

# August



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## **THE ARTS IN RECOVERY**

Talking is powerful; but, talk therapy is not enough for everyone. Experiential therapies use metaphors and actions to help people have an experience of doing that can be life changing. Matched to individuals, these therapies provide breakthroughs that allow talk therapy to be at its most effective.

Listening to your favorite music has probably helped you forget physical and emotional pain. Many studies proved that sessions with a trained music therapist reduce pain, improve state of mind and reduce stress or anxiety for those with addictive patterns.

Art therapy is also a useful tool for people undergoing addiction treatment because it provides them with ways to understand and cope with difficult feelings. It is not necessarily easy for everyone to discuss or even articulate what they are feeling. This is what makes art and music therapy so effective during addiction treatment. There is no need to verbalize painful thoughts or struggle to find the right words to describe feelings. Rather, these therapies eliminate these obstacles and allow recovering addicts to express their inner issues and emotions in a visual and auditory manner.

# Available Resources

TO INSPIRE YOUR INNER ARTIST

## Sober Sessions

Sober Sessions purpose is to hold space for and promote an environment of creativity for those who are in Recovery (Sobriety & Mental Health) and those that support these community. Food & Drinks will be provided!

Price: FREE.

When: Aug 25th at 6p.m.

Where: Riverside Revival

## Musicians Hall of Fame and Museum

Each exhibit tells the story of a musician that you may have heard but may have never seen. The Musicians Hall of Fame is a premiere Nashville attraction and the one and only museum in the world that honors the talented musicians who actually played on the greatest recordings of all time.



## The GIG at Belmont | The Gallery of Iconic Guitars

The Gallery of Iconic Guitars at Belmont is Music City's premier venue designed to celebrate some of the most rare and iconic guitars and stringed instruments ever known. The GIG features an intimate experience for visitors to view these prized instruments up-close, along with historically and technically in-depth information on each. It is our hope that these magnificent instruments and their stories serve to inspire legions of music enthusiasts from all generations.

## National Museum of African American Music | Nashville, TN

NMAAM is the only museum dedicated to preserving and celebrating the many music genres created, influenced, and inspired by African Americans. The museum's expertly-curated collections share the story of the American soundtrack by integrating history and interactive technology to bring the musical heroes of the past into the present.

## Frist Art Museum

The Frist is currently offering multiple Exhibitions including:

- [Nashville Teachers- Beyond the Classroom](#)
- [Teens Take the Frist!](#)
- [Light, Space, Surface: Works from the LA County Museum of Art](#)
- [Knights in Armor](#)

Make sure to check out their website for family friendly events such as movies and tours.



## **Cumberland Height's Arts in Recovery**

### Art Therapy at Cumberland Heights - YouTube

Rebecca Johnson, invites us into the magical world of art therapy - and how the act of creating has helped patients connect with emotions they never knew they had.

### Music Therapy - YouTube

This video features John McAndrew and Jack Dills talking about our Music Therapy program here at CH

### Mandala Making - YouTube

Rebecca Johnson shows us one of her favorite practices with her patients - the making of a mandala.

### Aerin and Teague's story on Newschannel 5 - YouTube

This news story tells the story of how art and a little love from Teague can help with recovery

Check out [cumberlandheightstn - YouTube](#) for more videos

# Continuing Education



## MUSIC AND THE BRAIN IN RECOVERY

Singer/songwriter and piano player John McAndrew takes us on a musical and spiritual journey from self-centeredness to humility, using stories and songs. This journey is a long and difficult one in recovery. Recent studies show that music can reach the parts of the brain that are linked to addiction and can function as an integral part of recovery. This experiential session demonstrates how music and music therapy can be applied in a variety of treatment settings to bring about therapeutic change.



### WHEN:

Free NAADAC Webinar  
 A Live, Interactive Webinar (1 CEU)  
 Wednesday, August 10, 2022 @ 3:00-4:00pm ET  
 (2CT/1MT/12PT)  
 Register for Free: [Music and the Brain in Recovery](https://naadac.org).  
 ([naadac.org](https://naadac.org))

MAKE SURE TO CHECK OUT JOHN'S WEBSITE:  
[HTTPS://INTHISHOUR.ORG/](https://inthishour.org/)