

Research

The “Literacy-Free 12 Step Expressive Arts Therapy” curriculum has been the subject of 4 clinical studies in the US and Zambia which have been presented at Eastern Psychological Association’s Annual Conferences.

U.S.

The “Literacy-Free 12 Step Expressive Arts Therapy” curriculum was used in treatment of 47 patients at a US dual diagnosis residential rehabilitation facility.

Participants were given a testing measure before and after sessions. Compared to the facility’s total population, retention rate and likelihood of success was much greater for expressive arts participants. There were 47 voluntary participants at the facility in the expressive arts curriculum sample compared to 101 at the facility not receiving expressive arts curriculum treatment.

ZAMBIA

The “Literacy-Free 12 Step Expressive Arts Therapy” curriculum was offered voluntarily for 11 months to a total of 129 homeless youth with Substance Use Disorder at a community day center in Zambia. A CARF-approved group feedback form was modified for pre/post use. Paired samples found increased hopefulness in lessons on spirituality, self-care and forgiveness. Lessons found to instill hope were the same rated highest for enjoyment.

ABOUT US

CoLaborers International is a Humanitarian nonprofit assisting international indigenous-led community organizations reaching women and children in Zambia and India through volunteerism, aide, program development and support. (EIN: 64-0960198)

“This is one of my favorite groups! Everyone was participating, which rarely happens in other types of treatment.” – Benzo, Marijuana, Cocaine, Opiate Dependent with BiPolar I, Anxiety Disorder with Panic & PTSD



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Literacy-Free 12 Step
Expressive Arts Therapy



Leaders Pack

About

The “Literacy-Free 12 Step Expressive Arts Therapy” curriculum contains 10 lessons using art, dance, play, horticulture, drama, handicraft and music therapy. It is authored by Melissa Davis-Stuebing, MA, CAC-AD and edited by Dr. Lauren Littlefield.

It was specifically developed for hard-to-reach substance dependent populations who might slip through the cracks of standard therapeutic services such as illiterate and learning-disabled populations, as well as participants with social anxiety, difficulty of self expression, trauma and co-occurring disorders. It requires just 1 facilitator. It goes through each of the 12 Steps using expressive arts mediums as therapeutic metaphor as well as using cognitive behavioral techniques.



Drum Circle



Training Group

Why this curriculum?

- Studies have found it to produce statistically significant results increasing
 - commitment to a drug and alcohol-free life
 - development of a positive attitude towards lifestyle changes
 - a rise in feelings of hopefulness overall
- This curriculum promotes early engagement in treatment
- In clinical studies, participants had much higher completion/ retention rates, lower drop-out rates and enrollment in follow up services than non-participants
- It engages people who are non-literate and learning disabled
- It helps those with difficulty of self-expression participate in treatment
- It is appropriate for co-occurring SUD and mental health disorders.

Clinical studies available on
CoLaborers.com/expressivearts

Cost

Each leader pack consists of a Leader Curriculum Guide, Drum Circle Instructional DVD & Long Term Effects Card Game. Because it is literacy-free, there are no workbooks needed for participants – which saves practitioners on cost in the long run. The cost is \$95 USD per leader pack. Bulk discounts are available for orders of 10 or more packs. Nonprofit discounts are also available. Leader packs are available in both Zambian and American versions with culturally appropriate artwork and expressive arts activities respectively. 20% of your purchase will be donated to Chisomo Centers in Zambia, to help provide for the education, housing and counseling of street youth and children.

Contact

Interactive training in this curriculum is available. Email Melissa@CoLaborersInternational.com to book a training.

