




Music, Marks, and Mandalas

Where Embodied Mandalas Meet Drum Circles

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What is Trauma Informed Epressive Arts?

International Expressive Arts Therapy Association (IEATA)

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

<https://www.ieata.org/glossary/>



Expressive arts therapy is the integrative application and combination of two or more arts-based approaches.

It is action oriented, nonverbal, implicit, sensory based, mind - body based, restorative and more.

It invites creativity, curiosity, and joy.

It promotes safety, felt sense, and embodiment.

It is relational, community oriented, culturally, and neurodiversity accessible.

It is the original psychotherapy in direct response to trauma and loss.

<https://youtu.be/CkJlb0JT4pE?si=OcP3F3CJsYHmVkdW>
<https://www.trauma-informedpractice.com>



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What is a
Mandala?



A geometric configuration of symbols

What is a Drum Circle?

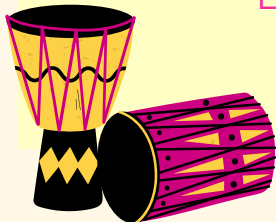
A drum circle is typically a rhythm based experience that uses drums and percussion for in the moment music making.

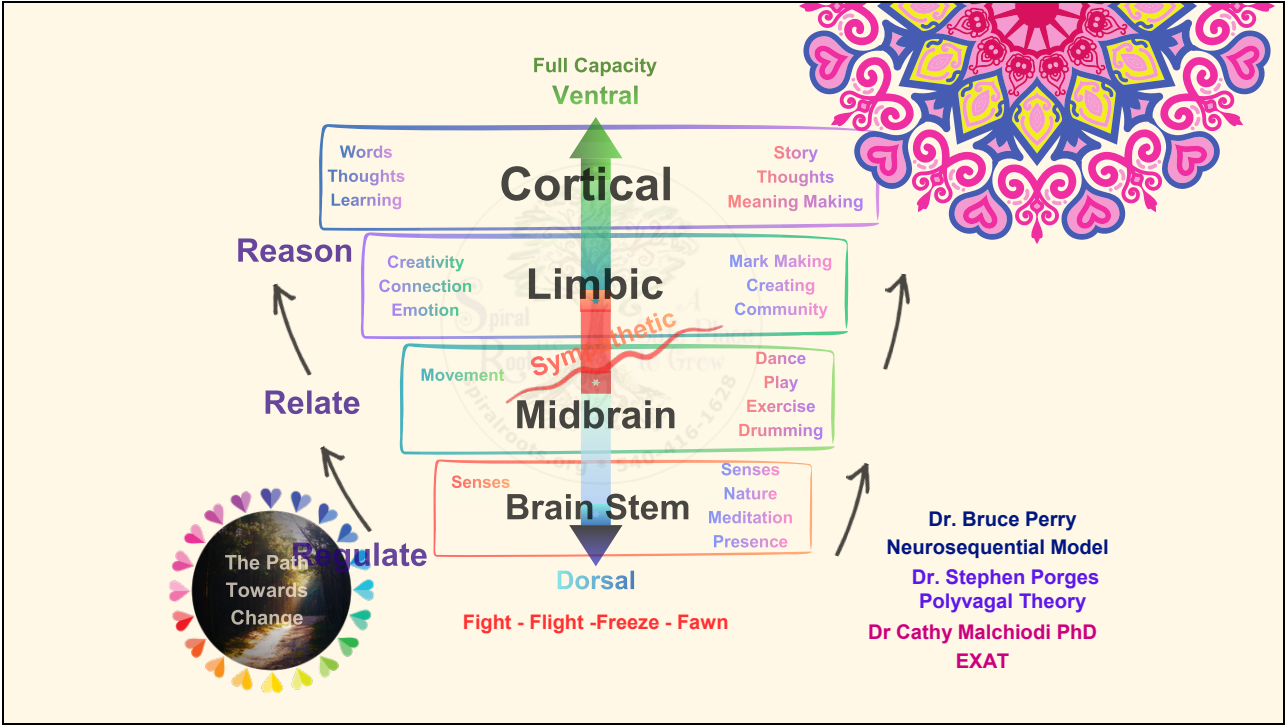


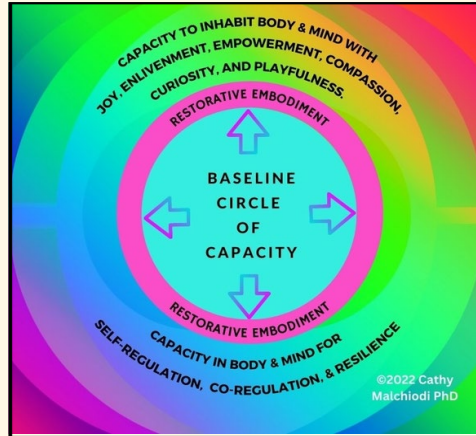
Drum Circle Facilitators Guild
<https://www.dcfg.net>



How Do Mandalas and Drum Circles Fit into the Trauma Informed Expressive Arts Therapy World?








Dr. Cathy Malchiodi's Circle of Capacity



Intersectionality of Trauma Informed Expressive Arts, Mandalas, and Drum Circles

Trauma Informed Expressive Arts	Mandala Making	Drum Circles
1. Containment of feelings and safety	1. Containment of marks	1. Containment circle
1. Repetitive, predictable, patterns to soothe the nervous system and promote safety.	1. Soothing repetitive marks	1. Repetitive, predictable, patterns of sounds
2. Personal, cultural, and natural rhythms.	2. Rhythm through mark making	2. Musical rhythms
3. Curiosity and creativity	3. Invites curiosity and creativity	3. Invites curiosity and creativity
4. Self expression / self regulation	4. Supports self expression - self regulation	4. Supports self expression - self regulation
5. Community / co-regulation	5. Encourages community - co-regulation	5. Encourages community - co-regulation





Ideas for Group Interventions

- 1. Individual Mandalas: Create individual mandalas while listening to music
- 1. Mandala Pass: Pass individual mandalas around circle and each person contributes. Can do this as one large group or break up into smaller groups.
- 1. Community Mandala: One large mandala that everyone contributes to over the course of time.
- 1. Create nature mandalas, mandalas out of found things, mandalas out of ???



Thank You




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