

## THE CREATIVE ARTS/INTEGRATIVE THERAPIES RESEARCH GROUP

### Research Projects Developed by the CAIT Group

#### The effectiveness of music therapy for people with Alzheimer's disease.

LeNavenec, Buchanan, et al. (2003).

Funded by Dean's Conference Award and Faculty of Nursing Endowment Fund

Observational study using Glynn's (1992) Music Therapy Assessment Tool of 12 nursing home patients with dementia. Major clinical changes included enhanced alertness and improvement in mood.

A publication is forthcoming assisted by a Canadian Institute for Health Research (CIHR) funded undergraduate nursing student, Cheryl Panorel Summer 2006

#### Understanding The Context Of Non Hospitalized Adults With A Traumatic Brain Injury: A Case Study Using An Expressive Arts Approach

Principal Investigators Dr. C Le Navenec, Faculty of Nursing  
CoInvestigators: Dr G. Groeneweg Department of Psychology U of Calgary, Executive Director of Brain Injury Rehabilitation Centre, Dr B Hagen Faculty of Nursing U of Lethbridge  
Art Therapists Researchers: Alan Briks, MA ATR-BC Monica Wiebe, MA Art Therapy

Funded by a Social Sciences and Humanities Research Council of Canada (SSHRC) Grant awarded July 31, 2006- July 31, 2007  
Eighteen adults who have experienced a traumatic brain injury at least two year previously will be involved in this 3 month qualitative study.

#### Indicators Of The Effectiveness Of Drumming Circle Sessions For Mental Health Outpatients

Proposal Under Development

Principal Investigator C Le Navenec Co Investigators TBA

### Selected Publications Developed by CAIT Members the Use of the Creative Arts in Healthcare

#### Creating Connections Between Nursing And The Creative Arts Therapies: Expanding The Concept Of Holistic Care Edited by Dr CL Le Navenec and Laurel Bridges

Published by Charles C Thomas in 2005

Featuring 20 chapters, 377 pages, Chapters by ten Canadian CAIT members

See flyer or website for more information

#### Movement Quality In Children With Developmental Delay: Midline And Weight Sensing As Markers Of Adaptive Movement

by CAIT Members Dr. Marja Cantell, clinical psychologist and dance/movement therapist, Behavioural Research Unit, Alberta Children's Hospital/Department of Pediatrics, University of Calgary and Darcy McGhee Faculty of Fine Arts, Program of Dance, University of Calgary

Published in Body Movement and Dance in Psychotherapy September 2006

For more information see Activities on website to access copy of article <http://www.ucalgary.ca/cait/>

#### Additional Publications by CAIT Members

Bridges L. (2004). Accessing inner strengths while training to counsel and facilitate healing. *Journal of Theory Construction and Testing*, 8 (2), 60-66

LeNavenec, C., McEachern, O. & Epstein, M. (2003). An introduction to music and sound approaches for health professionals: Overview of an undergraduate web based nursing course. *The Australian Journal of Holistic Nursing*, 10 (2), 19-24.  
Le Navenec, C & Slaughter, S (2001). Laughter can be the best medicine *Nursing Times*, 97,(30), 43-43

Numerous Presentations at International and National Conferences by several CAIT members

### CAIT Group Description and Purpose Statement

Creative Arts/Integrative Therapies in Health Care Research Group (CAIT) established at the University of Calgary in 1998 promotes research, education and develop specific projects regarding the effectiveness and therapeutic benefits of creative arts treatment modalities in health care.

Current members are from the Faculties of Nursing, Fine Arts, General Studies, Social Work, Medicine as well as Art Therapists, Music Therapists, Drama Therapists, Dance/Movement Therapists, artists and nurses from the Calgary Community.

Goals of the CAIT group are:

- to coordinate educational and research resources in CAIT within the University
- to encourage and support research and investigation into the beneficial effects of the creative arts in healthcare
- to demonstrate the valuable roles that the creative arts and integrative therapies can play to enhance the healing process
- to provide support for students interested in pursuing education or research in the areas of alternative/complementary therapies or the creative arts therapies
- to develop partnerships with private and public agencies in the City of Calgary, The Province of Alberta and other parts of Canada and internationally for the purposes of promoting services, education and research in the interest areas of CAIT
- to develop a local, national and international reputation for excellence in research
- to promote dissemination of knowledge through discussions, seminars and publications

See the CAIT website for more information <http://www.ucalgary.ca/cait/>

#### University of Calgary Courses Provided by CAIT members

##### Spring Semester Credit Courses

Nursing 511 Introduction to Music and Sound For the Helping Professions 1996 to present

Taught by Dr CL LeNavenec, Associate Professor, Faculty of Nursing & Dr M Epstein Assistant Professor & Musicologist, Faculty of Communication & Culture  
Delivered entirely via world wide web since 2000

2006 course enrollment was 18

Nursing 503.14 Introduction to Clinical Art Therapy for the Health Professions 1999 to present

Taught by Alan Briks, MA ATR, Clinical Art Therapist, Adjunct Professor Faculty of Nursing

Nursing 503.16 Introduction to Drama and Dance Movement Therapies for the Health Professions

Taught in 2000 by Bonnie Osoff Bultz, MSW, RSW, RDT Registered Social Worker and Drama Therapist and Laurel Bridges MA (DMT)ADTR, MA Couns Psych CCC Dance Movement Therapist

Introduction To The Creative Arts Therapies For The Health Professions

This course which is currently underdevelopment is an application of the research discussed in the recently published book *Creating Connections between Nursing and the Creative Arts Therapies: Expanding the Concept of Holistic Care*

##### Continuing Education Courses

2-4 courses offered each semester 1998 to present

See the CAIT website for more information <http://www.ucalgary.ca/cait/>