



KenVaK meeting with the International Advisory Board

September 11th 2019



Main goal

Increasing the body of knowledge regarding
arts therapies

which will have impact on

- the quality of the educational bachelor and masters programmes
- clinical practice

PhD projects

Post doc projects

National funded projects

Masters

Bachelors



9.30 – 10.00	Coffee		
10.00 – 10.15	Welcome and short introduction		
10.15 – 10.45	Looking back at last meeting in 2017		
10.50 – 12:30	Focus group discussion	10.50 – 12:30	Focus group discussion
	Research on arts therapies among child & adolescence-with a special emphasis on forensic population and personality disorders		Research on arts therapies among adults-with a special emphasis on forensic population and personality disorders
12.30 – 13.30	Lunch and registration for Ecarte		
13.30 – 14:45	Research methodologies in an evidence based context		
	<p>Three pitches (7-8 min) followed by a discussion on research methodologies</p> <ul style="list-style-type: none"> • Arts based research (Rosemarie Samaritter & Sabine Koch) • RCT (Suzanne Haeyen & Vicky Karkou) • Case study (Celine Schweizer & Liesbeth Bosgraaf) 		
14.45 – 15.30	Putting insights and ideas in an international perspective		
15:30 – 15:45	Questions and AOB		
15:45 – 16:00	walking to the opening ceremony of Ecarte		
16.00	Opening ceremony (Calle Cervantes 7, ten minutes walking from colegios 10)		

Krakow - 2017



Research agenda on arts therapies and psychomotricity
→ A vibe to collaborate on reviews and meta-analyses

Roadmap Vaktherapie 2025

Main goal: a stronger position and profile for the arts therapies in the Netherlands

Sub goals:

- Formulating a roadmap with priorities for education, research, and clinical practice
- Substantial lobby (government, mental health care institutions, patient organisations, health insurance organisations)
- Starting a support group with directors, managers, psychiatrists, psychologists, professors

Clinical practice

Goals:

- Further development of a national 'Generic Modules'
- Registration in Wet BIG (legally protected title)
- Project 'Collaborating with researchers of mental health care institutions'
- Project 'Diner Pensant with Patient organisations'
- Lobby (patients, senior researchers, directors and psychiatrists-psychologists)
- Searching for funding

Research

Goals:

- Implementation of the research agenda
- Project 'Research and education'
- Lobby
- Searching for funding and applying for grants

Education

Goals:

- Government funding for master education
- Changing title of bachelor programs
- Project 'Research and education'
- Educational activities in line with research programs
- Lobby
- Searching for funding



Reviews en meta-analyses



What was promised in the research agenda in the Netherlands (2015)?

Reviews and meta-analyses on effects

Goals	Planning	Search-selection	Writing	Published?
1. Art therapy to reduce anxiety and depression among patients with cancer				Ponstein, et al., to be expected in 2021
2. Working factors in dance movement therapy				Samaritter et al 2017
3. Drama therapy and internalized problems	Not started			
4. Working factors in drama therapy	Not started			
5. Music therapy to reduce stress				De Witte, et al., to be expected in 2020
6. Music therapy for depression				Aalbers, et al., 2018
7. Music therapy for trauma patients				Van Hooren, to be expected in 2020
8. Music therapy for addictive patients				Hakvoort, to be expected in 2020
9. PMT for trauma				Van der Kamp et al., submitted
10. PMT for somatoform disorders				Kalisvaart & Van der Maas, 2018
11. PMT for personality disorders				Busschbach et al., to be expected in 2020
12. PMT for elderly with depression				Becker, 2018 (masterthesis)
13. PMT for addictive patients				Stoffels et al., to be expected 2019
14. PMT for adults with autism spectrum disorders	Not started			

PMT=psychomotricity

'New' reviews and meta-analyses: mental health care (adults)

	Planing	Search-selection	Writing	Published?
1. Art therapy for anxiety				Abbing, et al., 2018
2. Art therapy for personality disorders				Havsteen-Franklin, et al., 2018
3. Art therapy and emotion regulation				Haeyen, et al., 2021
4. Psychodrama				Orkibi & Feniger-Schaal, 2019
5. Dance-movementtherapy for personality disorders				Kleinlooh et al., to be expected in 2020
6. Dance-movement therapy on health related psychological outcomes				Koch, et al., 2019
7. Music interventions for stress				De Witte et al., 2019
8. Music therapy for anxiety (symptoms)				De Witte et al., to be expected in 2020
9. Music therapy for schizophrenia (-related disorders)				Geretsegger, et al., 2017
10. PMT for patients with psychosis				Stouwe, et al., 2018
11. Creative arts therapies on stress management				Martin et al., 2018

'New' reviews en meta-analyses: outside medical mental health care

Goals	Planning	Search-selection	Writing	Published?
1. Art therapy for children and adolescents				Bosgraaf, et al., to be expected in 2020
2. Art therapy for anxiety, depression, and fatigue in females with breast cancer				Tang, et al., 2019
3. Art therapy for pain and QoL in cancer patients				Kim, et al., 2018
4. Dance-movement therapy for problems in dementia				Karkou, et al., 2017
5. Drama therapy for children and adolescents				Berghs, et al., to be expected in 2020
6. Music therapy for children and adolescents				Van Hooren, et al., to be expected in 2020
7. Music interventions for acquired brain injury				Magee, et al., 2017
8. Music therapy for dementia				Van der Steen, et al., 2018
9. Creative arts interventions for depressed older adults				Dunphy, et al., 2019
10. Creative arts therapies in primary schools				Moula, et al., to be expected 2020
11. PMT for aggressive problems				Bellemans et al, 2018
12. PMT for sexual trauma				Stobbe, et al., te verwachten in 2019



Effectstudies



Effect studies finished in 2020

Goals	Design	Planing	Data collection	Analysis	Writing	Published?
1. Art therapy for personality disorders	RCT					Haeyen, et al, 2017; Haeyen et al, 2018
2. Art therapy for PTSD	Feasibility					Schouten, et al, 2018
3. Art therapy for anxiety	RCT					Abbing, et al., te verwachten in 2020
4. Dance-movementtherapy for ASS	RCT					Internationaal uitgevoerd, Mastrominico et al, 2018
5. Dance-movementtherapy for personality disorders	Pre-post design					Kleinlooh, et al., to be expected in 2021
6. Music therapy for depressive complaints	Aggreg N=1					Aalbers, et al., to be expected in 2020
7. Music therapy for behav prob in dementia	RCT					Prick, et al., to be expected in 2020
8. Music therapy for PTSS among forensic patients	Mixed RCT					Macfarlane, et al., to be expected in 2020
9. Music therapy for ASS	N=1					Pater, et al., to be expected in 2021
10. PMT for eating disorders	RCT					Boerhout, et al, 2015; Boerhout, et al, 2016
11. PMT for patients with psychosis	RCT					Stouwe et al., to be expected in 2019
12. PMT for elderly with depression	RCT					Bouman et al., to be expected in 2022
13. PMT for enduring psychiatric disorders	RCT					Deenink et al., 2017 a,b, 2018 a,b,c
14. PMT for trauma	Quasi exp					Stobbe et al., to be expected 2019
15. PMT for somatoform disorder	Pilot RCT					Röhrich et al, 2019

'New' effect studies and effect studies outside medical mental health care

Goals	Design	Planning	Datacollection	Analysis	Writing	Published?
1. Dance movement therapy for Autism	RCT					Mastrominico, et al., 2018
1. Music therapy for psychotic problems	RCT					To be expected in 2019
2. Music therapy and addiction and PTSD	Feasibility					To be expected in 2020
3. Music therapy among children at risk	Cluster RCT					Uhlig et al., 2017, 2018, 2019
4. Music therapy for behav prob in Huntington	Mixed RCT					Van Bruggen-Rufi et al., 2016, 2017
5. Music therapy for sleep problems in dementia	Feasibility					Ravensburg-de Vries et al., to be expected 2021
6. Music therapy and welbeing among dementia	Mixed method					Baroni Caramel et al., to be expected 202
7. PMT for eating disorders: body awareness	Quasi-exp					Rekkers, et al., to be expected in 2021
8. PMT for eating disorders: movement compulsions	Pre- post					Nieuwenhuysse, et al., to be expected in 2021
9. PMT and seksual trauma	Geaggreerde N=1	Stobbe, et al., to be expected in 2021				

Overarching Creative Arts Therapies

Theory:

- Koch, S. C. (2017). Arts and Health: Active Factors of Arts Therapies and a framework of embodied aesthetics. *The Arts in Psychotherapy*, 54, 85-92.
- Samaritter, R. (2017). The aesthetic turn in mental health *Behavioral Sciences* (Basel; MDPI Open Access Publisher; Special Issue “Embodied Aesthetics and Interpersonal Resonance”)

Empirical:

- Lange, G., Leonhart, R., Gruber, H. & Koch, S. C. (2018). The effect of active creation on human health / Creation as an Active Factor of Embodied Aesthetics. *Behavioral Sciences* (Basel, MDPI Open Access Publisher; Special Issue “Embodied Aesthetics and Interpersonal Resonance”).
- Dieterich-Hartwell, R., & Koch, S. C. (2017). Creative Arts Therapies as a temporary home for refugees: Insights from literature and practice. *Behavioral Sciences* (Basel), Oct 17;7(4). pii: E69. doi: 10.3390/bs7040069. (a non-systematic review / elective review)

Arts-based research/Artistic Inquiry:

- Quinten, S. (2017/18). The connecting power of aesthetic experience. Considerations exemplified by participative methods of co-creating in dance art. *Behavioral Sciences* (Basel; MDPI Open Access Publisher; Special Issue “Embodied Aesthetics and Interpersonal Resonance”)



Preliminary conclusions





Art therapy: international (<2017)

- Effects shown among adults with
 - Depression (o.a. Gussak, 2007; Kim, 2013; Nan & Hu, 2017)
 - Anxiety disorders (Campbell, 2010; Safaria & Yunita, 2014; Visnolia, 2010; Kim, 2013; Drake et al, 2012)
 - Trauma- and stress related disorders (Schouten et al, 2015)
 - Personality disorders (o.a. Haeyen et al, 2017; Green et al, 1987; Eren et al, 2014)
- Also
 - Autism spectrum disorders among children (Schweizer, Knorth & Spreen, 2014).
- Mixed results
 - Psychotic disorders

Art therapy: recent insights from Dutch research



- Personality disorders (review & RCT)
 - Emotion regulation
 - Less mental health complaints (ES: -1.67)
 - More positive emotions and behaviors (ES: 1.55 tot 1.60)
 - Better acceptance of unpleasant inner thoughts, feelings, and sensations (ES: -.38 tot -1.66)
- Anxiety (narrative review)
 - Less anxiety among patients in prison with prerelease anxiety
 - Less anxiety among students with exam anxiety
 - Possible working mechanisms: induce relaxation, improve emotion regulation, gain access to unconscious traumatic memories and thereby investigating cognitions
- Trauma (feasibility)
 - Multiple traumatisation, e.g. refugees
 - Less drop out



Dance therapy: international (<2017)

Effects shown among adults

- Psychotic disorders (Röhricht, 2006; Leirvag, 2010; Lee, 2015; Priebe et al., 2016; Margariti et al., 2012)
- Depression (Koch et al, 2007, 2014; Röhricht, 2006; Hboush et al, 2006; Papadopoulos et al, 2013; Pinniger et al., 2012 & 2013; Pylvänäinen et al., 2015)
- Anxiety disorders (Bräuninger, 2012; Pinniger et al., 2013; Punkanen et al., 2014)
- Trauma- and stress related disorders (Bräuninger, 2012; Egan en Quicgy, 2015)
- Eating disorders (Allet et al., 2016; Garnier et al., 2014; Meekums et al., 2012; Weiss, 2004)
- Somatic symptom disorder (Payne & Brooks, 2016)
- Autism (Koch et al., 2014; Samaritter, 2015, 2017)
- Also
 - Autism spectrum disorders among children
- Mixed results
 - Personality disorders (Brooks & Starks, 1989; Gyllensten et al. 2003; Leirvag et al. 2010).

Dance therapy : recent insights from Dutch research



- Patient perspective and working mechanisms (scoping review)
 - Embodiment
 - Identity
 - Emotion regulation
 - Coping
 - Social connectedness



Drama therapy: international (<2017)

- Effects shown among persons with
 - Autism (Corbett et al., 2014)
 - Anxiety (Dadsestan, 2008; Dehnavi, 2014; Anari, 2014)
 - Trauma and stressrelated problems (Avinger & Jones, 2007)
 - Depression (Corbett et al., 2014; Hamamci, 2006),
 - Psychotic disorders (Zhou, 2002; Qu, 2000)
 - Personality disorders (Broek et al., 2011)
- Also:
 - Women at risk for eating disorders (Scott, 2000)
 - Children with autism (Corbett et al., 2014)



Music therapy: international (<2017)

Effects shown among adults with:

- **Psychotic disorders** (Geretsegger, Mössler, Bieleninik, Chen, Heldal, & Gold, 2017; Mössler, Chen, Heldal, & Gold, 2011; Kamioka et al., 2014)
- **Depression** (Aalbers et al., 2017; Maratos, Gold, Wang & Crawford, 2008; Chan, Wong & Thayala, 2011; Erkkilä et al., 2011; Kamioka et al., 2014)
- **Addiction** (Baker, Gleadhill & Dingle, 2007; Albornoz, 2012; Morse, Giordano et al., 2011; Ross, Cidambi et al., 2008; Silverman, 2010, 2011, 2015, 2016)
- **Elderly with behav prob and dementia** (Van der Steen et al, 2017; Woods et al, 2005, Palisson et al, 2015).

Also:

- **Children with ADHD** (Maloy & Peterson, 2014)
- **Children with autism** (Geretsegger, Elefant, Mössler & Gold, 2014.)

One study showed effects among:

- **Trauma and stress related disorder** (Carr et al., 2016)
- **Patients with borderline disorder** (Schmidt, 2002)

Music therapy: recent insights from Dutch research



- Depression (Review)
 - Less depressive complaints after MT with CAU compared to only CAU dan enkel TAU
- Stress (Review)
 - Less stress, both seen in subjective and objective measures
- Trauma (Review)
 - Less trauma related complaints
- Addiction (Review)
 - Increased motivation, improved emotion regulation and participation
- Psychotic disorders (Review)
 - Less attention problems

Next two years

- Finishing projects
- Initiate new studies (incl. grants)
- Examining whether there are any specific transdiagnostic factors valid and relevant for arts therapies?
- The ministry wants to evaluate of small part of the research agenda in co-creation with Dutch researchers

9.30 – 10.00	Coffee		
10.00 – 10.15	Welcome and short introduction		
10.15 – 10.45	Looking back at last meeting in 2017		
10.50 – 12:30	Focus group discussion	10.50 – 12:30	Focus group discussion
	Research on arts therapies among child & adolescents-with a special emphasis on forensic population and personality disorders		Research on arts therapies among adults-with a special emphasis on forensic population and personality disorders
12.30 – 13.30	Lunch and registration for Ecarte		
13.30 – 14:45	Research methodologies in an evidence based context		
	<p>Three pitches (7-8 min) followed by a discussion on research methodologies</p> <ul style="list-style-type: none"> • Arts based research (Rosemarie Samaritter & Sabine Koch) • RCT (Suzanne Haeyen & Vicky Karkou) • Case study (Celine Schweizer & Liesbeth Bosgraaf) 		
14.45 – 15.30	Putting insights and ideas in an international perspective		
15:30 – 15:45	Questions and AOB		
15:45 – 16:00	walking to the opening ceremony of Ecarte		
16.00	Opening ceremony (Calle Cervantes 7, ten minutes walking from colegios 10)		