

6 ways to incorporate creativity in your practice



Ever feel stuck when working with young people using words alone? Ever wonder how to encourage young people to be in touch with their embodied experience but not sure where to start? Here's a guide with 6 ideas of incorporating creativity in your practice!



How does this feeling sound?

Ask the young person to perform how they feel in music or to draw a shape or colour that represents their emotions. This means that young people can externalise strong emotions and therefore able to reflect on them from a different perspective and more objectively.

Building timelines

This can be a visual timeline or a musical timeline. Young people often struggle to reflect on what happened when they were dysregulated, therapy is a great space to help them work out what led to the dysregulation, how their body felt when they were dysregulated, and what helped them calm down.



Incorporating bilateral activities

Bilateral activities are a core part of EMDR practice. Whether you are EMDR trained or not, experimenting with bilateral activities, like balancing on wobble board, boxing, drumming, can help the brain to create new neural pathways between the hemispheres, and therefore help young people to be more aware and feel more in control of their emotions.



Card games

There is something exciting about using cards in sessions. What are your favourite card games? Can you adapt them into therapeutic tools? I often use Dixit cards to help young people think about their relationships with others. With younger children, I often ask them to choose an emoji card and play it in music or act it for me to guess.

Role playing



Role playing is a great way to help young people to mentalise, i.e. their ability to show curiosity towards their own and others' thought process. This can be guided by an experience that the young person had or a story chosen by the therapist that connects with the young person's life in certain aspects.



Interviews

Following a role play, we can interview the character that the young person play, or invite the young people to interview the character that you play. This helps young people to reflect on the experience from a safe distance. It also offers a space for the young person to acknowledge different parts of themselves.

If you would like a space to think about embracing play and creativity in your practice, please feel free to get in touch with me on crystal@clapandtoot.com!

*Best,
Crystal*