

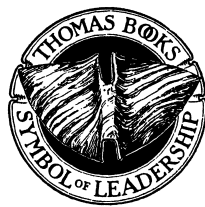
**THE USE OF THE CREATIVE  
THERAPIES WITH CHEMICAL  
DEPENDENCY ISSUES**



# THE USE OF THE CREATIVE THERAPIES WITH CHEMICAL DEPENDENCY ISSUES

*Edited by*

STEPHANIE L. BROOKE, Ph.D., NCC



CHARLES C THOMAS • PUBLISHER, LTD.  
*Springfield • Illinois • U.S.A.*

*Published and Distributed Throughout the World by*

CHARLES C THOMAS • PUBLISHER, LTD.  
2600 South First Street  
Springfield, Illinois 62794-9265

This book is protected by copyright. No part of  
it may be reproduced in any manner without written  
permission from the publisher. All rights reserved.

© 2009 by CHARLES C THOMAS • PUBLISHER, LTD.

ISBN 978-0-398-07861-4 (hard)

ISBN 978-0-398-07862-1 (paper)

Library of Congress Catalog Card Number: 2008049677

*With THOMAS BOOKS careful attention is given to all details of manufacturing  
and design. It is the Publisher's desire to present books that are satisfactory as to their  
physical qualities and artistic possibilities and appropriate for their particular use.  
THOMAS BOOKS will be true to those laws of quality that assure a good name  
and good will.*

*Printed in the United States of America  
MM-R-3*

#### **Library of Congress Cataloging in Publication Data**

The use of the creative therapies with chemical dependency issues / edited by  
Stephanie L. Brooke (with 16 other contributors)

p. cm.

Includes biographical references and index.

ISBN 978-0-398-07861-4 (hard)—ISBN 078-0-398-07862-1 (pbk.)

1. Substance abuse—Treatment. 2. Arts—Therapeutic use. I. Brooke,  
Stephanie L.

[DNLM: 1. Substance-Related Disorders—therapy. 2. Creativeness. 3.  
Sensory Art Therapies—methods. WM 270 U848 2009]

RC564.U84 2009

616.89'165—dc22

2008049677

## CONTRIBUTORS

I extend my deepest appreciation to the following contributors for sharing their expertise and experience regarding their work with chemical dependency issues. Each of these contributors was selected on the basis of his or her experience with respect to clinical issues, diversity in theoretical orientation, or treatment modality. As you read each chapter, it is my hope you will share in my appreciation for the insights contributed by the following individuals.

**Mari Alschuler, LCSW, PTR**

**Sally Bailey, MFA, MSW, RDT/BCT**

**Brian L. Bethel, M.Ed., PCC/S LCDC III, RPTS**

**Corinna Brown, MA, MS, ADTR, CASAC, LCAT**

**Cosmin Gheorghe, MFT**

**Stephen Demanchick, Ph.D., LMHC**

**Meghan Dempsey, MS, ADTR, CMA, LCAT**

**D. Desjardins**

**Linda M. Dunne, MA, RDT**

**Katherin M. Fernandez, BA**

**Annie Heiderscheit, Ph.D., MT-BC, FAMI, NMT**

**Lisa D. Hinz, Ph.D., ATR**

**Ellen G. Horovitz, Ph.D., ATR-BC, LCAT**

**Shelley A. Perkoulidis, MA, MMH**

**Priyadarshini Senroy, MA DMT CCC**

**Stephanie Wise, MA, ATR-BC, LCAT**



## PREFACE

*The Use of the Creative Therapies with Chemical Dependency Issues* is a comprehensive work that examines the use of art, play, music, dance/movement, drama, and poetry therapies with respect to treatment issues relating to substance abuse. The author's primary purpose is to examine treatment approaches which cover the broad spectrum of the creative art therapies. The collection of chapters is written by renowned, well-credentialed, and professional creative art therapists in the areas of art, play, music, dance/movement, drama, and poetry. In addition, some of the chapters are complimented with photographs of client artwork, diagrams, and tables. The reader is provided with a snapshot of how these various creative art therapies are used to treat males and females suffering from issues related to chemical dependency. This informative book will be of special interest to educators, students, and therapists as well as people struggling with substance abuse.

S.L.B.





## CONTENTS

	<i>Page</i>
<i>Preface</i> .....	vii
<i>Poem 1: Knowing</i> —D. Desjardins .....	2
 <i>Chapter</i>	
1. Introduction—Substance Abuse Issues around the World .....	3
<i>Stephanie L. Brooke</i>	
2. Combating Shame and Pathogenic Belief Systems: Theoretical and Art Therapy Applications for Chemical/Substance Abusive Deaf Clients .....	11
<i>Ellen G. Horovitz</i>	
3. Extending a Hand: Open Studio Art Therapy in a Harm Reduction Center .....	37
<i>Stephanie Wise</i>	
4. Order Out of Chaos: The Expressive Therapies Continuum as a Framework for Art Therapy Interventions in Substance Abuse Treatment .....	51
<i>Lisa D. Hinz</i>	
5. Multifamily Group Art Therapy for Adolescent Substance Abuse: Time for Creative Repair and Relief in Family Relationships and Adolescent Self Care .....	69
<i>Shelley A. Perkoulidis</i>	

6. Comic Addict: A Qualitative Study of the Benefits of Addressing Ambivalence through Comic/ Cartoon Drawing with Clients in In-Patient Treatment for Chemical Dependency . . . . .80  
*Katherin M. Fernandez*
7. All Bottled Up: Play Therapy with Children Exposed to Addiction . . . . .106  
*Brian L. Bethel*
8. Chemical Dependence, Play Therapy, and Filial Therapy: Repairing the Parent-Child Relationship . . . . .120  
*Stephen Demanchick*
9. Songs, Music and Sobriety: An Overview of Music Therapy in Substance Abuse . . . . .136  
*Annie Heiderscheit*
10. Dance/Movement Therapy as an Effective Clinical Intervention to Decrease Anxiety and Support the Recovery Process . . . . .162  
*Meghan Dempsey*
11. Using Expressive Arts Therapy with Young Male Offenders Recovering from Substance Abuse in a De-Addiction Setup in India . . . . .175  
*Priyadarshini Senroy*
12. Moving into Action: A Case Study of Dance/Movement Therapy with the Dually Diagnosed in a Methadone Treatment Program . . . . .187  
*Corinna Brown*
13. Recovering Identity and Stimulating Growth through Drama Therapy . . . . .204  
*Sally Bailey*
14. “I Just Need Four Weeks”—Individual Drama Therapy and the Alcoholic . . . . .218  
*Linda M. Dunne*

15. Surviving the Freedom of Choosing Our Feelings: Existential Drama Therapy and Addictive Behavior . . . . .	239
<i>Cosmin Gheorghe</i>	
16. The Darkest Abyss: Poetry Therapy in the Treatment of Addictions . . . . .	256
<i>Mari Alschuler</i>	
<i>Poem 2: Ragdoll—D. Desjardins</i> . . . . .	269
<i>Author Index</i> . . . . .	271
<i>Subject Index</i> . . . . .	279



**THE USE THE OF CREATIVE  
THERAPIES WITH CHEMICAL  
DEPENDENCY ISSUES**

## **KNOWING**

*Feeling  
My legs  
Scrambling beneath me  
Trying  
Desperately  
To balance my propelled upper body  
Praying  
That I won't hit the fireplace  
That seems to be coming at me  
Hoping  
That I can walk away with some dignity  
When it is finally over  
Wondering  
What my children  
Must think  
Knowing  
That this is  
All so wrong.*

D. Desjardins (2004)

## Chapter 1

### INTRODUCTION–SUBSTANCE ABUSE ISSUES AROUND THE WORLD

STEPHANIE L. BROOKE

For quite some time, I have had an interest in using the creative therapies—art, play, dance, music, drama, and poetry—for the treatment of a variety of issues including sexual abuse, eating disorders, and domestic violence. This work is dedicated to the use of these creative approaches to the treatment of alcohol and substance abuse. Given that most of the chapters in this book cover substance abuse issues within the United States and Canada, I wanted to provide the reader with a snapshot of chemical dependency issues around the globe. This chapter is by no means comprehensive but does cover the most recent research with respect to this issue. My hope is that the reader will share in my curiosity about how this pervasive problem affects other countries. Substance abuse creates a host of other issues affecting individuals, families, and society: Chemical dependency is associated with increases in violence, lower worker productivity, increased mental health problems, and sexually transmitted diseases such as HIV infection (Probst, Gold, & Cayborn, 2008). Substance use and abuse is on the rise, particularly with the use of methamphetamines. Just to give an example, worldwide production of illegal methamphetamine and amphetamine is estimated to be as high as 332 metric tons per year with 27 million recent users of which 2.7 million live in Europe, 4.3 million in the Americas, 16.7 million in Asia, 1.8 million in Africa, and 600 thousand in Oceania (Zabransky, 2007). This chapter will cite recent research on substance abuse in China, Japan, Africa, Russia, Greece, and Brazil.

### **Chemical Dependency Issues in China**

In a study by Cheung and colleagues (2008), the sample included 1,749 participants with psychiatric diagnoses, of which there were 149 participants with substance use disorders as the primary diagnosis. Opioid was the major substance used by this group of participants (71%), with the remaining participants being addicted to alcohol (29%). For instance, in China and Hong Kong, opioid abuse was the most common drug-related problem. Given that these participants were recruited from the substance use treatment units at psychiatric hospitals and clinics, they were likely to be at the more severe end of the distribution of persons with chemical dependency problems in the Chinese community. Alcohol did not seem to be as much of a problem in this culture according to Cheung and colleagues (2008).

I also found a *CRDA 56th Report: Drug Statistics of the Central Registry of Drug Abuse*, by the Hong Kong SAR Government (2007). This report was very detailed and stated that drug abuse in the Chinese culture is more common among males than females. It reported that although males abused more than females, drug abuse among males was 6.8% lower in 2006 compared to 2005. The average age of male substance abusers was 35 in 2002, 37 in 2005, and then dropped to 36 in 2006. It concluded that female substance abusers were generally younger than their male counterparts with the average age of 27 in 2006.

According to Chen and Huang (2007), drug crime in China is on an overall rising trend. Major drug crime cases are becoming more common and the types of drugs being trafficked are more diverse. Further, the smuggling and trafficking of drugs into the country and the smuggling of precursor chemicals out of the country have formed a bidirectional cycle. They also reported a trend of internationalization with respect to the drug crimes in China. To counteract this problem, China has taken a number of measures against drugs including passing new laws and regulations against drugs, increasing the efforts to eradicate cultivation, establishing and expanding “drug-free communities” programs, and strengthening international cooperation in antidrug campaigns. The authors called for more scientific studies of drug problems within this culture (Chen & Huang, 2007).

### **Chemical Dependency Issues in Japan**

McCurry (2005) provided an interesting historical overview to the alcohol abuse in Japan. Specifically, he looked at the drinking problem in Osaka, the world’s second richest country. With the 1990 recession that hit Japan, many people lost their jobs and became homeless. McCurry reported that five of every 100 homeless people have a drinking problem with 2 percent being