



NATIONAL INTREPID CENTER OF EXCELLENCE  
WALTER REED BETHESDA

## **Creative Arts Therapies and Mind-Body Medicine for Service Members with Traumatic Brain Injury**

**Melissa Walker, MA, ATR & Allison Winters, MA, MS, BC-DMT, LCAT, RYT**

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# DHA Vision



“A joint, integrated, premier system of health, supporting those who serve in the defense of our country.”



***“Medically Ready Force...Ready Medical Force”***

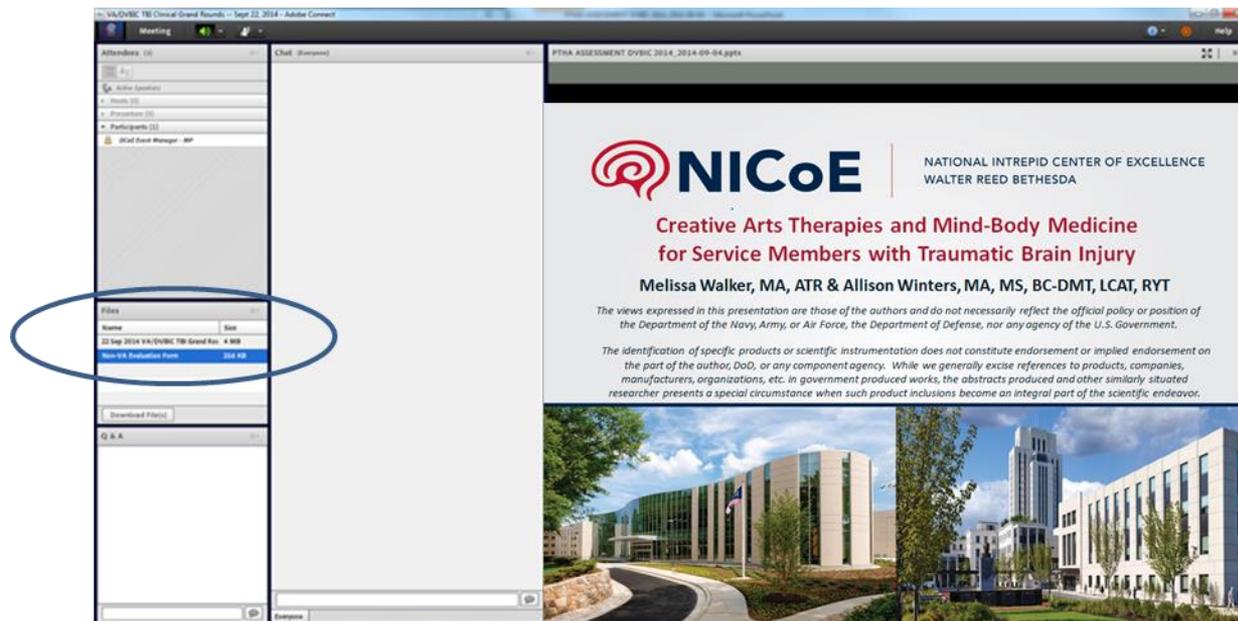
# Webinar Details



- Audio is not provided via Adobe Connect
- For Audio
  - Dial In: 888-455-7049
  - Passcode: 7245308
- The webinar is being recorded
- Q&A session is done online at the end of the webinar and participants are to submit them to the Q&A pod only

# Resources Available for Download

- Today's presentation will be available for download at the end of the program in the "Files" box on the screen (circled).
- All documents can be downloaded from the Adobe site



***"Medically Ready Force...Ready Medical Force"***

# Continuing Education Details



- All attendees are eligible for 1.0 credit hour of ACCME, ACCME-NP, ANCC and APA for 100% attendance.
- Participants will need to complete the evaluation process within 30 days to receive continuing education credit.

## VHA Attendee Instructions:

- VHA participants **must be preregistered** to complete the evaluation in TMS.
- VHA staff should email [Erica.Jackson2@va.gov](mailto:Erica.Jackson2@va.gov) if you were unable to register before the webinar started.
- Certificate of completion may be printed through TMS upon successful completion.

# DoD/non-VA Participant Instructions



- For DoD/non-VA participants, you must pre-register for this course on the VHA TRAIN portal at <http://vha.train.org>
- If this is your first visit select “Create Account” on the menu to register. If you already have a TRAIN account, please enter your login name and password on the main screen.
- **Participants will need to complete the evaluation process within 30 days to receive continuing education credit.**
- Your certificate will be available on the TRAIN site under “My Certificates”.
- Questions or concerns should be sent to VHA TRAIN help desk at [VHATRAN@va.gov](mailto:VHATRAN@va.gov)

# Webinar Overview



- Creative arts therapy helps service members manage traumatic brain injury (TBI) and psychological health symptoms through a holistic care model that includes evaluation, treatment and research about these conditions in an outpatient setting. The Healing Arts and Wellness Program at the National Intrepid Center of Excellence (NICoE) integrates creative arts therapy and mind-body medicine.
- Speakers will explore the use of creative arts therapy and mind-body medicine with military service members and their families in the NICoE setting. They will introduce and discuss example directives and case outcomes.

# Learning Objectives



At the conclusion of this educational program, participants will be able to:

- Describe the use of art therapy as a vehicle for expression and communication between service members and their families and identify three beneficial directives for implementation with the population
- Recognize the benefits of mind-body medicine (including dance and movement therapy) as a means for self-expression and self-care through the identification of three techniques for the military population and their families
- Apply mind-body skills through three multi-modal experiential opportunities introduced throughout the presentation

# Polling question 1



My primary discipline is:

1. Physician
2. Nurse practitioner/physicians assistant
3. Registered nurse
4. Psychologist/counselor
5. Psychiatrist
6. Rehabilitation provider (e.g., occupational, physical, recreational therapy)
7. Social worker and/or case manager
8. Creative arts therapist ( e.g., art, dance/movement, music, drama)
9. Other

## Polling Question 2



Have you worked on a treatment team with a creative arts therapist (art, dance/movement, music, drama)? Check all that apply.

1. I have worked with an art therapist
2. I have worked with a dance/movement therapist
3. I have worked with a music therapist
4. I have worked with a drama therapist
5. I have never worked with a creative arts therapist

# Melissa Walker, MA, ATR

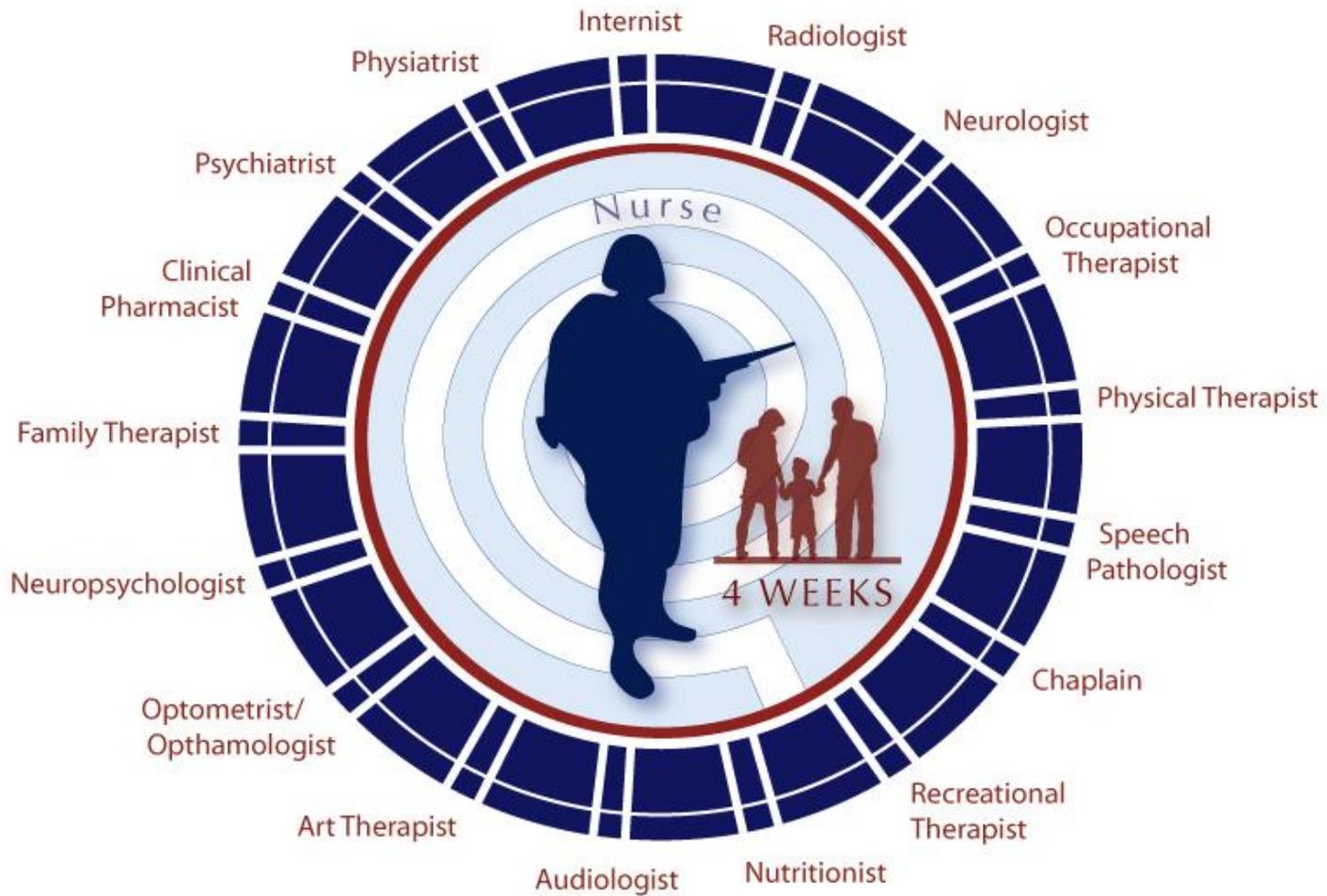


- Master's degree in Art Therapy from New York University
- Prior Art Therapist on Walter Reed's inpatient psychiatric unit
- At the National Intrepid center of Excellence (NICoE) since 2010 where she has developed and implemented the Healing Arts Program to focus on integration and research of the creative arts therapies for service members with traumatic brain injury (TBI) and psychological health (PH) conditions
- Liaison between Walter Reed and the National Endowment for the Arts (NEA) to develop the NEA/Military Healing Arts Partnership
- The Art Therapy program at NICoE has captured the attention of local, national, and international media outlets, including the cover story of National Geographic Magazine's February 2015 edition and Melissa's delivery of a TEDMED talk in November 2015

# Allison Winters, MA, MS, BC-DMT, LCAT, RYT

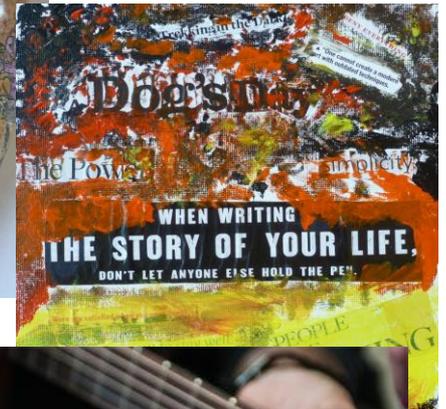


- Board certified dance/movement therapist (BC-DMT) and licensed creative arts therapist (LCAT). MA in clinical psychology and MS in dance/movement therapy. Registered yoga teacher (RYT). Current doctoral candidate at Saybrook University in mind-body medicine
- Clinical work has included adults, adolescents, and children in inpatient psychiatry, and US military personnel and veterans
- Received media attention and awards for both research and journalism and has published research article titled, “Emotion, embodiment, and mirror neurons in dance/movement therapy: A connection across disciplines”
- Coordinates the wellness program at the National Intrepid Center of Excellence at the Walter Reed National Military Medical Center in Bethesda, MD.
- A lifelong student of dance



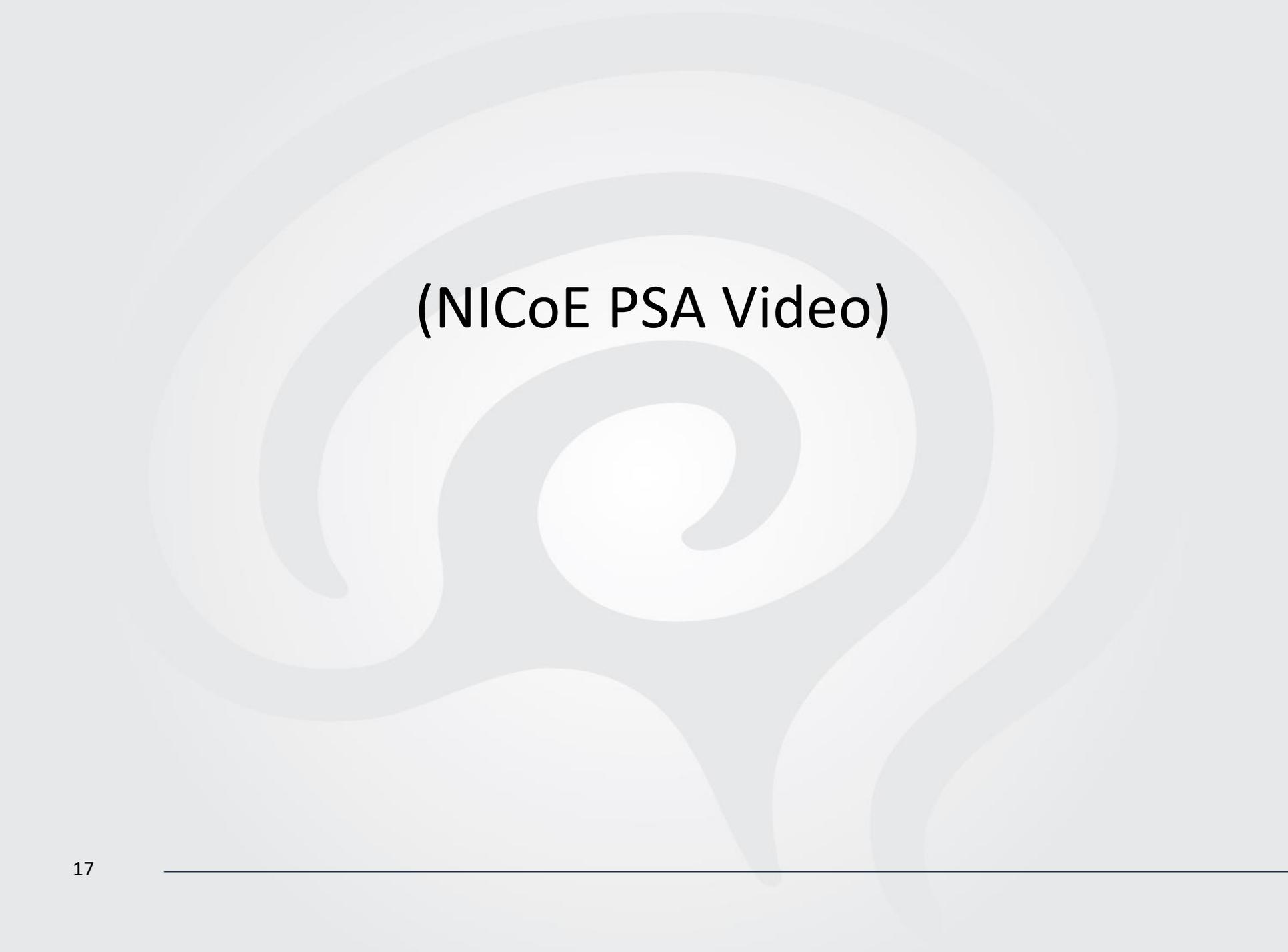
# NICoE Healing Arts Program

- Art Therapy
- Music Therapy
- Therapeutic Writing
- Creative Writing Workshop
- Dance/Movement Therapy



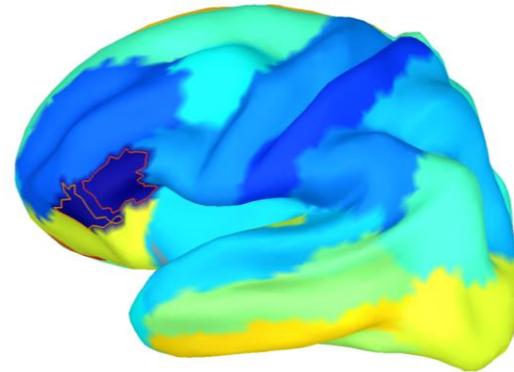
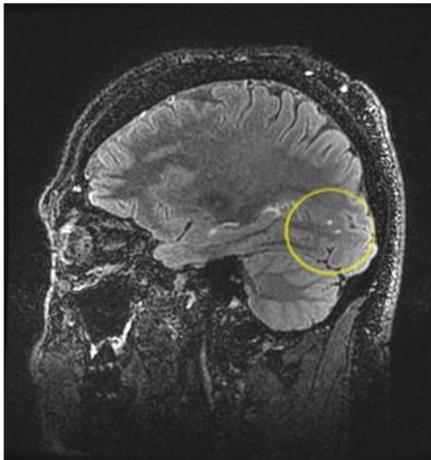






**(NICoE PSA Video)**

# Case Study: Bloody Face in Bunker (BFIB)







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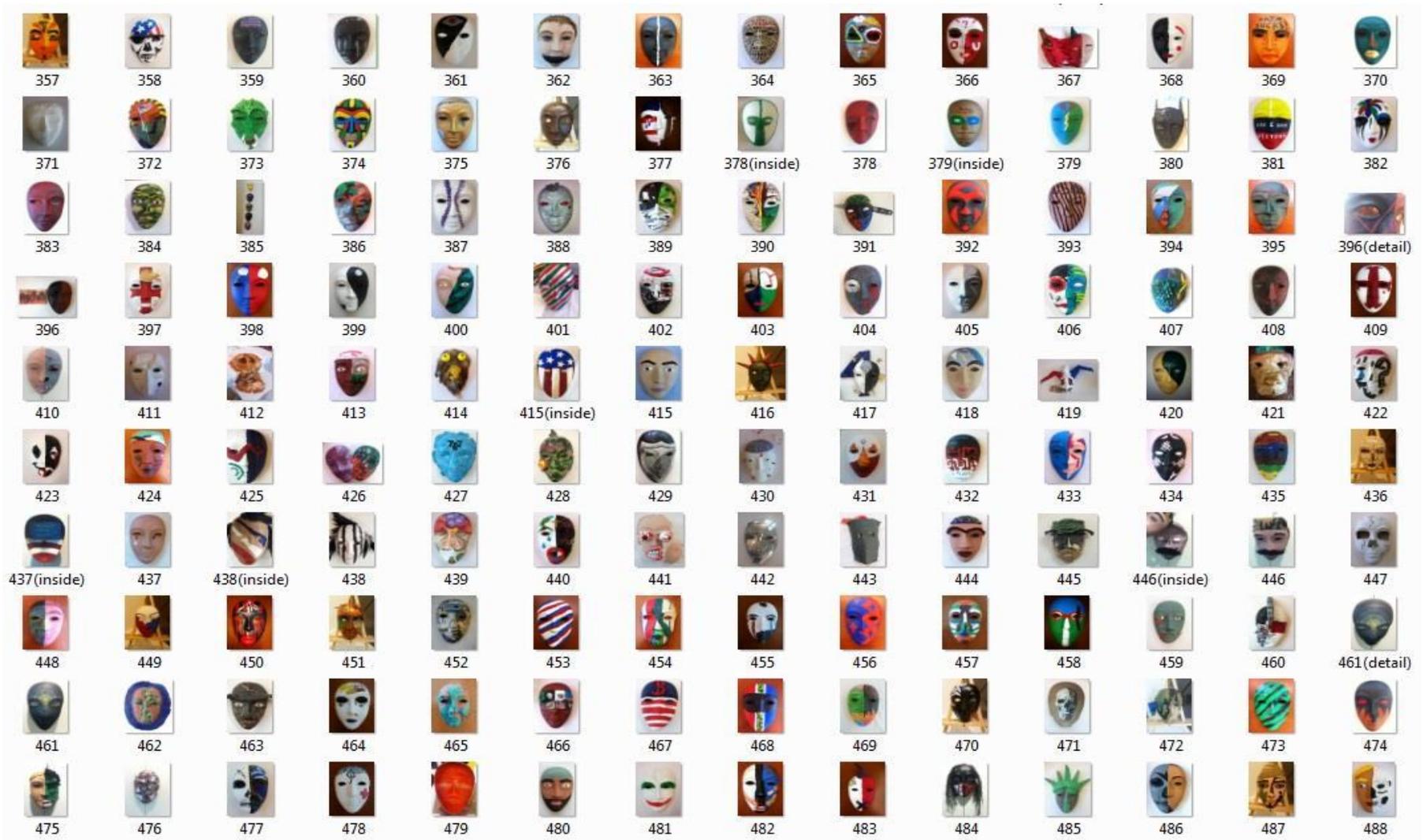




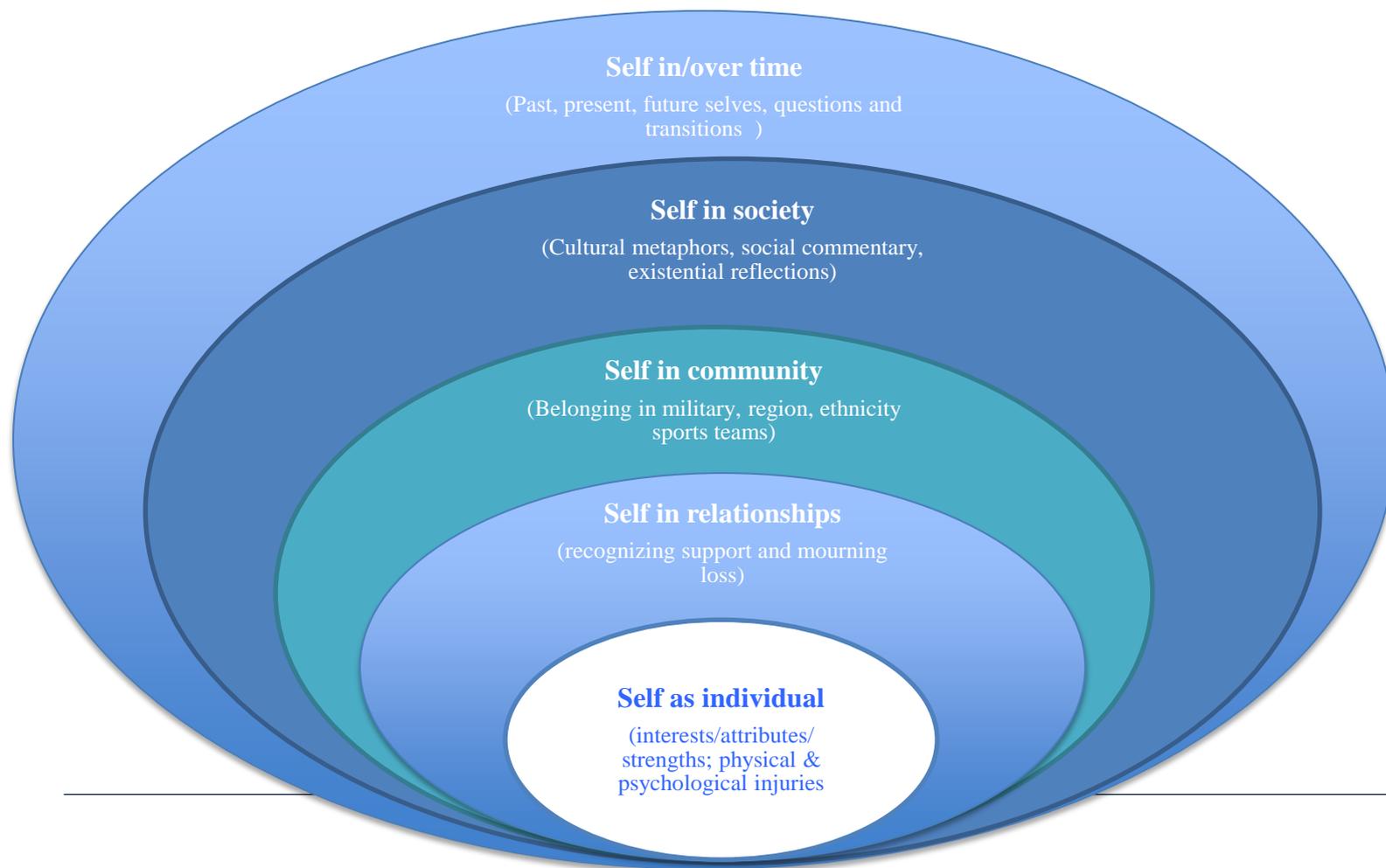
# Research and Evaluation

- Retrospective analysis of artwork, clinical notes and feedback surveys
- Correlations with clinical data





## Themes in the Masks



## Themes in the Masks



# Correlations with Clinical data using Statistical Package for the Social Sciences (SPSS Statistics\*)

	PTSD ( <i>n</i> = 349)	Generalized Anxiety ( <i>n</i> = 75)
Psychological Injury	.14*	.21 <sup>†</sup>
Metaphors	-.01	-.28*
Symbols of Military Identity	.08	.30**
Symbols of Military Division	-.15**	-.17

<sup>†</sup>*p* < .1, \**p* < .05

The numbers above represent Pearson correlation coefficients (*r*) which range from 0 to 1.  
 The higher the number, the greater the correlation.





Army Staff Sgt. Perry Hopman  
Iraq 2006-08

Photo credit: Lynn Johnson for National Geographic  
Healing Our Soldiers, *National Geographic Magazine*, February 2015

# Experiential # 1: Body Scan

- Awareness of
  - breath
  - body
  - mind



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*Photo credit: National Intrepid Center of Excellence, Walter Reed National Military Medical Center*

# Defining Integrative Healthcare

- Integrative health care is the coming together of mainstream Western medicine and what has been called alternative or complimentary medicine.
- “Alternative” refers to non-mainstream practices that are utilized as the sole means of treatment.
- “Complementary” refers to when non-Western practices are used in conjunction with mainstream medicine.
- Integrative healthcare is the incorporation of mainstream and “alternative” practices.
- Complementary approaches include use of natural products and mind and body practices.

National Center for Complementary and Integrative Health (NCCIH) (2016). Complementary, Alternative, or Integrative Health: What in a name? Retrieved from <http://nccam.nih.gov/health/whatiscam>

# Defining Integrative Healthcare

“An approach to care that puts the patient at the center and addresses the full range of physical, emotional, mental, social, spiritual, and environmental influences that affect a person’s health.”

Horrigan, B., Lewis, S., Abrams, D., & Pechura, C. (2012). Integrative Medicine in America, How integrative medicine is being practiced in clinical settings across the United States. *Minneapolis, MN: The Bravewell Collaborative*. Retrieved from <http://www.bravewell.org/content/Downloads/IMinAm.pdf>

# Dance/Movement Therapy

- The psychotherapeutic use of movement to promote emotional, cognitive, physical, and social integration of individuals (American Dance Therapy Association).



# Mind-Body Medicine in Warrior Wellness

- Mind: guided imagery, mantra repetition, autogenic training
- Body: authentic movement, walking meditation, body scan, PMR, biofeedback, yoga
- Breath: diaphragmatic, alternate nostril, ujjayi

# Experiential 2: Soft Belly Breathing

- Sensory Awareness
- Mantra Repetition
- Imagery



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*Photo credit: National Intrepid Center of Excellence, Walter Reed National Military Medical Center*

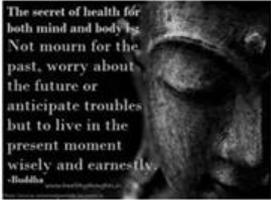
# Creative Arts Therapy in Warrior Wellness

- Art: mask-making, collage, mandalas
- Music: song writing, playing instruments, singing/chanting
- Dance: improvisation, Authentic Movement, mirroring, sequencing

# Self-Care in Warrior Wellness

- Wellness Evaluation & Follow Up
- Introduction to Wellness
- Biofeedback: EmWave and Stress Profiles
- Movement, Music, & Meditation
- Wellness Planning
- Physiology of Wellness
- Breath, Body, Mind Series
- Mind-Body Skills Sessions
- Wellness Transitions
- Creativity & Closure

# Wellness Outcome Measures

 <p>What is your definition of wellness?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p><u>Activities/Hobbies/Interests/Passions</u> – Feel free to describe previous, current, and/or intended practices.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p><u>Injuries/Obstacles/Challenges</u> – These may be physical, cognitive, emotional, social, and/or spiritual in nature.</p> <p>_____</p> <p>_____</p> <p>Do you have any wellness goals? If so, please share.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>How do you rate your level of mind-body awareness? Please circle the number that most accurately describes your experience, with 1 being the lowest level of awareness, and 10 being the highest.</p> <p>1   2   3   4   5   6   7   8   9   10</p> <p>Name: _____ Date: _____</p>	 <p>How has your definition of wellness developed during your time at the NiCoE?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>What are your wellness goals as you prepare to transition from the NiCoE?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Are you in need of any wellness resources or information? Please share.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>How was your experience of the NiCoE's wellness program? Suggestions and recommendations are welcome.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>How do you rate your level of mind-body awareness? Please circle the number that most accurately describes your experience, with 1 being the lowest level of awareness, and 10 being the highest.</p> <p>1   2   3   4   5   6   7   8   9   10</p> <p>Name: _____ Date: _____</p>
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# Case #1 – Definition of Wellness

- Week 1: “Holistic – mind, body, spirit.”
- Week 3: “My definition of wellness has developed by understanding the importance of breathing and how breathing can calm and relax the body.”

# Case #2 – Definition of Wellness

- Week 1: “Mental, emotional, physical health based upon purposeful methods and habits.”
- Week 3: “Cutting mental chatter and realigning it into a state of relaxing mindfulness that reduces my stress profile and engages the parasympathetic nervous system.”

# Case #3 – Definition of Wellness

- Week 1: “To be OK with yourself, others, and the moment.”
- Week 3: “I have had the time, opportunity, and information to be able to learn about and try some wellness practices and begin to plan on how to incorporate them into my life. Overall my idea of wellness has become fuller and more complete.”

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# Experiential #3: Sequencing Movement and Breath

- Postural Alignment
- Engagement of abdominal and pelvic muscles
- Breathing transitions



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*Photo credit: National Intrepid Center of Excellence, Walter Reed National Military Medical Center*

# NICoE 4 Week Program Testimonials

- “Incredible. The breathing techniques have helped a lot.”
- “Comprehensively positive. The program helped me become mindful, cut the mental chatter, enable the parasympathetic nervous system, ratchet down my intensity level.”
- “I believe that NICoE’s wellness program was a very important part of my overall health and recovery. Using the wellness practices along with continued therapy will help me greatly. It would have been helpful to get into the wellness practices earlier in the program.”

# Summary

- Creative arts therapies (CAT) integrated as standard of care at the National Intrepid Center of Excellence (NICoE) and delivered by credentialed CAT providers is observed to be especially helpful for service members who have a difficult time verbalizing their feelings and experiences.
- Retrospective thematic analysis of masks (N=370) created in art therapy sessions correlated with incoming behavioral health scores revealed important outcomes concerning PTSD and GAD scores, aiding in treatment plans.
- Dance-Movement Therapy is one of the creative arts therapies. It is defined as the psychotherapeutic use of movement to promote emotional, cognitive, physical, and social integration of individuals.
- Mind-Body Medicine includes practices that aim at integrating all five senses to meet the needs of a person – mind, body, and spirit. These practices are meant to be learned for the purpose of self-care.
- Integrative healthcare is the incorporation of mainstream and “alternative” practices.

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<sup>1</sup>National Intrepid Center of Excellence, Walter Reed National Military Medical Center , <sup>2</sup>National Endowment for the Arts, <sup>3</sup>College of Nursing and Health Professions, Drexel University, <sup>4</sup>Booz Allen Hamilton

# Questions?

- Please submit your questions now via the question box located on the left side of the screen.



# Continuing Education Details



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## Non-VA participants:

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# VA/DVBIC Clinical Grand Rounds

## Contact and Information



### Point of Contact

#### ■ DoD:

Maryanne Sacco: [maryanne.sacco@gdit.com](mailto:maryanne.sacco@gdit.com)

#### ■ VHA and all other federal partners:

Erica Jackson: [Erica.Jackson2@va.gov](mailto:Erica.Jackson2@va.gov)

### Save the Date

December 16, 2016

12:00-1:15 p.m. (ET)

Topic: To be determined

<https://dvbic.dcoe.mil/training/grand-rounds>