

# **INDIANA HEALTHCARE LEADERSHIP CONFERENCE**

## **RESOURCE MANUAL**

*Note: All information referenced below is available on the enclosed CD.*

### **Expressive Arts**

Expressive Therapies: History, Theory and Practice – Chapter excerpt from *Expressive Therapies*, edited by Cathy A. Malchiodi <http://www.guilford.com/excerpts/malchiodi3.pdf>

Person-Centered Expressive Arts Therapy – by Natalie Rogers PhD, REAT  
<http://www.sonic.net/~nrogers/PCExArtsArticle.pdf>

The Path to Wholeness: Person-Centered Expressive Arts Therapy – by Natalie Rogers PhD, REAT <http://www.psychotherapy.net/article/expressive-art-therapy>

### **Music**

Cognitive Neuroscience of Music -  
[https://en.wikipedia.org/wiki/Cognitive\\_neuroscience\\_of\\_music](https://en.wikipedia.org/wiki/Cognitive_neuroscience_of_music)

Why Your Brain Craves Music – by Dr. Mercola  
<http://articles.mercola.com/sites/articles/archive/2013/04/27/brain-craves-music.aspx>

This is Your Brain on Music – by Elizabeth Landau  
<http://www.cnn.com/2013/04/15/health/brain-music-research/index.html>

Individualized Music for Dementia: Evolution and Application of Evidence-Based Protocol – Linda Gerdner <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3782173/>

Why Music Makes Our Brain Sing – Robert Zatorre and Valorie Salimpoor  
[http://www.nytimes.com/2013/06/09/opinion/sunday/why-music-makes-our-brain-sing.html?\\_r=0](http://www.nytimes.com/2013/06/09/opinion/sunday/why-music-makes-our-brain-sing.html?_r=0)

Music Therapy and Gait: Rehab to a Different Beat – by Greg Gargiulo  
<http://lermagazine.com/article/music-therapy-and-gait-rehab-to-a-different-beat>

### **Art Therapy**

Where art meets neuroscience: a new horizon of art therapy – by Lukasz M. Konopka  
[http://neuron.mefst.hr/docs/CMJ/issues/2014/55/1/cmj\\_55\\_1\\_konopka\\_24577830.pdf](http://neuron.mefst.hr/docs/CMJ/issues/2014/55/1/cmj_55_1_konopka_24577830.pdf)

Art Therapy: Using the Creative Process for Healing and Hope Among African American Older Adults – Carol M. Johnson, BSN, MA, ATR-BC and Eileen M. Sullivan-Marx, PhD, CRNP, FAAN [http://lifeupenn.org/Art%20therapy%20Article%20\\_%20Geriatric%20Nursing.pdf](http://lifeupenn.org/Art%20therapy%20Article%20_%20Geriatric%20Nursing.pdf)

Use of Art Therapy in Geriatric Populations – by Jessica Woolhiser Stallings, MS, ATR-BC <http://www.annalsoflongtermcare.com/print/1341>

The Adult Coloring Book Phenomenon from Health News Digest.com, August 26, 2015 [http://www.healthnewsdigest.com/news/stressissues0/The-Adult-Coloring-Book-Phenomenon\\_printer.shtml](http://www.healthnewsdigest.com/news/stressissues0/The-Adult-Coloring-Book-Phenomenon_printer.shtml)

## **Storytelling**

Helping Older Adults Find Meaning and Purpose Through Storytelling by Katie Scott, BSN, RN and Jacqueline Kayler DeBrew, PhD, APRN, BC [http://libres.uncg.edu/ir/uncg/f/J\\_DeBrew\\_Helping\\_2009.pdf](http://libres.uncg.edu/ir/uncg/f/J_DeBrew_Helping_2009.pdf)

Timeslips - Anne Basting is Founder and Director of TimeSlips, and Professor of Theatre at the Peck School of the Arts - <http://www.timeslips.org/>

History: <http://www.timeslips.org/about/history>

Create a Story: <http://www.timeslips.org/>

Choose an Image: <http://www.timeslips.org/prompts/explore>

## **Journals**

What is a Journal and Why Keep One? - <http://www.creative-writing-now.com/what-is-a-journal.html>

How to Write a Journal – Journal Ideas - <http://www.creative-writing-now.com/how-to-write-a-journal.html>

Creative Writing Journal Ideas –Part 1 – <http://www.creative-writing-now.com/creative-writing-journal.html>

Creative Writing Journal Ideas – Part 2 – <http://www.creative-writing-now.com/journal-ideas.html>

Journal Prompts: You, Your Life, Your Dreams – <http://www.creative-writing-now.com/journal-prompts.html>

Journal Writing Prompts – Your Memories – <http://www.creative-writing-now.com/journal-writing-prompts.html>