



“It is an approach that assists the individual's capacity to self-regulate affect and modulate the body's reactions to traumatic experiences, in the earliest stages, to set the stage for eventual trauma integration and recovery.”

Stress is something we all encounter in our daily lives. Engaging the creative arts has numerous benefits for dealing with both stress and trauma.

- **Making the mind and body connection.** Physical arts can help bridge the mind/body disconnects that frequently occurs with trauma. In addition to bridging the gap, expressive art helps soothe hyper-sensitivity that comes with being in the survival part of our brain.
- **Regulation.** Expressive art has shown to increase integration and self-regulation. The ability of art to help modulate the body and engage the senses has been shown to be helpful in a wide array of levels stressful and trauma.
- **Coping.** Creative art can be a great coping tool for those in trauma and those working with people dealing with trauma. It promotes emotional expression and can strengthen the sense of self.
- **Visual voice.** Art expression allows self-expression without the need for words. Art can be helpful for expressing trauma that is trapped in the lower parts of the brain, which is typically where traumatic memories are stored.
- **Empowerment and safety.** Restoring emotional safety through artistic expression while helping modulate the brain can help people accomplish a sense of empowerment, control, and a safe way to build and connect a sense of self.

Resources

- <https://www.starr.org/training/tlc/blog/value-art-expression-trauma-informed-work>
- <https://www.psychologytoday.com/us/blog/arts-and-health/201203/trauma-informed-expressive-arts-therapy>
- <https://www.trauma-informedpractice.com/resources/>
- <https://www.wcris.org/wp-content/uploads/2017/08/Fostering-the-Trauma-Informed-Classroom-Handouts.pdf>