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Research and Scholarly Manuscripts Inventory

*Includes Published Research and
Scholarly Manuscripts Pending Publication*

August 2019

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Art Therapy Published Research

Authors/ Research Team	Berberian, M., Walker, M. S., & Kaimal, G. (2018) <i>Marygrace Berberian, Melissa S. Walker, Girija Kaimal</i>
Study Name	“Master My Demons:” Art Therapy Montage Painting by Active-Duty Military Service Members with Traumatic Brain Injury and Post-Traumatic Stress
Abstract	This study involved a thematic analysis of montage paintings and of related clinical records of 240 active duty military service members collected during their art therapy treatment for traumatic brain injury (TBI) and underlying psychological health concerns, including post-traumatic stress, at the National Intrepid Center of Excellence, Walter Reed National Military Medical Center, Bethesda, MD. Congruent with other research findings, the qualitative analyses of this study suggest that the group art therapy experiences fostered improvement in interpersonal relatedness, hopefulness and gratification for the service members in treatment, aiding in externalization, progressive exposure and construction of a trauma narrative imperative for recovery. The mixed media nature of the montage painting supported the expression of a range of post-combat symptoms. Results from this study highlighted the complexity of military culture, necessitating a broader scope of analyses for how art therapy helps service members express and communicate their challenges to care providers, peers and family as well as regulate emotion in the short and long term.
Population Studied	Service members in art therapy treatment at the National Intrepid Center of Excellence (NICoE); N=240.
Treatment	Art therapy; integrated medicine; standalone treatment; group art therapy sessions in week four of 4-week program.
Study Design	Grounded theory; thematic analysis.
Methods and Measures	Grounded theory analysis of content in montage painting and clinical notes created by art therapist. Measures: Images and clinical notes.
Status or Citation	Berberian, M., Walker, M. S., & Kaimal, G. (2018). “Master My Demons:” Art therapy montage painting by active-duty military service members with traumatic brain injury and post-traumatic stress. <i>Medical Humanities</i> . Advance online publication. doi:10.1136/medhum-2018-011493
Weblink	https://www.ncbi.nlm.nih.gov/pubmed/30077986

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Art Therapy Published Research

Authors/ Research Team	Jones, J. P., Drass, J. M., & Kaimal, G. (2019) <i>Jaqueline P. Jones, Jessica M. Drass, Girija Kaimal</i>
Study Name	Art Therapy for Military Service Members with Post-Traumatic Stress and Traumatic Brain Injury: Three Case Reports Highlighting Trajectories of Treatment and Recovery
Abstract	Advances in both military and medical technology have led to decreased mortality rates among military service personnel in the United States, yet have led to an increase in occurrences of traumatic brain injuries and posttraumatic stress disorder in military service personnel, often resulting in prolonged unresolved symptoms. The purpose of this article is to illustrate the implementation and effects of an art therapy program on military service personnel attending an outpatient military treatment facility. To this end, we present case reports of three military service personnel diagnosed with comorbid traumatic brain injury and post-traumatic stress and describe their participation in the art therapy program at Intrepid Spirit One, the National Intrepid Center of Excellence satellite site at Fort Belvoir Community Hospital. Through discussion of the therapist's subjective observations, as well as the patients' visual art productions and their personal verbal and written reflections on their experiences in art therapy and, eventually, on community art programs, this article highlights how art therapy was used to treat military trauma as part of a comprehensive integrative treatment program. The cases highlight how participation in a long-term, stage-based, structured art therapy program (through both group and individual sessions), enabled military service personnel to identify and articulate the complexity of their lingering trauma symptoms, fostering improvement in their communication with other treatment providers and loved ones, which, in turn, led to improvements in their overall quality of life.
Population Studied	Active duty service members in art therapy treatment in a comprehensive integrated outpatient care setting; N=3
Treatment	Art therapy; integrated medicine.
Study Design	Case summaries.
Methods and Measures	Case summaries describing range of art therapy approaches for service members with PTS and TBI, including: the Diagnostic Drawing Series; Graphic Narrative; Intensive Trauma Therapy; Signature Strengths Test.
Status or Citation	Jones, J. P., Drass, J., & Kaimal, G. (2019). Art therapy for military service members with post-traumatic stress and traumatic brain injury: Three case reports highlighting trajectories of treatment and recovery. <i>The Arts in Psychotherapy</i> , 63. 10.1016/j.aip.2019.04.004. (Impact factor = 1.4)
Weblink	https://www.sciencedirect.com/science/article/pii/S0197455618301540

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Art Therapy Published Research

Authors/ Research Team	Jones, J. P., Gonzaga, A., Landless, B., & Kaimal, G. (2015) <i>Jacqueline P. Jones, Adele Gonzaga, Bronwen Landless, Girija Kaimal</i>
Study Name	Evaluation of the Art Therapy Program at Fort Belvoir Intrepid Spirit One
Abstract	This report presents an evaluation of art therapy programs at Intrepid Spirit at Fort Belvoir (ISO). Fort Belvoir Community Hospital is located on the Fort Belvoir base in northern Virginia and serves military service members (SMs) from the local region. It provides state of the art care to active duty SMs, retired SMs, and their families. The hospital also supports cutting edge research in order to provide optimal clinical care to SMs. Art therapy is offered at the ISO as part of a range of therapies and aims to help service members express themselves and process traumatic experiences from their past.
Population Studied	Military service members in art therapy treatment at Intrepid Spirit Fort Belvoir; N=200.
Treatment	Art therapy and therapeutic/expressive writing; standalone treatment. Service members participate in three to nine weeks of individual and group therapy sessions.
Study Design	Evaluation, mixed-methods.
Methods and Measures	Includes a summary of feedback surveys collected over a two-year period. Qualitative and quantitative responses were analyzed using descriptive statistics and thematic analysis. Measures: Narrative and Likert-scale feedback surveys.
Status or Citation	Jones, J. P., Gonzaga, A., Landless, B. M. & Kaimal, G. (2015). <i>Evaluation of the art therapy program at Fort Belvoir Intrepid Spirit One</i> . Report prepared for the Fort Belvoir Community Hospital and the National Endowment for the Arts. Philadelphia, PA: Drexel University.
Weblink	N/A

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Art Therapy Published Research

Authors/ Research Team	Jones, J. P., Walker, M. S., Drass, J. M., & Kaimal, G. (2018) <i>Jacqueline P. Jones, Melissa S. Walker, Jessica M. Drass, Girija Kaimal</i>
Study Name	Art Therapy Interventions for Active Duty Military Service Members with PTS and TBI
Abstract	This paper provides an overview of short and long-term art therapy treatment approaches, used in the USA, for military service members with post-traumatic stress disorder and traumatic brain injury. The described clinical approaches are based on the theoretical foundations and the art therapists' experiences in providing individualised care for the unique needs of the patient population. The art therapy models and directives are designed to be more therapist-led in the short-term model, moving on to an increasingly patient-led format in the long-term treatment model. The overall objectives of art therapy are: to support identity integration, externalisation, and authentic self-expression; to promote group cohesion; and to process grief, loss, and trauma. In addition, programme evaluation is used in both settings as a means to understand participants' experiences and the perceived value of art therapy.
Population Studied	Military service members with post-traumatic stress disorder and traumatic brain injury.
Treatment	Art therapy; integrated medicine; standalone treatment.
Study Design	Clinical practice paper.
Methods and Measures	Description of art therapy clinical practice and use of evaluation in two settings.
Status or Citation	Jones, J. P., Walker, M. S., Masino Drass, J. & Kaimal, G. (2018). Art therapy interventions for active duty service members with post-traumatic stress disorder and traumatic brain injury. <i>International Journal of Art Therapy</i> . doi: 10.1080/17454832.2017.1388263
Weblink	https://www.tandfonline.com/doi/full/10.1080/17454832.2017.1388263

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Art Therapy Published Research

Authors/ Research Team	Kaimal, G., Jones, J. P., Dieterich-Hartwell, R. M., Acharya, B., & Wang, X. (2019) <i>Girija Kaimal, Jacqueline P. Jones, Rebekka Dieterich-Hartwell, Binod Acharya, Xi Wang</i>
Study Name	Evaluation of Long- and Short-Term Art Therapy Interventions in an Integrative Care Setting for Military Service Members with Post-Traumatic Stress and Traumatic Brain Injury
Abstract	<p>Background: Program evaluations can serve as a doorway to research in the creative arts therapies. This study provides findings from analyses of participant feedback on short- and long- term art therapy services for military service members with post-traumatic stress and traumatic brain injury (TBI).</p> <p>Methods: Data for the study included feedback surveys from 204 service members who received art therapy services as part of treatment at an integrative care setting.</p> <p>Results: The results indicate that long-term art therapy resulted in higher satisfaction with treatment. Art therapy helped most with developing a sense of self after injury, experiencing positive emotions, processing trauma, and reducing feelings of guilt, grief, and loss. There were no statistically significant differences in outcomes based on rank or severity of TBI, but art therapy services were found to be related to improved symptoms for service members with longer times in service.</p> <p>Implications: The feedback from evaluation helps identify potential areas for further research on how art therapy addresses issues of identity, time in service and experiences of emotions as a result of post-traumatic stress and TBI. Evaluation provides directions for further clinical treatment and yields data on improving quality of care.</p>
Population Studied	Active duty military service members with TBI, and PTS.
Treatment	Art therapy; integrated medicine.
Study Design	Program evaluation, mixed methods.
Methods and Measures	Evaluation of long-term art therapy clinical practice.
Status or Citation	Kaimal, G., Jones, J. P., Dieterich-Hartwell, R., Acharya, B., & Wang, X. (2019). Evaluation of long- and short-term art therapy interventions in an integrative care setting for military service members with post-traumatic stress and traumatic brain injury. <i>The Arts in Psychotherapy</i> . Doi: 10.1016/j.aip.2018.10.003 (Impact factor = 1.4)
Weblink	https://www.sciencedirect.com/science/article/pii/S0197455618301321

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Art Therapy Published Research

Authors/ Research Team	Kaimal, G., Walker, M. S., Herres, J., French, L. M., & DeGraba, T. J. (2018) <i>Girija Kaimal, Melissa S. Walker, Joanna Herres, Louis M. French, Thomas J. DeGraba</i>
Study Name	Associations Between Visual Imagery and Measures of Depression, Anxiety, and Post-Traumatic Stress Among Active-Duty Military Service Members with Traumatic Brain Injury
Abstract	<p>Objectives: To compare recurring themes in the artistic expression of SMs with PTSD, TBI, and PH conditions with measurable psychiatric diagnoses. Affective symptoms and struggles related to verbally expressing information can limit communication in individuals with post-traumatic stress symptoms and deployment-related health conditions. Visual self-expression through art therapy is an alternative way for military service members (SMs) with post-traumatic stress disorder (PTSD), and other psychological health (PH) conditions to communicate their lived experiences. This study offers the first systematic examination of associations between visual self-expression and how it relates to standardized clinical self-report measures.</p> <p>Primary Outcomes: Associations between scores on the PTSD Checklist –Military (PCL-M), the Patient Health Questionnaire-9, and the Generalized Anxiety Disorder 7-item scale on visual themes in depictions of aspects of individual identity (psychological injury, military symbols, military identity and visual metaphors).</p> <p>Results: Comparisons of the visual and clinical data indicate that SMs who depicted psychological injury also had higher scores for post-traumatic stress and depression. However, the depiction of military unit identity, nature metaphors, sociocultural metaphors, and cultural and historical characters was associated with lower post-traumatic stress, depression, and anxiety scores. Similarly, the use of color-related symbolism and fragmented military symbols was associated with higher anxiety, depression, and post-traumatic stress scores.</p> <p>Conclusions: There are emergent patterns of resilience and risk embedded in the use of images created by the participants, which in turn could provide valuable information for patients, clinicians and caregivers serving this population.</p>
Population Studied	Active duty military service members with a history of TBI, posttraumatic stress symptoms and related psychological health conditions receiving treatment at the National Intrepid Center of Excellence (NICoE); N=370.
Treatment	Art therapy; integrated medicine; standalone treatment. The images used for analysis were created by the SMs in the form of masks during art therapy sessions in week 1 of a 4-week integrative treatment program.
Study Design	ANCOVA and correlational analysis of data on clinical symptoms of posttraumatic stress, depression, and anxiety compared with visual themes in mask imagery.
Methods and Measures	Methods: Described above. Measures: Themes in masks, PTSD Checklist–Military (PCL-M), Patient Health Questionnaire-9, Generalized Anxiety Disorder 7-item scale.
Status or Citation	Kaimal G., Walker, M. S., Herres J., French, L. M., & DeGraba, T. J. (2018). Observational study of associations between visual imagery and measures of depression, anxiety and post-traumatic stress among active-duty military service members with traumatic brain injury at the Walter Reed National Military Medical Center. <i>BMJ Open</i> , 8, e021448. doi:10.1136/bmjopen-2017-021448 (Impact factor = 2.4)
Weblink	https://bmjopen.bmj.com/content/8/6/e021448

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Art Therapy Published Research

Authors/ Research Team	Walker, M. S., Kaimal, G., Gonzaga, A. M. L., Myers-Coffman, K. A., & DeGraba, T. J. (2017) <i>Melissa S. Walker, Girija Kaimal, Adele M. L. Gonzaga, Katherine A. Myers-Coffman, Thomas J. DeGraba</i>
Study Name	Active-Duty Military Service Members' Visual Representations of PTSD and TBI in Masks
Abstract	Active-duty military service members have a significant risk of sustaining physical and psychological trauma resulting in traumatic brain injury (TBI) and post-traumatic stress disorder (PTSD). Within an interdisciplinary treatment approach at the National Intrepid Center of Excellence, service members participated in mask making during art therapy sessions. This study presents an analysis of the mask-making experiences of service members (n=370) with persistent symptoms from combat- and mission-related TBI, PTSD, and other concurrent mood issues. Data sources included mask images and therapist notes collected over a five-year period. The data were coded and analyzed using grounded theory methods. Findings indicated that mask making offered visual representations of the self-related to individual personhood, relationships, community, and society. Imagery themes referenced the injury, relational supports/losses, identity transitions/questions, cultural metaphors, existential reflections, and conflicted sense of self. These visual insights provided an increased understanding of the experiences of service members, facilitating their recovery.
Population Studied	Active duty service members; N=370.
Treatment	Art therapy; integrated medicine; standalone treatment. Group art therapy sessions in week 1 of 4-week program medicine.
Study Design	Grounded theory study, thematic analysis.
Methods and Measures	Grounded theory analysis of content in masks and clinical notes created by art therapist. Measures: Images and clinical notes.
Status or Citation	Walker, M., Kaimal, G., Gonzaga, A. M. L., Myers-Coffman, K. A., & DeGraba, T. J. (2017). Active duty military service members' visual representations of PTSD and TBI in masks. <i>International Journal of Qualitative Studies on Health and Well-being</i> , 12(1), 1267317. doi: 10.1080/17482631.2016.1267317 (Impact factor = 1.1)
Weblink	https://www.tandfonline.com/doi/abs/10.1080/17482631.2016.1267317

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Art Therapy Published Research

Authors/ Research Team	Walker, M. S., Kaimal, G., Koffman, R., & DeGraba, T. J. (2016) <i>Melissa S. Walker, Girija Kaimal, Robert Koffman, Thomas J. DeGraba</i>
Study Name	Art Therapy for PTSD and TBI: A Senior Active Duty Military Service Member's Therapeutic Journey
Abstract	Art therapy is increasingly being accepted as a form of complementary and integrative care for military veterans affected by trauma and injuries in the line of duty. Less is known, however, about the applications of art therapy for co-morbid traumatic brain injury (TBI) and post-traumatic stress disorder (PTSD). In addition, most studies to date have focused on art therapy with veterans (former military service members) rather than with active duty service members. Furthermore, there are no studies that have examined the unique context of PTSD in senior military personnel. This case study presents the therapeutic process through art therapy in the case of a senior active duty military service member (with chronic PTSD and TBI) in the context of an integrated model of care that included medical and complementary therapies.
Population Studied	Senior active duty military service member; N=1.
Treatment	Art therapy; integrated medicine, standalone treatment. The patient underwent a series of treatments, including complementary and integrative therapies, and medical and psychiatric care.
Study Design	Case study.
Methods and Measures	Case analysis based on images and clinical notes. Measures: Images and clinical notes.
Status or Citation	Walker, M., Kaimal, G. Koffman, R., & DeGraba, T. J. (2016). Art therapy for PTSD and TBI: A senior active duty military service member's therapeutic journey. <i>The Arts in Psychotherapy</i> , 49(2), 10-16. doi: 10.1016/j.aip.2016.05.015 (Impact factor = 1.4)
Weblink	https://www.sciencedirect.com/science/article/pii/S0197455616300636

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Art Therapy Published Research

Authors/ Research Team	Walker, M. S., Stamper, A. M., Nathan, D. E., & Riedy, G. (2018) <i>Melissa S. Walker, Adrienne M. Stamper, Dominic E. Nathan, Gerard Riedy</i>
Study Name	Art Therapy and Underlying fMRI Brain Patterns in Military TBI: A Case Series
Abstract	TBI and PTSD are global issues and are often referred to as signature wounds of the Iraq and Afghanistan wars. Art therapy can provide unique insights into military service members' injuries and states of mind via externalization within an art product; however, interpretation of results is complex and subjective. Advance neuroimaging tools such as resting state fMRI can be employed to demonstrate objective measures of brain structure and activity. This case series highlights two distinct patient profiles, suggesting a relationship between resting state connectivity maps and dynamic thalamic connectivity (as well as PCL-C and NSI scores and brain scars) and the corresponding visual elements of masks made during art therapy treatment. Ultimately, this study indicates a need for future research examining potential neurological changes pre- and post-art therapy treatment.
Population Studied	Service members in treatment at the National Intrepid Center of Excellence (NICoE); N=10.
Treatment	Art therapy; integrated medicine; standalone treatment; group art therapy sessions in week 1 of 4-week NICoE program; neuroimaging.
Study Design	Case series; between-group comparisons of data on clinical symptoms, neuroimaging and visual themes in masks and correlational analysis.
Methods and Measures	Case series with correlational study of service member art therapy products and fMRI (thalamic and default mode network activity, brain scar totals) as well as PCL-M/NSI outcomes; Measures: Art therapy product images, NSI and PCL-M scores, fMRI neuroimaging.
Status or Citation	Walker, M. S., Stamper, A. M., Nathan, D. E., & Riedy, G. (2018). Art therapy and underlying fMRI brain patterns in military TBI: A case series. <i>International Journal of Art Therapy</i> . doi: 10.1080/17454832.2018.1473453
Weblink	https://www.tandfonline.com/doi/full/10.1080/17454832.2018.1473453?scroll=top&needAccess=true

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Art Therapy Pending Scholarly Manuscripts

Authors/ Research Team	Kaimal, G., Walker, M. S., Herres, J. M., Berberian, M., & DeGraba, T. J. (2019) <i>Girija Kaimal, Melissa S. Walker, Joanna M. Herres, Marygrace Berberian, Thomas J. DeGraba</i>
Study Name	Examining Associations Between Montage Painting Imagery and Symptoms of Depression and Posttraumatic Stress Among Active-Duty Military Service Members
Abstract	This paper will provide an overview of the themes represented in the montage paintings created by service members as well as associations between visual imagery and standardized measures of depression and post-traumatic stress.
Population Studied	Service members in art therapy treatment at National Intrepid Center of Excellence (NICoE); N=240.
Treatment	Art therapy; integrated medicine.
Study Design	Between group comparisons of data on clinical symptoms and visual themes in montage painting imagery using ANCOVA & correlational analyses.
Methods and Measures	Associations between scores on the PTSD Checklist–Military (PCL-M) and the Patient Health Questionnaire-9 on visual themes in the montage paintings. Measures: Themes in montage paintings, PTSD Checklist–Military (PCL-M), the Patient Health Questionnaire-9.
Status or Citation	Submitted for publication.
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Art Therapy Pending Scholarly Manuscripts

Authors/ Research Team	Maltz, B., Hoyt, T., Uomoto, J., & Herodes, M. (2019) <i>Brenda Maltz, Tim Hoyt, Jay Uomoto, Megan Herodes</i>
Study Name	A Case Analysis of Service Member Trauma Processing Related to Creative Art Therapy within a Military Intensive Outpatient Program
Abstract	<p>Art therapy has been widely used in a number of settings and has shown preliminary success in military trauma.</p> <p>Objectives: This case study explores a progressive mask-making art directive facilitated by a board-certified art therapist in a military intensive outpatient program for posttraumatic stress disorder.</p> <p>Methods: Utilizing a case study methodology that included clinical outcome measures, linguistic analysis of a personal journal, and an evaluation of the service member's artwork, the authors describe this service member's experience in the program.</p> <p>Results: Results in this single case showed significant change in linguistic indices of trauma processing and as reflected in the mask-making process, despite an increase overall in reported symptoms of posttraumatic stress disorder.</p> <p>Conclusion: Results from the current case study suggest that a trauma-focused art therapy directive may be beneficial as an adjunct to existing intensive outpatient programs for service members with PTSD.</p>
Population Studied	A service members in art therapy treatment at an Army Medical Center in the western United States; N=1.
Treatment	Art therapy; intensive outpatient program.
Study Design	Case study.
Methods and Measures	<p>Case study methodology that included clinical outcome measures, linguistic analysis of a personal journal, and an evaluation of the service member's artwork.</p> <p>Measures: PTSD symptoms were measured using the PTSD Checklist for DSM-5 (PCL-5; Blevins, Weathers, Davis, Witte, & Domino, 2015); general distress was measured using the Behavior and Symptom Identification Scale (BASIS-24; Eisen, Normand, Belanger, Spiro, & Esch, 2004); co-morbid symptoms of depression were measured using the Patient Health Questionnaire (PHQ-9; Kroenke, Spitzer, & Williams, 2001); trauma narratives and self-directed journal activities completed during the intensive outpatient program were analyzed using the Linguistic Inquiry and Word Count (LIWC2015) software (Pennebaker, Boyd, Jordan, & Blackburn, 2015).</p>
Status or Citation	Submitted for publication.
Weblink	

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Music Therapy Published Research

Authors/ Research Team	Bradt, J., Biondo, J., & Vaudreuil, R. (2019) <i>Joke Bradt, Jacelyn Biondo, Rebecca Vaudreuil</i>
Study Name	Songs Created by Military Service Members in Music Therapy: A Retrospective Analysis
Abstract	A successful transition to civilian life is challenging for many service members returning from deployment. Psychological and physical injuries may hamper successful reintegration into home life and communities and, as a result, many service members report feeling lonely, isolated and misunderstood. This study analyzed 14 songs written by 11 active-duty service members with post-traumatic stress disorder, mild traumatic brain injury, and psychological health conditions, who received music therapy services at the National Intrepid Center of Excellence, a Directorate of Walter Reed National Military Medical Center in the United States of America. Service members wrote songs over the course of two or more individual music therapy sessions. Latent thematic analysis of the song lyrics yielded four main themes: (a) personal struggles and barriers to recovery, (b) moving forward, (c) relational challenges, and (d) positive relationships and support. The songs offer a window into service members' lived experiences of military service, injury, recovery, homecoming, and transition from active-duty. Songwriting enabled service members to share their thoughts, emotions, fears and hopes with family, friends and other providers, often for the first time, and as such played an important role in their personal growth and recovery process. This is the first study to examine the therapeutic benefits of songwriting in a military population.
Population Studied	Active duty service members in music therapy treatment at NICoE, N=11.
Treatment	Music therapy standalone; each patient who wrote a song in music therapy received at least 2-3 individual music therapy sessions to complete songwriting/recording projects.
Study Design	Thematic analysis and correlational analyses.
Methods and Measures	Thematic analysis of songs written by service members and clinical notes of the songwriting sessions. Associations between identified themes and patient clinical and demographic characteristics will be examined. Measures: Not Applicable.
Status or Citation	Bradt, J., Biondo, J., & Vaudreuil, R. (in press). Songs created by military service members in music therapy: A Retrospective Analysis. <i>The Arts in Psychotherapy</i> . (Impact factor = 1.4)
Weblink	https://www.sciencedirect.com/science/article/pii/S0197455618301916

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Music Therapy Published Research

Authors/ Research Team	Bronson, H., Vaudreuil, R., & Bradt, J. (2018) <i>Hannah Bronson, Rebecca Vaudreuil, Joke Bradt</i>
Study Name	Music Therapy Treatment of Active Duty Military: An Overview of Intensive Outpatient and Longitudinal Care Programs
Abstract	In recent years, there has been increased demand for music therapy services within military treatment facilities to treat combat-related injuries. This demand is partly due to increased research output related to music interventions in neuro-rehabilitation as well as an increased prevalence of signature injuries including traumatic brain injury and posttraumatic stress disorder for which interdisciplinary patient-centered care is recommended. The complexity of traumatic brain injury, posttraumatic stress, and military service itself presents challenges for music therapist when creating patient-centered program models. As military healthcare increases access to new treatments as a standard of care, it is important for music therapists to provide descriptions of effective treatment models in military settings. Outlining established music therapy models of care is essential to the successful addition of music therapy in the treatment of service members' complex injuries. This paper outlines current program models at two facilities, the National Intrepid Center of Excellence at Walter Reed National Military Medical Center and Intrepid Spirit Center at Fort Belvoir.
Population Studied	Not applicable.
Treatment	Music therapy; integrated medicine; standalone treatment.
Study Design	Clinical practice paper: Description of clinical practice.
Methods and Measures	Measures: Not applicable.
Status or Citation	Bronson, H., Vaudreuil, R., & Bradt, J. (2018). Music therapy treatment of active duty military: An overview of intensive outpatient and longitudinal care programs. <i>Music Therapy Perspectives</i> , 36(2), 195-206. https://doi.org/10.1093/mtp/miy006
Weblink	https://academic.oup.com/mtp/advance-article-abstract/doi/10.1093/mtp/miy006/4945362

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Music Therapy Published Research

Authors/ Research Team	Vaudreuil, R., Avila, L., Bradt, J., & Pasquina, P. (2018) <i>Rebecca Vaudreuil, Luis Avila, Joke Bradt, Paul Pasquina</i>
Study Name	Music Therapy Applied to Complex Blast Injury in an Interdisciplinary Model: A Case Report
Abstract	<p>Purpose: Music therapy has a long history of treating the physiological, psychological, and neurological injuries of war. Recently, there has been an increase in the use of music therapy and other creative arts therapies in the care of combat injured service members returning to the United States from Iraq and Afghanistan, especially those with complex blast-related injuries. This case report describes the role of music therapy in the interdisciplinary rehabilitation of a severely injured service member.</p> <p>Methods: Music therapy was provided as stand-alone treatment and in co-treatment with speech language pathology, physical therapy, and occupational therapy. The report is based on clinical notes, self-reports by the patient and his wife, and interviews with rehabilitation team members.</p> <p>Results: In collaboration with other treatment disciplines, music therapy contributed to improvements in range of motion, functional use of bilateral upper extremities, strength endurance, breath support, articulation, task-attention, compensatory strategies, social integration, quality of life, and overall motivation in the recovery process. The inclusion of music therapy in rehabilitation was highly valued by the patient, his family, and the treatment team.</p> <p>Conclusions: Music therapy has optimized the rehabilitation of a service member through assisting the recovery process on a continuum from clinic to community.</p>
Population Studied	Military service member in ongoing rehabilitation from complex blast injury; N=1.
Treatment	Music therapy; integrated medicine, standalone treatment. The patient receives ongoing treatment, including 2+ years of integrated and stand-alone music therapy services.
Study Design	Case report.
Methods and Measures	Music therapy was provided as stand-alone treatment and in co-treatment with speech language pathology, physical therapy, and occupational therapy. Measures: Clinical data, self-reports by patient and family, interviews with rehabilitation team members.
Status or Citation	Vaudreuil, R., Avila, L., Bradt, J., & Pasquina, P. (2018). Music therapy applied to complex blast injury in an interdisciplinary model: A case report. <i>The Journal of Disability and Rehabilitation</i> . doi: 10.1080/09638288.2018.1462412 (Impact factor = 1.8)
Weblink	https://www.tandfonline.com/doi/full/10.1080/09638288.2018.1462412

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Music Therapy Published Research

Authors/ Research Team	Vaudreuil, R., Bronson, H., & Bradt, J. (2019) <i>Rebecca Vaudreuil, Hannah Bronson, Joke Bradt</i>
Study Name	Bridging the Clinic to Community: Music Performance as Social Transformation for Military Service Members
Abstract	The use of musical performance in music therapy with active duty military service members is discussed as a vehicle for social transformation and re-integration. The use of musical performance in music therapy is not without controversy. Therapy is considered a process, not a product, and essential components of this therapeutic process are confidentiality and privacy. However, others have argued that public performances can validate therapeutic changes in clients, give voice to clients' experiences, raise awareness of social issues within their community, transform perceptions of disability or illness in audience members, and provide opportunities to receive support and validation from the community. We discuss the potential of musical performances to contribute to individual development and rehabilitation in active duty service members as well as facilitate change at the community level. We illustrate this through three brief case reports of active duty service members who received music therapy services at the National Intrepid Center of Excellence on base at Walter Reed National Military Medical Center in the USA as part of their treatment of Post-Traumatic Stress Disorder, Traumatic Brain Injury, and other psychological health concerns. The service members selected, learned and refined songs over multiple music therapy sessions, created introductions to each song to share with the audience the meaning of each song and the benefits gained from working with these songs in therapy. The case reports also include excerpts of interviews conducted with these service members several months following their performances about their experiences of the performances themselves and the perceived impact on the community.
Population Studied	Active duty service members in music therapy treatment at NICoE; N=2.
Treatment	Music therapy standalone; at least two sessions with each patient.
Study Design	Case report: Qualitative research study.
Methods and Measures	Patient reports of song selection, symbolism, and performance experiences to enhance understanding of the impact of performance integrated into music therapy sessions and service member preparation for and participation in NICoE Creative Arts Cafe. Measures: Clinical commentary, patient interviews, documentation, performance observation.
Status or Citation	Vaudreuil, R., Bronson, H., & Bradt, J. (2019). Bridging the clinic to community: Music performance as social transformation for military service members. <i>Frontiers in Psychology, 10</i> . 10.3389/fpsyg.2019.00119
Weblink	https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00119/full

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Music Therapy Pending Scholarly Manuscripts

Authors/ Research Team	Bradt, J., Bronson, H., & Vaudreuil, R. (2019) <i>Joke Bradt, Hannah Bronson, Rebecca Vaudreuil</i>
Study Name	The Effects of Individual Music Therapy Sessions on Symptom Management in Military Service Members
Abstract	This study is a secondary analysis of symptom management data that were collected as part of standard music therapy program evaluations at Intrepid Spirit Fort Belvoir and the National Intrepid Center of Excellence. Approximately 100 service members completed the Creative Forces Symptom Management evaluation form at the start and end of individual music therapy sessions between July 2016 and August 2017. This 10-item form uses 0-10 numeric rating scales to evaluate the impact of a single music therapy session on commonly encountered symptoms in service members, namely pain, stress, anxiety, fatigue, worries, physical tension, sadness, anger, ability to focus, and overall well-being. Paired t-tests will be used to analyze pre to post session changes in symptoms. The findings will be associated with clinical characteristics of the service members.
Population Studied	Active duty service members in music therapy treatment at Intrepid Spirit Fort Belvoir and the National Intrepid Center of Excellence; N=100.
Treatment	Music therapy standalone; results will include a year's worth of evaluations, inclusive of July 1, 2016, through August 31, 2017.
Study Design	One group pretest posttest design.
Methods and Measures	During the past year, service members were asked to fill out the symptom assessment form at the start and end of the music therapy session. At this time, data on approximately 200 service members has been gathered. The research team will use paired t-tests to analyze pre to post session changes in symptoms and will correlate changes in symptoms to clinical characteristics of the service members. Measures: Symptom Assessment Form included in the NEA Evaluation Toolkit.
Status or Citation	Manuscript in progress.
Weblink	

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Music Therapy Pending Scholarly Manuscripts

Authors/ Research Team	Gooding, L. F, & Langston, D. G. (2019) <i>Lori F. Gooding, Diane G. Langston</i>
Study Name	Music Therapy with Military Populations: A Scoping Review
Abstract	Music therapy treatment is increasingly being used to promote health, enhance quality of life, and improve functioning in military personnel, but evidence on the use of music interventions with military service members is still emerging. The purpose of this scoping review was to synthesize the available literature regarding music therapy treatment with military personnel by identifying the types of information available, key characteristics, and gaps in the knowledge base. The review was completed using the methodological framework proposed by Arksey and O'Malley. A total of 27 publications met the criteria for review. The results included anecdotal reports, white papers/ briefs, case studies, historical reviews, clinical program descriptions, and research studies. Both active duty and veteran service members were represented in the literature, and post-traumatic stress disorder and traumatic brain injury were the most commonly listed conditions among those served. Music therapy services were offered in both group and individual formats, and drumming was the most common music intervention cited. Most publications accurately represented music therapy, and the historical reviews highlighted the connection between the development of the field of music therapy and the use of music with military personnel. Several gaps were identified, including a lack of specificity in reporting, low levels of evidence, and limited inclusion of women service members.
Population Studied	Active duty and veteran service members.
Treatment	Music therapy.
Study Design	Scoping review of literature.
Methods and Measures	Scoping review methodological framework proposed by Arksey and O'Malley.
Status or Citation	Accepted for publication.
Weblink	

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Music Therapy Pending Scholarly Manuscripts

Authors/ Research Team	Vaudreuil, R., Biondo, J., & Bradt, J. (2019) <i>Rebecca Vaudreuil, Jacelyn Biondo, Joke Bradt</i>
Study Name	Music Therapy with Active-Duty Service Members: Group Protocol Description and Secondary Analysis of Protocol Evaluations
Abstract	Based on the growing need for music therapy programming at military treatment facilities and clinics that specialize in the rehabilitation of service members, this article describes a music therapy group protocol and the findings of 201 post-session evaluations. In addition, we present clinical perspectives and recommendations from three music therapists who have facilitated this group protocol on four military bases across the United States. The group session outlined in the protocol is intended as an introduction to music therapy. It familiarizes service members to various music therapy experiences structured specifically to enhance feelings of safety during emotional risk-taking. In addition, the protocol functions as an initial assessment of service members' responses to the various receptive and interactive music experiences and includes psychoeducation regarding the role of music therapy in an interdisciplinary treatment model. The post-session evaluation data suggest that service members endorsed this introductory group as moderately to very helpful. Perceived benefits included the opportunity to express various emotions and increased awareness of somatic responses through music. A large number of requests for continued music therapy services following the introductory session suggest that the protocol is successful in facilitating understanding in service members regarding the potential treatment benefits of music therapy in an interdisciplinary care setting. Feedback from the music therapists indicated that the group protocol is a helpful initial experience for service members to acclimate to music therapy, and for music therapists to learn about their patients' specific needs and inform subsequent treatment.
Population Studied	Active duty service members in music therapy treatment at NICoE; N=201.
Treatment	Music therapy standalone; each patient receives this session once. The authors will show a year's worth of evaluations inclusive of January 1, 2016, through December 31, 2016.
Study Design	Program evaluation.
Methods and Measures	Session evaluation data from 201 service members will be analyzed. Descriptive statistics will be used to create summaries of impact in areas specified on the form. In addition, feedback from three clinicians who currently use the group protocol and the associated evaluation tool will be summarized. Based on evaluation data and clinician feedback, recommendations will be made for use of the protocol and evaluation form in military health settings. Measures: The Introduction to Music Therapy Group Session form, a self-report form included in the NEA evaluation toolkit.
Status or Citation	Submitted for publication.
Weblink	

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Music Therapy Pending Scholarly Manuscripts

Authors/ Research Team	Vaudreuil, R., Langston, D., Kass, S., Magee, W, & Levy, C. (2019) <i>Rebecca Vaudreuil, Diane Langston, Sara Kass, Chuck Levy, Wendy Magee</i>
Study Name	Implementing Music Therapy through Telehealth: Considerations for Military Populations
Abstract	Telehealth provides access to psychotherapeutic interventions and psychoeducation for remote populations that may have limited access to in-person rehabilitation treatments. This paper explores the use of telehealth to facilitate music therapy with service members and veterans living in rural areas across the U.S. and reviews research regarding creative arts therapies delivered through telehealth. The existing evidence base is predominantly focused on art and dance movement therapies and includes little information about music therapy. However, music therapists have begun to use telehealth in clinical and community environments to increase access for remote patients. This article reports on the integration of telehealth and music therapy and presents facilitation techniques of didactic and applied clinical music experiences. This is accomplished through the review of current research, addressing knowledge gaps, and reviewing the evolving models of creative arts therapies delivered through telehealth for military populations.
Population Studied	Veterans who transferred from the National Intrepid Center of Excellence and were in treatment through the Malcom Randall VA in Gainesville, FL.
Treatment	Music therapy; telehealth; individual and group sessions.
Study Design	Clinical practice paper with a focus on program development and program examples.
Methods and Measures	Clinical observations, program review, program design, documentation, participant testimonials.
Status or Citation	Manuscript in progress.
Weblink	

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Music Therapy Pending Scholarly Manuscripts

Authors/ Research Team	Vaudreuil, R., Nordstrom, M., DeGraba, T., Margulies, E., & Pasquina, P. (2019) <i>Rebecca Vaudreuil, Michelle Nordstorm, Thomas DeGraba, Eric Margulies, Paul Pasquina</i>
Study Name	Music Therapy, Occupational Therapy, and Biofeedback for Treatment of a Female Soldier with Post-traumatic Stress Disorder: A Case Report
Abstract	<p>Background: Post-traumatic stress, post-traumatic stress disorder, and traumatic brain injury have been described as ‘invisible wounds of war’. The effects of these conditions may have significant negative consequences on the health and quality of life for service members and their families. While conventional pharmacotherapy and psychotherapy are helpful, individuals suffering from these conditions many continue to experience persistent symptoms. Left untreated, the long-term effects of these conditions may lead to increased morbidity and mortality. Augmenting traditional therapies with integrative medicine approaches may be helpful.</p> <p>Case Presentation: We present a unique case of a female service member who, after sustaining multiple traumatic brain injuries and severe stress situations, presented with dyspnea. Upon medical workup, it was determined that a congenital cardiac abnormality was the source of her dyspnea, however, despite surgical intervention and subsequent cardiac rehabilitation, her symptoms persisted. After psychiatric assessment, she was diagnosed with PTSD. Through the use of biofeedback combined with music therapy and occupational therapy co-treatment, she was able to correlate her physical symptoms with changes in her emotional state enabling recognition and management of her trauma-based symptoms, anxiety being the most prevalent. During a series of six co-treatments, the patient learned to utilize customized music, aligned with her physical and emotional environments. This tool resulted in decreased dyspnea and improved social interaction.</p> <p>Conclusions: Biofeedback used with music therapy and occupational therapy demonstrate potential as non-invasive treatments to help patients manage their symptoms and improve their quality of life. When facilitated in an integrative rehabilitation program, these augmentative therapies may reduce symptoms and enhance successful reintegration, especially for patients with complex war-related health conditions. Further investigation is needed to fully understand the applicability of these non-invasive treatments in a broader patient population.</p>
Population Studied	Case study; N=1.
Treatment	Music therapy; integrated (occupational therapy, music therapy, animal assisted therapy).
Study Design	Case study.
Methods and Measures	Clinical co-treatment (OT/Music therapy), clinical notes/documentation, emWave frequency readings. Measures: Clinical documentation, heart rate variability readings.
Status or Citation	Manuscript in progress.
Weblink	

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Therapeutic/Expressive Writing Published Research

Authors/ Research Team	Landless, B. M., Walker, M. S., & Kaimal, G. (2018) <i>Bronwen M. Landless, Melissa S. Walker, Girija Kaimal</i>
Study Name	Using Human and Computer-Based text Analysis of Clinical Notes to Understand Military Service Members' Experiences with Therapeutic Writing
Abstract	<p>Background: Therapeutic writing interventions have been shown to improve both physical health and emotional well-being. This brief report examines the usefulness of clinical notes as a data source and presents two different analyses of individual clinical notes of therapeutic writing group sessions: analysis performed by a person and analysis by a computer-based program (Pennebaker, Booth, Boyd & Francis, 2015). The therapeutic writing sessions were offered during the second week of treatment at the National Intrepid Center of Excellence (NICoE) as part of an integrative care model for service members (SMs) with traumatic brain injury and underlying psychological concerns to include post-traumatic stress disorder (PTSD).</p> <p>Method: Therapeutic writing sessions were facilitated in the art therapy studio at the NICoE. The sessions were documented in the military healthcare system's patient record application by the art therapist and art therapy interns at the NICoE. Clinical notes were informed by SM self-report surveys and clinician observations. Notes from May 2012 to 2015 and were pulled and coded manually for emerging themes, then separately analyzed by a computer software text content analysis program (Pennebaker et al., 2015).</p> <p>Results: Overall, SMs reported more positive than negative, neutral, or mixed emotions during and after the therapeutic writing experience. Some reported a change from negative to positive emotions through the writing process, and many described experiencing relief during and after sessions. SMs wrote on a wide range of topics. Most SMs kept their writing pieces, although some destroyed them or shared them with others, and a few SMs gifted the pieces. Computerized-based analysis (Pennebaker et al., 2015) indicated that work and social were the most prominent content theme areas. It also showed that positive emotions were more evident than negative emotions in the clinical notes and that the focus of the notes was primarily on the present rather than on the past or the future.</p> <p>Implications: Many SMs perceived the therapeutic writing experience as therapeutic, a relevant coping skill, and enjoyable. Some, however, preferred to work on art therapy projects they had begun in previous sessions (such as mask-making) during the writing sessions. The computer-based analysis of the clinical notes took much less time than the human analysis, but it did not produce results of comparable richness or nuance. Computer-based analysis of the actual therapeutic writing pieces may provide deeper insights into the content and themes that emerged during this therapeutic intervention.</p>
Population Studied	Service members with posttraumatic stress disorder and/or traumatic brain injuries at the National Intrepid Center of Excellence (NICoE); N=200.
Treatment	Therapeutic/expressive writing; integrated medicine; standalone treatment. Therapeutic writing sessions were implemented and documented by the art therapist and art therapy interns at the NICoE.
Study Design	Qualitative (thematic analysis).
Methods and Measures	Methods: Described above. Measures: Clinical notes, tallies of qualitative themes generated through LIWC
Status or Citation	Landless, B. M., Walker, M. S., & Kaimal, G. (2018). Using human and computer-based text analysis of clinical notes to understand military service members' experiences with therapeutic writing. <i>The Arts in Psychotherapy</i> . Advance online publication. doi: 10.1016/j.aip.2018.10.002 (Impact factor = 1.4)
Weblink	https://doi.org/10.1016/j.aip.2018.10.002

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Multidisciplinary Creative Arts Therapies Published Research

Authors/ Research Team	Spooner, H., Lee, J. B., Langston, D. G., Sonke, J., Myers, K. J., & Levy, C. E. (2019) <i>Heather Spooner, Jenny B. Lee, Diane G. Langston, Jill Sonke, Keith J. Myers, Charles E. Levy</i>
Study Name	Using Distance Technology to Deliver the Creative Arts Therapies to Veterans: Case Studies in Art, Dance/Movement and Music Therapy
Abstract	Three case studies of veterans are presented who received either art therapy, dance/movement therapy or music therapy via in-home, synchronous clinical video telehealth through a VA medical center in the southeastern United States. As the use of distance technology becomes more widely implemented within healthcare, it becomes increasingly important for providers to receive adequate training and develop comfort and confidence in adapting their practices to distance delivery. Case studies are one way for creative arts therapists to conceptualize and demonstrate how their in-person practices can be adapted for distance delivery via telehealth.
Population Studied	A representative sample of veterans in the Rural Veterans' Telerehabilitation Initiative (RVTRI) CAT program; N=3.
Treatment	One example was chosen from each of the disciplines offered at the medical center (art therapy, dance/movement therapy, music therapy). One veteran worked with two different providers in two different disciplines. In some cases, the individual creative arts therapists incorporated multimodal techniques. Examples of the integration of writing are specifically highlighted in the art therapy and dance/movement therapy case studies.
Study Design	Case study.
Methods and Measures	Case study. Measures: N/A. Practice paper.
Status or Citation	Spooner, H., Lee, J. B., Langston, D. G., Sonke, J., Myers, K. J., & Levy, C. E. (2019). Using Distance Technology to deliver the creative arts therapies to veterans: Case studies in art, dance/movement and music therapy. <i>The Arts in Psychotherapy</i> , 62, 12–18. (Impact factor = 1.4)
Weblink	https://doi.org/10.1016/j.aip.2018.11.012