

coOPERAtion:

The Healing Power of Expressive Arts

Dr. Karen Estrella, Dr. Carlos César Rodríguez, Dr. Peter Joshua Burroughs

Presented by Arts for the Aging, Inc. in collaboration with RÓMEZ3arts and the Aging and Integrative Pain Assessment and Management Initiative (AI-PAMI) at the University of Florida College of Medicine - Jacksonville

About the Aging and Integrative Pain Assessment and Management Initiative (AI-PAMI)



AI-PAMI is a comprehensive project addressing non-opioid pain management in adults ages 50 and older living in Northeast Florida. The overall goal of AI-PAMI is the advancement of innovative pain education and patient care through the development of provider and patient workshops focused on integrative pain management.

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Visit pami.emergency.med.jax.ufl.edu to learn more.

Contact PAMI at pami@jax.ufl.edu or 904-244-4986.

Arts for the Aging is a nationally-recognized social service organization headquartered in Greater Washington D.C. that delivers innovative, multidisciplinary arts experiences in collaboration with community and residential care settings, museums, and cultural institutions

Our mission is to engage older adults and caregivers in health improvement and life enhancement through regular participation in the multidisciplinary arts. We stimulate minds, bodies, spirits and imaginations.

We are leaders in creative aging and pioneers in arts programming for older adults.

Learn more at:

www.artsfortheaging.org

Karen Estrella, PhD, REAT, LMHC



Karen Estrella, PhD, REAT, LMHC, is a Professor at Lesley University's Expressive Therapies and Mental Health counseling program. Dr. Estrella's work has focused on developing competencies in expressive arts therapy as a unique specialization, multicultural issues in practice and supervision, and clinical case work in art therapy, music therapy, and expressive arts therapy. She also has an interest in the role of theory in practice and in developing an expressive arts therapy theory based in liberation psychology and critical feminist race theory. Dr. Estrella's training in art therapy, music therapy, expressive arts therapy, and psychodynamic approaches to counseling and psychotherapy, as well as her clinical and research interests in multicultural issues in counseling, have led to a strong emphasis on social justice and social activism in Expressive Therapies. She holds a doctorate in Clinical Psychology and in addition to teaching internationally, she currently practices expressive arts therapy in schools, the criminal justice system, and community based mental health settings in the US.



Carlos César Rodríguez, D.M.A.



The Washington Post lauded Carlos César Rodríguez as a “powerful...virtuoso...masterful pianist”. As concert-pianist he made his recital debut in his native Venezuela at age 5, solo orchestral debut at 11, and Carnegie Hall debut at age 21. He has toured Europe and the Americas performing concerti and solo recitals. He has performed at the John F. Kennedy Center; the White House; the Corcoran Gallery, and National Gallery of Arts in Washington D.C.; Merkin Hall, Carnegie Hall, the Americas Society, 92nd Y in New York; and the Mozarteum in Salzburg, Austria. He has appeared as a guest artist with Garth Newell Chamber Music Festival, National Chamber Ensemble, and has collaborated with Denyce Graves, Jessye Norman and Plácido Domingo. In 2005 he was awarded the Georg Solti Foundation US fellowship for outstanding young conductors. With the encouragement and collaboration of Maestro Plácido Domingo, Dr. Rodríguez implemented the Zarzuela Program (Spanish Operetta) for the Domingo-Cafritz Young Artists at Washington National Opera.

Dr. Rodríguez is the Founding Artistic Director of RÓMEZ3arts, with which he’s built intercultural exchanges in Cuba and Costa Rica since 2016. He is the music director for WORD Dance Theatre and appeared with them at the Kennedy Center’s ‘REACH’, celebrating the 100th anniversary of Women’s Suffrage. Recently, he performed in Poland and Italy, with The Isadora Duncan International Institute, as well as NYC and Montreal. He continues to teach at the Selma M. Levine School of Music in Washington, D.C. and collaborates on Arts for the Aging workshops with Peter Burroughs, Alex Russell, and Marla Bush. These workshops include coOPERation, The Poetry of Tango, and La Movida.



Peter Joshua Burroughs, D.M.A.



Arts for the Aging teaching artist Peter Joshua Burroughs is a versatile singing actor who co-leads “La Movida” in addition to his signature “coOPERation” workshops. He has performed in many supporting roles with the Washington National Opera, as well as appearances in Weil recital hall in New York City and Principal roles with other regional opera companies. Internationally he has performed with Studio Lirico in Cortona, Italy, at London’s Clore Studio of Covent Garden and Teatro Milanes in Pinar del Rio, Cuba. Dr. Burroughs has worked extensively with young and old alike as an engaging teaching artist for Arts for The Aging, Washington National Opera, John F. Kennedy Center, Wolf Trap Foundation, Spanish Dance Society, and Washington Concert Opera. He is a founding member of RÓMEZ3arts (Reach Out through Music, it’s E Z) a company dedicated to inter-cultural sharing and community building through arts.

Equally at home on the stage and in the classroom, Peter makes opera accessible to all. His series of programs titled coOPERation have inspired adult day care centers and classrooms in the D.C. metropolitan area for more than 20 years. His original residency plans for the John F. Kennedy Center Education and Washington National Opera (WNO) DCPS partnership as a teaching artist in both “Music, Words Opera Curriculum” and “Kids Create Opera” have been extremely successful. He has toured Maryland, Virginia, and Washington D.C. as well as North and South Carolina with children’s interactive opera programming and has also endeavored to take programming to his home state of Vermont. Peter holds a Bachelor of Music (BM) in Performance and Music Education from Ithaca College, Master of Music (MM), and Doctor of Musical Arts (DMA) degrees from The University of Maryland College Park’s Maryland Opera Studio.



Research

- Arts-based experiences can be a primary means of inquiry, engagement, liberation, expression, and change.
- Expressive arts are used to access inner resources, cultivate personal growth, and further community development (International Expressive Arts Therapy Association, n.d.).



Research

We all have the capacity for creativity, play, and relationship

- Philosopher, Dennis Dutton (2009) proposes that as humans we have an “art instinct” and we are hard-wired for arts-based experiences.
- Anthropologist Ellen Dissanayake (1988) wrote, as humans we have the impulse to “make special” the things and experiences of our lives.
- The arts are not only those formal or professional practices we think of when we think about our favorite singers, painters, dancers, or actors – but also the small everyday ways we express our creativity.



Research

We invite you to experience...

- the *healing power* of the arts and play.
- the potential for engaging in song and movement as a way of stepping away from pain, and allowing your voice, breath, and imagination to move you to a feeling of connectedness, to others, yourself, and to community.



**HAVE FAITH IN YOUR OWN CREATIVITY – A HUMAN BIRTHRIGHT, AND
TRUST THAT THROUGH PLAY WE CAN ALL RETURN TO THAT
CREATIVITY THAT LIVES INSIDE EACH OF US.**

- Dr. Karen Estrella



Research

There has been a growing interest in the use of music in pain management among researchers. In a 2020 review study, Irons, Sheffield, Ballington, and Stewart cite several studies which identify ways singing can help with pain management:

- **Singing increases body relaxation and reduces stress** (Ma et al., 2017).
- **Practicing relaxing deep slow breathing patterns** increases pain thresholds and reduces pain sensitivity (Busch et al., 2012).
- **Singing might also provide distraction** (which takes attention away from pain, influencing our pain processing and reducing the impact of pain) (Blomqvist & Hallberg, 2002).
- **Singing (compared with passively listening to music) activates endorphins and increases positive mood** (endorphins being the body's own way of providing pain relief) (Dunbar, Kaskatis, MacDonald & Barra, 2012).

Research

neuroaesthetics

- noun

first used in the late 1990s by Semir Zeki, the term is used to describe a growing field of study that looks at the intersection of brain sciences and the arts



Research

- Engagement in the arts activates the reward system in our brains (Magsamen, 2019).
- The reward system releases feel-good brain chemicals like dopamine, serotonin, and oxytocin, which trigger sensations of pleasure and positive emotions – and serve as the body's own pain relief (Magsamen, 2019).

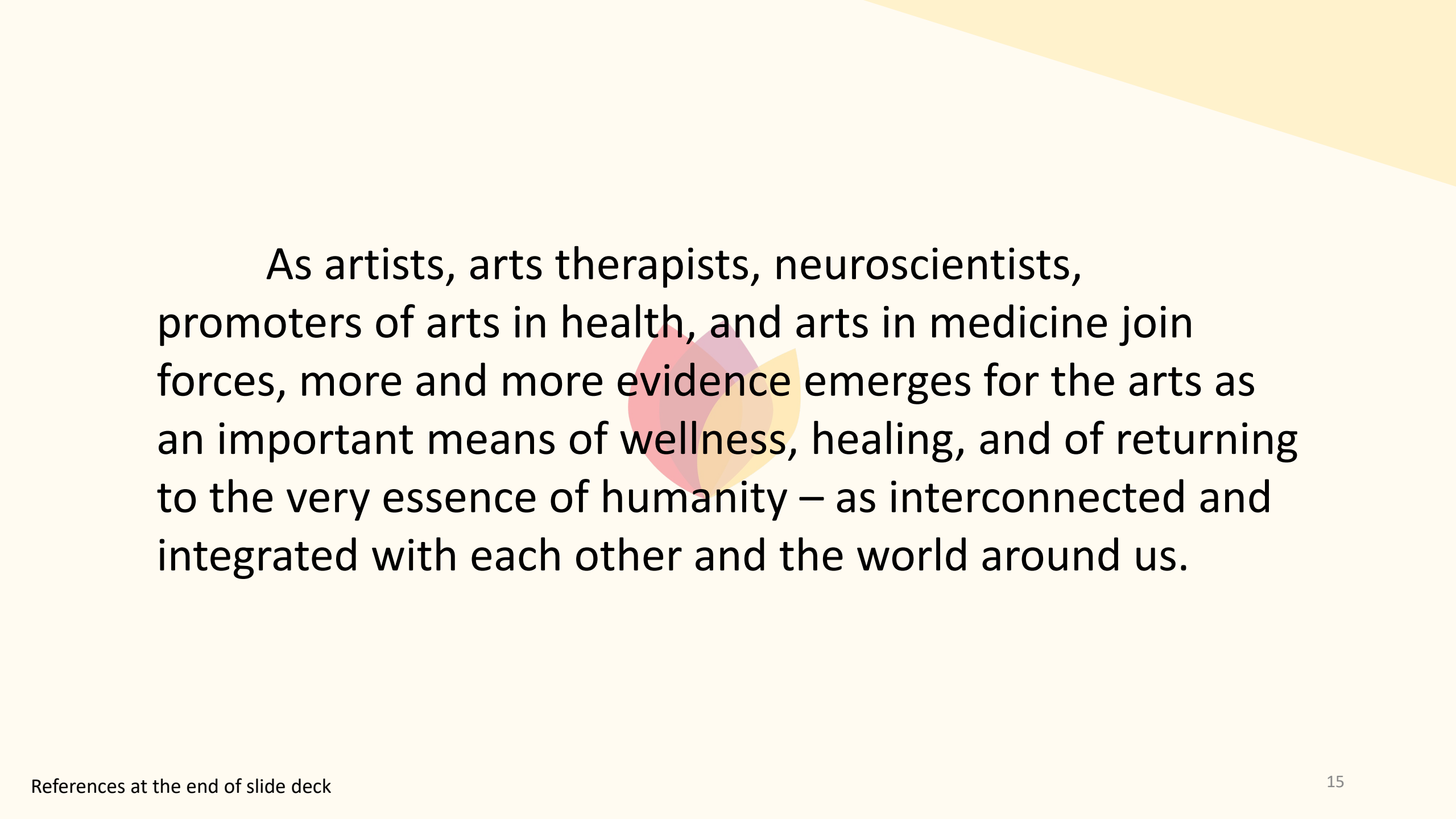
Research

- Listening to stories from a storyteller can provide beneficial effects, including pain relief, for children admitted to intensive care units (Brockington, et al. 2021).

coOPERAtion Workshop

with Dr. Peter Joshua Burroughs and Dr. Carlos César Rodríguez of RÓMEZ3arts,
Arts for the Aging Teaching Artists





As artists, arts therapists, neuroscientists, promoters of arts in health, and arts in medicine join forces, more and more evidence emerges for the arts as an important means of wellness, healing, and of returning to the very essence of humanity – as interconnected and integrated with each other and the world around us.



Check out these websites:

The Artistic Brain: A Neuroaesthetics Approach to Health, Well-being, and Learning

<https://www.brainfacts.org/neuroscience-in-society/the-arts-and-the-brain/2020/the-artistic-brain--a-neuroaesthetics-approach-to-health,-well-being-and-learning--02212020>

The International Expressive Arts Therapy Association

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



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Video/Audio Production and Creative Consultant

Manny Arciniega, *Arts for the Aging Teaching Artist*

Music

La donna è mobile from *Rigoletto* composed by Giuseppe Verdi

Original music by Dr. Peter Joshua Burroughs and Dr. Carlos César Rodríguez

Research

Dr. Karen Estrella, *Professor, Expressive Therapies, Lesley University*

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Manny Arciniega, *Arts for the Aging Teaching Artist*

Images

Lenique Huggins, *Duke University Biology*

Special Canine Appearance

Nico

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