 2019 Dec 23. PMID: 31868238 Review. No abstract available.</p> <p><u>Music therapy in neurological rehabilitation settings.</u> Galińska E. Psychiatr Pol. 2015;49(4):835-46. doi: 10.12740/PP/25557. PMID: 26488358 Free article. Review. English, Polish. The neurologic music therapy is a new scope of music therapy. Its techniques deal with dysfunctions resulting from diseases of the human nervous system. ...Clinical outcome studies provide evidence of the significant superiority of rehabilitation with ...</p> <p><u>Music Therapy and Music-Based Interventions for Movement Disorders.</u></p>	<p><u>American Music Therapy Association</u></p> <p><u>Colorado Association for Music Therapy</u></p> <p><u>European Music Therapy Confederation</u></p> <p><u>World Federation of Music Therapy</u></p>
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	<p>Devlin K, Alshaikh JT, Pantelyat A. <i>Curr Neurol Neurosci Rep.</i> 2019 Nov 13;19(11):83. doi: 10.1007/s11910-019-10050.PMID: 31720865 Review.</p> <p>PURPOSE OF REVIEW: There is emerging evidence that music therapy and other methods using music and rhythm may meaningfully improve a broad range of symptoms in neurological and non-neurological disorders. ...Music therapy and other music ...</p> <p><u>Music as therapy in early history.</u></p> <p>Thaut MH. <i>Prog Brain Res.</i> 2015;217:143-58. doi: 10.1016/bs.pbr.2014.11.025. Epub 2015 Jan 31.PMID: 25725914</p> <p>The notion of music as therapy is based on ancient crosscultural beliefs that music can have a "healing" effect on mind and body. ...In reviewing "early music therapy" practice, from mostly unknown periods of early history (using preliterate cu ...</p> <p><u>Music therapy for people with schizophrenia and schizophrenia-like disorders.</u></p> <p>Geretsegger M, Mössler KA, Bieleninik Ł, Chen XJ, Haldal TO, Gold C. <i>Cochrane Database Syst Rev.</i> 2017 May 29;5(5):CD004025. doi: 10.1002/14651858.CD004025.pub4.PMID: 28553702 Free PMC article. Review.</p>	
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4th Draft

Orchid Mental Health Legal Advocacy of Colorado, Inc.

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	<p>OBJECTIVES: To review the effects of music therapy, or music therapy added to standard care, compared with placebo therapy, standard care or no treatment for people with serious mental disorders such as schizophrenia. ...However, effects were in ...</p> <p>Authors' conclusions: Moderate- to low-quality evidence suggests that music therapy as an addition to standard care improves the global state, mental state (including negative and general symptoms), social functioning, and quality of life of people with schizophrenia or schizophrenia-like disorders.</p> <p>However, effects were inconsistent across studies and depended on the number of music therapy sessions as well as the quality of the music therapy provided.</p> <p>Further research should especially address the long-term effects of music therapy, dose-response relationships, as well as the relevance of outcome measures in relation to music therapy.</p> <p><u>Music therapy and Alzheimer's disease: Cognitive, psychological, and behavioural effects.</u></p>	
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Gómez Gallego M, Gómez García J. *Neurologia*. 2017 Jun;32(5):300-308. doi: 10.1016/j.nrl.2015.12.003. Epub

4th Draft

3rd Draft

	<p>2016 Feb 17.PMID: 26896913 Free article. English, Spanish. Further studies detailing the changes resulting from the use of music therapy with Alzheimer patients are needed. OBJECTIVES: Determine the clinical improvement profile of Alzheimer patients who have undergone music therapy. ...Combining music ...</p> <p><u>Music therapy and musical stimulation in the context of prematurity: A narrative literature review from 2010-2015.</u> Palazzi A, Nunes CC, Piccinini CA.J Clin Nurs. 2018 Jan;27(1-2):e1-e20. doi: 10.1111/jocn.13893. Epub 2017 Dec 5.PMID: 28544065 Review. METHODS: A search was undertaken in PubMed, PsycINFO and LILACS using the terms "music," "music therapy," "singing," "prematurity" and "preterm." ...CONCLUSIONS: Both musical stimulation and music therapy demonstrated significant effects on pret ...</p> <p>☐</p> <p><u>[Music therapy and depression].</u> Van Assche E, De Backer J, Vermote R.Tijdschr Psychiatr. 2015;57(11):823-9.PMID: 26552929 Free article. Dutch. BACKGROUND: Music therapy is a predominantly nonverbal psychotherapy based on music improvisation, embedded in a therapeutic relationship. This is the reason why music therapy is also used to treat depression. AIM: To examine the efficacy of ...</p>	
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3rd Draft

	<p><u>Benefits of music therapy on behaviour disorders in subjects diagnosed with dementia: a systematic review.</u> Gómez-Romero M, Jiménez-Palomares M, Rodríguez-Mansilla J, Flores-Nieto A, Garrido-Ardila EM, González López-Arza MV. <i>Neurologia</i>. 2017 May;32(4):253-263. doi: 10.1016/j.nrl.2014.11.001. Epub 2014 Dec 29. PMID: 25553932 Free article. Review. English, Spanish. INTRODUCTION: Dementia is characterised by cognitive deterioration and the manifestation of psychological and behavioural symptoms, especially changes in perception, thought content, mood, and conduct. In addition to drug therapy, non-pharmacological treatments are used to ...</p> <p><input checked="" type="checkbox"/> <u>Music therapy for people with autism spectrum disorder.</u> Geretsegger M, Elefant C, Mössler KA, Gold C. <i>Cochrane Database Syst Rev</i>. 2014 Jun 17;2014(6):CD004381. doi: 10.1002/14651858.CD004381.pub3. PMID: 24936966 Free PMC article. Review. SELECTION CRITERIA: All randomised controlled trials (RCTs) or controlled clinical trials comparing music therapy or music therapy added to standard care to 'placebo' therapy, no treatment, or standard care for individuals with ASD were consider ...</p> <p>Authors' conclusions: The findings of this updated review provide evidence that music therapy may help children with</p>	
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	<p>ASD to improve their skills in primary outcome areas that constitute the core of the condition including social</p>	
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	<p>interaction, verbal communication, initiating behaviour, and social-emotional reciprocity.</p> <p>Music therapy may also help to enhance non-verbal communication skills within the therapy context.</p> <p>Furthermore, in secondary outcome areas, music therapy may contribute to increasing social adaptation skills in children with ASD and to promoting the quality of parentchild relationships.</p> <p>In contrast to the studies included in an earlier version of this review published in 2006, the new studies included in this update enhanced the applicability of findings to clinical practice.</p> <p>More research using larger samples and generalised outcome measures is needed to corroborate these findings and to examine whether the effects of music therapy are enduring.</p> <p>When applying the results of this review to practice, it is important to note that the application of music therapy requires specialised academic and clinical training.</p>	
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Philosophy		
Politics (using this in a broad sense of working on public policy issues but can include organizing and other activities)		
Religion		
Writing (poetry, playwriting, screenplays, fiction, non-fiction, etc.)		<u>The National Association of Poetry Therapy</u> <u>Therapeutic Writing Institute</u> (Wheatridge, CO)