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International Expressive Arts Therapy Association®

Glossary of Common Terms

- 1. Expressive Arts**– Expressive Arts utilize visual arts, music, dance/movement, drama/theater, poetry/writing, and other creative processes in an intermodal, integrative approach to foster deep personal growth and community development.

***Intermodal:** The process of interweaving and sequencing multiple expressive arts modalities. It is this *intermodality* that leads to deeper insight and expanded awareness and is essential to IEATA's definition of expressive arts.

***Integrative:** The process of interweaving and blending multiple creative theories with clients in expressive arts therapy or expressive arts facilitation sessions.

- 2. Expressive Arts Therapy**– Expressive Arts Therapy, as defined by IEATA, is a therapeutic model that engages multiple expressive arts modalities with an intermodal approach in order to facilitate an integrative experience involving the threading of: visual arts, music, dance/movement, drama/theater, poetry/writing, and other creative processes.
- 3. Expressive Arts Consultation, Education & Facilitation**– Expressive Arts Consultation, Education, and Facilitation engages multiple expressive arts modalities with an intermodal approach in a non-clinical setting. It facilitates an integrative experience that interweaves visual arts, music, dance/movement,



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drama/theater, poetry/writing, and other creative processes. Facilitation may be therapeutic yet does not include diagnoses or treatment plans.

4. **Creative Arts**– Separate or individual arts modalities (including visual arts, music, dance/movement, drama/theater, poetry/writing, and storytelling) that actively engage one’s imagination across all domains—cognitive, language, social, emotional, and physical.

5. **Expressive Therapies/Creative Arts Therapies**– Umbrella terms that include all of the various creative arts modalities in therapy, including art therapy, music therapy, dance/movement therapy, drama therapy, writing/poetry therapy, play therapy, and expressive arts therapy. These are therapeutic interventions that utilize creative arts modalities to facilitate communication, emotional expression, and enhanced self-awareness, as well as foster health and change.

6. **Person-Centered Expressive Arts Therapy**– Developed by Dr. Natalie Rogers, this approach combines the intermodal creative process with the in-depth theory and practice of her father, psychologist Dr. Carl Rogers’, person-centered approach. The Creative Connection® is the term coined by Natalie to define the integration and deep insight that arises from the interweaving of multiple arts modalities.

7. **Multimodal/Multimodal Expressive Arts**– Using various art forms or modalities in a single session or series of sessions, as separate and unique processes.

*IEATA recognizes this term has historically been used interchangeably with the term *intermodal*. We believe multimodal does not fully describe the integrative process nor does it adequately represent the interrelatedness and intermodal



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transfer between the arts. To keep true to the essence of what we believe fosters deep creativity and connection, IEATA has decided to replace the word multimodal with *intermodal* when describing the work of expressive arts therapy and facilitation.

8. **Somatic** –Affecting the body.

9. **Somatic-Based Expressive Arts** –A type of facilitation or therapy that integrates a body-focused approach, which practitioners combine with expressive arts in many different ways to support growth, integration, connection, and healing.

10. **Nature-Based Expressive Arts** –A type of facilitation or therapy that integrates nature and acknowledges our interrelatedness with the non-human world to support growth, integration, connection, and healing.

11. **Expressive Therapies Continuum (ETC)** –Originally designed and used in Art Therapy, this is a model that provides an understanding of how visual arts materials, ranging from resistant to fluid, can influence the experience of the participant and can be consciously chosen by a therapist or facilitator depending on the needs and ability of the client or group. The ETC is now widely used in expressive arts therapy as well.