



Orange County Children's Therapeutic ARTS Center
2215 North Broadway Santa Ana, CA. 92706
(714) 547 – 5468 www.occtac.org

THERAPEUTIC ARTS PROGRAM

Art Therapy (all ages)

Individual and group sessions are available for students of all ages! Students explore the relationship between creating art as a way to access their thoughts and emotions. As they work with their images and symbols they are able to better understand their feelings, experiences and relating with others. Students will be guided through the creative process by drawing and creating a visual journal.

Music Healing and Art (4-6 yrs old)

Music and art are combined in a variety of ways to offer children the opportunities for self-expression and healing. Children will be involved in a variety of music and art activities to express their creativity in a non-threatening and enjoyable experience. Class activities will include expressing emotions through music and painting, drawing to music, poster pictures, and others.

Music Healing and Movement (7-11 yrs old)

Music and body movements are closely related and often difficult to separate. Some basic goals in this class are (1) development of body image, (2) development of self-concept, (3) development of a wider movement repertoire for self-expression, (4) provide a means of nonverbal communication, and (5) provide enjoyment. Class activities will include dancing, parachute, creative movement, mirroring and others.

Music Therapy (all ages)

Music therapy is available via individual or group sessions. Students engage in a variety of musical activities that are therapeutic in nature and aim at improving their social, emotional, cognitive, language, and motor skills. A licensed music therapist will assess the developmental skills of each child, and identify a music therapy plan for either individual or group music therapy.

Rhythm Expression (7-12 yrs old)

Students will be introduced to different kinds of rhythmical instruments such as various drums,

sticks, bells, maracas, tambourines, and others. Students will make up their own rhythm band music, and play their favorite instruments along with preferred music. The class will promote socialization via group interaction and cooperation, provide less verbal children with non-verbal rhythm activities in which they may participate fully, and provide a self-satisfying and enjoyable experience.

Songwriting & Journaling (13 yrs. & up)

Students are given the opportunities to express their emotions through songwriting. The instructor will help students to put the lyrics into song forms with guitar / piano accompaniment that helps to convey the feeling the song should express. This class will promote students' confidence in asserting their emotions more freely and also to encourage less verbal students to verbalize their emotions in a non-threatening situation.

Therapeutic Singing (various age groups)

Participants learn breathing exercises, vocal exercises, and how to project their voice with confidence. Also, participants learn a variety of songs, and are encouraged to use their imagination and interpretive skills. The group experience provides students a feeling of belonging and emotional support and provides students a positive socio-emotional group experience. The class curriculum varies according to the various age groups.