

## **Research on Improving the Emotion and Social Relationship with Elderly with Dementia in Expressive Arts Therapy**

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**Abstract:** This research aims exploring how expressive arts therapy applied to elderly with dementia in one nursing home in Taichung Taiwan. The research is a kind of qualitative method and data was collected thought out expressive arts therapy activities designed while delivering by the art therapist and the social worker in the setting. Two groups of elderly are chosen with ten to twelve members in each, total about 20-24 members with age in between 50-90 years old. Schedule is arranged on every Tuesday for one hour of each group to engage the programme including play, music, arts for therapeutic purpose of emotional expression, released physical tense, increasing social interaction and promoting the programme in nursing home nationally.

The analysis of the research includes interpersonal activities within therapeutic relationship, observation, interview by the art therapist, and report on progress of attending the activities by the social worker, and with one case study of reflection on making art works. The results of the research include the elders feel enjoy the activities, emotional wellbeing, body relaxation, interpersonal skill. Nevertheless the programme is seen to be worthwhile developing in all nursing home for elderly with dementia in Taiwan.

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**Key words:** Dementia, Emotion, Social relationship, Qualitative research

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### Research motivation

In view of the global increase in the dementia population, Taiwan and the world face the same challenges: how to prevent, early intervention, and early treatment has become an important direction of government welfare policies and the consensus of the public. However, caring for the elderly is not just about physical health and physical maintenance. The whole-person concept of body, mind, reason, and spiritual care quality should be a goal worth thinking about and breaking through traditional ideas, because psychologists agree that people not only have the best primitive desires for physical food, clothing, shelter, and transportation, further including psychological love, acceptance and tolerance, social belonging, harmony in interpersonal relationships, and the need to improve the spiritual level. For example, the period of love and care for 40-64 years old includes treating family members positive development with work partners: 65 years old, so the overall feeling of life is perfect or depressed (Erikson, 1980). Therefore, the author cooperates with a long-term care organization in Taichung to promote expressive arts therapy for dementia. The goal is that the elderly with dementia can enjoy psychological care in addition to physical care, help express emotions and enhance interpersonal relationships, reduce negative aspects and the generation of emotions.

## Research objectives

The goal of this research is to explore how to use expression arts therapy such as sports/games, music rhythm and artistic creation to help the elderly with dementia in long-term care institutions achieve the goals of reducing negative emotional behaviors, expressing emotions, and enhancing interpersonal relationships.

Research questions include the following

1. Exploring the connotation of local multiple expression art and the effectiveness of emotional and interpersonal relationships among people with dementia
2. Dementia people's feelings about multiple expression art
3. Analyze the value of multiple expression art for the promotion of dementia

## Literature Discussion

### Definition of dementia

According to the fourth edition of the Diagnostic Statistical Manual of Mental Disorders (DSM-VI) (2014), the clinical diagnostic criteria for dementia include

Multiple cognitive dysfunction-memory dysfunction has at least another impairment of intellectual function that obviously causes social and occupational dysfunction or impairment, not due to other mental, neurological, or systemic diseases, delirium must be excluded. Types of dementia include degenerative, including Alzheimer's disease, Lewy body dementia, fronto-temporal lobar dementia, Parkinson's dementia, etc. Vascular includes post-stroke vascular dementia and small vascular dementia.

Types of dementia combined with other diseases: drug influence, abnormal psychopathic metabolism, endocrine/electrolytes, thyroid dystrophy, folic acid brain tumor/brain injury, nervous system infection, inflammatory brain disease, etc.

The clinical diagnosis of dementia (Bai, 2018., Mei, et al., 2006) includes

1. Difficulties in judgment: such as falling into a trap or scam, bad financial decisions, buying gifts that are not suitable for the recipient.
2. Decreased interest in activities and hobbies.
3. Repeat the same questions, stories and statements.
4. Difficulties in learning how to use tools, equipment, and gadgets. For example: TV, stereo, air-conditioner, washing machine, water heater, microwave oven, remote control.
5. Forget the correct month and year.
6. Difficulties in dealing with complex finances. For example: personal or family income and expenditure balance, income tax, payment slips.
7. Difficulty remembering the time of appointment.
8. There are continuous thinking and memory problems.

The mental dysfunction accompanying dementia also includes depression (Depression)

### Pseudo-dementia

Elderly depression patients may have cognitive impairment at the same time, and symptoms similar to

dementia, such as indifference, unhappiness, insomnia, memory impairment, inability to concentrate, decreased intelligence, restlessness, etc. At the same time, there are more physical symptoms and complaints. Geriatric depression may be an early symptom of dementia or a risk factor for dementia in the future. The International Dementia Association pointed out that the causes of dementia are divided into hereditary and non-hereditary. The former includes age, family history, Down syndrome, lipoprotein gene type 4, and the latter includes middle-aged hypertension and middle-aged. Elevated cholesterol, elevated homocysteine levels (Homocysteine, easily replaced by thrombosis and cardiovascular disease), depression, obesity, type 2 diabetes and brain trauma. Psychological problems include: fear and loss, sadness, guilt, loneliness, helplessness, anger, depression, suicide, Alzheimer's dementia, delusion, schizophrenia and anxiety. Generally speaking, the symptoms, causes, and physical changes of dementia cover a comprehensive physical and mental disorder as follows (Wilks & Byers, 1997)

Symptoms include: forgetfulness, repetitive language, language disorders, cognitive disorders, rigid body functions, communication disorders, emotional disorders, loneliness, anxiety and depression, etc., which in turn cause interpersonal relationship disorders. Physical problems include: nervous system changes, skin system changes, cardiovascular system changes, skeletal muscle system changes, gastrointestinal system changes, respiratory system changes, endocrine system changes, sensory system changes, and so on.

Therefore, patients with dementia need not only medications, but also psychological intervention and support channels for emotional and interpersonal interaction, so as to prevent the deterioration of the disease and the loneliness and helplessness of the demented elders, or the negative development of emotional out of control.

#### Definition of Art Therapy

According to American Art Therapy Association (Website, 2021)

Art therapy is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities

through active art-making, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship.

This statement of art therapy is found to be a way of keeping people in mental health within arts creative lead by a relevant mental

health professional, normally an art therapist, and within a therapeutic relationship which is a form of psychotherapy

The Taiwan Art Therapy Association defines

Art therapy as a helping profession that combines creative artistic expression and psychotherapy. Art therapists provide a safe and complete space to establish a therapeutic relationship of mutual trust with the client. In the therapeutic relationship, the client engages in the creative artistic expression of visual mental image through artistic media, through which the mental image expresses, reflects and integrates the whole Human development, abilities, personality, interests, ideas, subconscious and inner emotional state.

The experience expressed in the therapeutic relationship and the feedback presented by the work have

functions of development (growth), prevention, diagnosis and treatment. Personal emotions, problems, potential and subconsciousness are discovered and realized in the therapeutic relationship, and then can be solved and processed in the therapeutic relationship, helping the case to achieve self-understanding, reconciling emotions, improving social skills, and enhancing behavior management and problem solving capabilities, to promote self-transformation and growth, personality integration and potential development (TATA website, 2020.,Chae,Joo Won,2017,p.80).

The reason why art therapy is very rare in the implementation of long-term care institutions in Taiwan may be that art therapy has not been fully recognized and affirmed in Taiwan. The main author discovered when performing voluntary art therapy in a long-term care institution during 2014-2016: The elders with dementia in Taiwan are capable and interested in artistic creation such as pottery, painting, and cut-and-paste with proper arrangements and methods. These works can also express the psychology and feelings of the elders. Although the language function is poor, they can often express the relationship between lines, colors and pictures in simple language, and observe the growth and transformation of the elders (Lin, 2018).

### The Definition of Expressive Arts Therapy

Expressive Arts Therapies originated from Natalie (Rogers, 1993), daughter of Carl Rogers, father of personal center. The broad definition includes all artistic connotations: such as music, dance, body movements, sculpture, painting, sand play, writing and games, etc., to help the parties express their feelings and self-inspiration. Ideas include:

1. Everyone has the ability to create.
2. The process of creation can bring transformational healing, including meditation, sports, art, music, writing, and sand travel.
3. Personal growth is achieved through self-awareness, self-understanding and comprehension.
4. The achievement of self-understanding and comprehension comes from the in-depth exploration of our sadness, anger, pain, fear, happiness, and ecstasy. The mood and emotions are a kind of energy resource that can be guided to art channels to express and transform.
5. Expressive art guides into the subconscious, which can help express the self-face that you didn't know, and improve self-understanding and awareness.
6. There is a connection between our vitality (our core or soul) and the essence of all existence.
7. When you explore the essence and the whole inside, you will find the connection with the outside world, and find that the inside and the outside are originally one. Different artistic methods are interconnected, called creative connection. When the body moves, it will effect our writing and drawing. When we write and draw, it will also affect our feelings and thoughts (expression). (Art Therapy website, 2020).

After several years of art therapy for local dementia in Taiwan, the author has gradually realized that many elders have no educated life background under the early social system of Taiwan's start-up, and it is not easy to immediately engage in painting and create a mentality of rejection. Therefore, after continuous adjustments, the foundation of expressing art is strengthened to integrate various local sports games, old songs, folk songs, pop music, dough kneading, paper-cutting, painting and flower art, etc., gradually linking the breadth and depth of their learning experience to become It is an important basis to help the elderly express, so the author further named the art therapy as the multi-expression medical treatment of dementia (Lin, 2018).

#### Art Therapy and the Brain

The research findings of Arts and Brain (Malchiodi, 2003): When you appreciate painting, it can stimulate brain cells to activate, and when painting and operating, the operation of the hands stimulates the nerve and brain (applicable to people with all types of disabilities). Art therapy can actively perform several important functions: repairing the brain, sensory perception experience, imagination and expression, creation and development, concentration, mood expression, emotional stabilization, interpersonal communication, transcending language and external limitations, discovering self-existence and value, the fun of playing, the language of singing (Jaaniste cited Dodge, 2018,p79. ). Hu found that the stimulation of activity on the brain in a pastel-colored intervention study of elderly elders can increase concentration, sense of reality, sense of accomplishment, emotional stability and improve behavior (Hu, 2020).

#### Principles of Art Therapy

The use of person-centered art therapy in art therapy for dementia groups can help establish a friendly and trusting relationship among clients, therapists and members. The way of good relationship leads to self-transformation stage (Jaaniste cited Kitwood,2018,p78). Art therapists emphasize the client's spontaneity, initiative, empathy, respect, support and acceptance of the mood and feelings of the elders, and non-critical and comparative attitudes (McNiff, 1992; 2004; Rogers, 1961). The ingenious relationship between the therapist, client and image in the treatment process includes neuropsychological, subconscious, emotional and counter-emotional transfer, image visual sense, cognition, artistic experience, projection and connection, etc. to inspire body and soul. The therapeutic relationship is reciprocal rather than the employer or the doctor and the patient. Art therapists believe that everyone has the potential to create, and the client can exert his self-healing instinct. In a case study of art therapy for depression, the author found that the client can indeed obviously obtain self-healing inspiration and recovery ability (Lin, 2016).

#### Elderly art therapy and its advantages

Yao, etc (2019) research on art therapy with depression in a nursing home found positive outcome as it is similarity of belief the idea of art therapy can play an active role in preventing and delaying aging and dementia treatment in the service field of silver-haired people, including cognitive function, body size and limb movement, hand-eye coordination movement, psychological expression, emotional expression, appreciation of beauty, social relations and calming the mind Wait. McNiff (1992; 2004) proposed that the process of artistic creation is

the function of psychotherapy, and the main key is that the therapist can provide the parties with an autonomy, freedom, safety, support and confidentiality in a helping profession. Elderly art therapy is people-oriented. The therapist provides the client's unconditional love, active listening and care, non-criticism, empathy and confidentiality principles (Rogers, 1961). In the process of carrying out the practice, the author found that focusing on the abilities that the elderly can do, rather than the abilities that cannot be done, can open up the effect of the elderly to participate in activities and express their emotions. The following are the advantages according to the literature: (Malchiodi, 2003., Lin, 2016)

1. Physical and sensory rehabilitation
2. Relieve loss and trauma
3. Psychological support, change behavior
4. Preventing dementia from getting worse
5. Connect the relationship with the crowd
6. Help express thoughts and emotions
7. The lack of auxiliary language expression
8. Improve cognitive self-identity
9. Improve understanding, health, body and mind
10. Satisfy the desire for artistic creation
11. Exploit and develop creative potential
12. Promote a positive and optimistic attitude towards life
13. The review and expression of life, or gratitude or defects can provide another opportunity for compensation
14. Soul purification and improvement of religious feelings and spiritual stability
- 15 Perfect and ready for the end.

Wen et al. (2015) studied the effectiveness of art intervention in long-term depression and improving the self-esteem of elders. The advantages of multiple expression arts therapy need to be gradual and different cases have different levels of obstacles and urgency. For example, this research focuses on emotional expression and improving interpersonal relationships because the two are closely related. When the elders are emotionally unstable, they often affect interpersonal communication. The obstacles include unwillingness to express willingness when unhappy, slamming the door when angry, making strange noises to attract attention, inattention, walking around, suspiciousness and cognitive bias, and unwillingness to cooperate and other issues that cause residents' dissatisfaction. But overall, these advantages can gradually see the transformation of the elders under the long-term implementation. For example, an elder with aphasia began to sing and was willing to practice using language and body language as much as possible. It seemed that he had not seen specific language functions in a short period of time, but he had overcome obstacles in his heart and was willing to try and forget his limitations. What's more valuable is his amiable smile and motivation to shake hands and speak with others. The author observed that this elder would shook hands with the group members, and said that he lived on which floor and was able to compare it with his fingers.

The author's expression arts therapy for the elderly defines the effect of immediate (her and now) and current group motivation and personal care rather than psychoanalysis as a priority. This is because people with dementia are not willing to be the protagonist of psychoanalysis, or cannot be too rely on cognitive and language functions that are insufficient by itself. Instead, it emphasizes that positive interactions can naturally help emotional transfer and problem-solving neglected problems and eliminate emotional barriers. For example, when the author talked about the color of his clothes with an elder who was not willing to interact, he made him start to talk to me and express his concerns and deal with her emotional problems. Of course, this is also a good start. Because he knows that many difficulties and things are easier than expected and resolve crises.

#### Research method, process and analysis

American art therapist McNiff (1998) proposed that he experienced empirical and introspective and personal experiences in art. Some natural phenomena cannot be accurately quantified, such as interpersonal relationships, motivation, explanation, reflection on experience, personal expression, And the dynamic structure of the creative process. This is consistent with the research scholars of the Human Center that the author has always attached importance to interaction with people, because many of the psychological and spiritual levels of people's inner world must be studied in qualitative ways: for example, the case study method is used in the interactive relationship of group therapy, oral language Observation and recording of physical feedback, interviews, and activity process. At the same time, discuss with the social workers and caregivers of the co-carers as the basis for analysis. The treatment triangle of art therapist, image and client is the foundation of treatment. The author also believes that both the process and the work are important evidences. Compared with quantitative figures, it pays more attention to self-reflection and inspiration in the inner world of people (Beets, & Deaver, 2019, Brewer, & Hunter, 1989). Qualitative research methods pay more attention to small-scale research groups and are suitable for people with dementia with more complex disorders. However, the quantitative laboratory control research method lacks the natural ecological aspect of human nature, and it is easy to produce deviations in the interpretation of human psychology. Furthermore, the evaluation of mental function generated by the elders with dementia as the field of expressive music and art also attaches great importance to the establishment of the relationship with the leader art therapist, because emphasizing the efficacy of treatment also includes the interaction of psychological feelings rather than simply it's only formalization. It is mechanized to bring activities to the elders without humanity. Therefore, in the execution of this expressive arts therapy, attention must be paid to adjusting the content of the activities in a timely manner according to the needs of the elders. For example, elders with joint replacement and elders without joint replacement must consider the minimum standardization of individual differences, or low speed and softness when performing activities. Conversely, if adjustments cannot be made based on individual differences under the control of the laboratory, the research process will be biased towards the designer rather than the subject's ability to produce the accuracy of analysis and results. McNiff (1998) pointed out that in his early studies of patients with mental illness, he was able to confirm the changes in the patients' artistic performance and overall behavior. Therefore, supporting artistic performance can be discussed as a behavior.

Secondly, this treatment activity also attaches great importance to multi-disciplinary integrated services and

effectiveness. For example, at the end of each activity, the elders' physical health, mood, and interpersonal relationship status and adjustment of activities will be discussed to meet the individual needs of the elders.

The authors are doing the expressive arts therapy for the elderly with dementia once a week, each group is one hour, there are 2 groups, each group has about 10-12 people. Activity content arrangement: 15 minutes of sports games, 15 minutes of singing and dancing, and 30 minutes of art creation and evaluation report (see appendix). The process can be adjusted flexibly and flexibly to meet the needs of the elderly. For example, it is acceptable for the elders to go to the toilet from time to time, want to rest, or be absent from sickness. Basic skills will also be assisted in a timely manner. The client is the center to enhance expression and group interaction. Data collection can include observation during the event, talk after the event, listening to the opinions and ideas of the interviewees, summarizing and analyzing the effectiveness of the event (Wang, et al., 2017).

There are 10 questions in the interview:

1. Emotion: the mood is more cheerful and relaxed or not changed
2. Behavior: Self-control will not have strange actions, etc. can take the initiative to do positive things
3. Active participation: continuous participation in activities feel meaningful
4. Communication: willing to express your feelings, thoughts and life events and moods
5. Interpersonal interaction and personality flexibility: Actively interact with others, including oral and non-verbal communication, and assist each other to adjust themselves
6. Limb size muscle movement: body joint size muscles relax without degradation
7. Relationship with the therapist: trusting kindness or indifference
8. Preference for overall multiple expressive arts therapy activities: high, medium, low
9. The part that needs to be improved on the overall expressive arts therapy activities: open publication
10. Other effects: sleep, diet, etc.

Interview records and data analysis (All clients have agreed to publish anonymously)

The following 6 elders interviewed in a comprehensive manner show the content in a table, except for the name of the lotus that represents the case,

All names are replaced by letters, namely A, B, C, D, E, F. (the details have been permitted by the clients for publication)



<p><b>Cases</b></p> <p><b>Items</b></p>	<p><b>Lotus</b></p> <p>75-year-old female with Parkinson's disease, diabetes, dementia, etc.</p>	<p><b>A</b></p> <p>91-year-old woman with right total hip replacement, hypertension, cataract in both eyes</p>	<p><b>B</b></p> <p>74-year-old female with hypertension, chronic kidney disease, liver C, dementia, Parkinson's disease</p>	<p><b>C</b></p> <p>45-year-old male with mental disability, high blood pressure, cellulitis of the right foot, Parkinson's disease epilepsy, blindness in the right eye</p>	<p><b>D</b></p> <p>Female 86 years old Gouty arthritis, dementia, right clavicle fracture and dislocation</p>	<p><b>E</b></p> <p>74-year-old man with stroke, degenerative arthritis, femoral neck fracture, right joint replacement, dementia</p>	<p><b>F</b></p> <p>80-year-old female with high blood pressure, right wrist fracture, mild dementia</p>
<p><b>Mood: The mood is more cheerful and relaxed or there is no change. Happy</b></p>	<p><b>Happy</b></p>	<p><b>Happy</b></p>	<p><b>Happy</b></p>	<p><b>Happy</b></p>	<p><b>Happy</b></p>	<p><b>Happy</b></p>	<p><b>Happy</b></p>
<p><b>Behavior: Self-control will not have strange actions, etc. can take the initiative to do positive things</b></p>	<p><b>Itchy skin, diverts attention and does not scratch the skin</b></p>	<p><b>Not applicable</b></p>	<p><b>Not applicable</b></p>	<p><b>Be keen to observe and judge right from wrong</b></p>	<p><b>Love singing</b></p>	<p><b>Not applicable</b></p>	<p><b>Want to go home: want attention</b></p>

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Active participation: I feel meaningful to continue participating in activities	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Communication: Willing to express my feelings, thoughts and life events and moods	Yes	Yes	Yes	Yes	Yes	Yes	I dare not talk about being disturbed, I will endure it, I want to change rooms
Interpersonal Interaction and Personality Flexibility: Actively interact with others, including oral and non-verbal communication, and assist each other to adjust themselves	Yes (sharing sweet with therapist)	Yes	Yes	Yes	Yes	Yes	Bear in mind

<b>Limb size muscle movement: body joint size muscles relax without degradation</b>	<b>Yes</b>	<b>Yes</b>	<b>Yes</b>	<b>Yes</b>	<b>Yes</b>	<b>Yes</b>	<b>Yes</b>
<b>Relationship with the therapist: trusting kindness or cool</b>	<b>No too bad</b>	<b>Very good</b>	<b>Very good</b>	<b>Friendly</b>	<b>Very good</b>	<b>Very good</b>	<b>Very good</b>
<b>Preference for overall expressive arts therapy activities: high, medium, low</b>	<b>Medi</b>	<b>High</b>	<b>High</b>	<b>High</b>	<b>High</b>	<b>High</b>	<b>High</b>
<b>The part that needs improvement of the overall expressive arts therapy activities</b>	<b>Not think about it</b>	<b>Be caring</b>	<b>Thinking my nephew</b>	<b>Not bad</b>	<b>Slowly thinking</b>	<b>Think about it later, no idea now</b>	<b>no</b>
<b>Other effects: sleep, diet, etc.</b>	<b>Good</b>	<b>All good</b>	<b>Good</b>	<b>Good</b>	<b>So so</b>	<b>Good</b>	<b>When sleep is disturbed, I have learned to stop and</b>



problems. When leading the

activity, he would especially remind himself and the therapist not to use too much force.

7. Relationship with therapist: trusting kindness or cool

Seven respondents answered positively. 5 said it was good, Lotus said it was good, and D said it was friendly. When the author brings

another activity, it also focuses on 1:1 individual conversations and understanding psychological feelings.

8. Preference for overall expressive arts therapy activities: high, medium, low

Except for the lotus, the 7 interviewees said it was okay, but all the other respondents were high. The author has a special feeling that

there is an emotionally unstable elder among the team members participating in the group, which often needs to deal with or take the

ball, which affects the mood of the Lotus must pay attention too.

9. The part that needs improvement in the overall expressive art therapy activities: open publication

This question is an open-question; interesting things 7 respondents answered many, Lotus, A, E, D and F

The answer is not thinking, thinking slowly, saying no, and no later, but the way of speaking is different. C said yes, B thought of his

nephew when he answered, whether he feels like an intern or a social worker with him, need to know more details.

10. Other effects: sleep, diet, etc.

Except for F, the answers of the 7 respondents were all positive. F said that someone came to disturb her in the middle of the night, and

now she would stop speaking to improve her sleep. At the same time, social workers are also asked to learn more about the intervention.

Analysis of the effectiveness of social workers on subjects

The following is the comparative analysis data before and after the subjects participated in expressive arts therapy by of the social workers.

Comparison before and after participation in multiple expression arts therapy activities in 2020

Cases	Before Expressive Arts Therapy	After Expressive Arts Therapy
<b>Lotus</b>	The individual's skin problems are more serious, and sometimes because of skin problems, they often need to see a doctor or feel bad.	When participating in activities, you can divert your attention from skin problems, avoid frequent visits to the doctor or poor mood due to skin problems, and vent your emotional problems through activities.
A	I don't like to participate in activities on	Can actively interact with other residents,

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	weekdays, and I rarely interact with others. I am also afraid to trouble other staff members. I think that living here has no dignity.	and can also actively participate in other out-of-hospital activities, not afraid to trouble other staff to assist with life matters, and the staff often care about the situation of the case and feel warm.
B	On weekdays, I participate in activities based on my mood, less interact with other residents, and I am used to being alone.	Can actively express their physical discomfort with others and interact with others, with more expressions and richer expressions.
C	I can't tell right from wrong, sometimes what I say is different from the facts, I often complain of pain in my butt or want to sleep, and sometimes I don't know how to interact with others.	I can better understand the right and wrong of things, increase my physical strength a lot, and I do not complain of butt pain, and I can interact with others and improve a lot.
D	When interacting with others, the case cannot respond correctly to his words. Sometimes the loud knocking affects others, and it is easy to quarrel with other residents.	Occasionally, I can respond correctly to other people's words, and have less disputes with other residents, but still beating, but the beating sound is gradually lowered, and I can live peacefully with other residents.
E	The client does not like to interact with others, and sometimes sits alone by himself, and has low willingness to participate in activities, and does not respond to his physical discomfort with the staff.	Increased willingness to participate in activities, able to interact with other residents, and express their physical discomfort with the staff, and even express their feelings about the activity after the activity.
F	I often complain about the staff's rudeness or poor communication and other negative emotions, so that the client often has the idea of going home, etc.	Through activities to vent the emotional problems, appropriately care about the emotional state of the case, let the case feel warm, and can take the initiative to complain to others about their physical discomfort.

Expressive arts therapy arrangement and dialogue with the client: Take a case as an example (the detail has been permitted by the client for publication).

This study interviewed 7 elders, but due to space limitations, a case study of an elder with dementia was used as a case study and the rest of the interviews were used as a report. The client used a pseudonym to replace the lotus age 75 years old suffering from Parkinson's disease, diabetes, dementia, etc. The client can regularly participate in expressive arts therapy activities and enthusiasm include: throwing a ball, playing bowling, dancing, music rhythm, rubbing dumplings, and decorating, making Mother's Day cards, watercolor paintings

and flower arrangements. The author often talks with the client as follows

Therapist: L, how are you doing this week?

Lotus: Itchy on the body.

Therapist: Did you see a doctor?

Lotus: Yes, there are also medicines.

Therapist: When is it particularly itchy?

Lotus: It is often itchy, it is better to use medicine.

The client knows how to take care of himself and try not to scratch the skin, otherwise the inflammation will become more serious. From the interactive care, the client can feel that he is valued, loved, accepted and respected, and when playing, dancing and creating are all based on his own abilities and ideas, without being criticized, the client feels that he has gained roots and warmth. Lotus once brought a bag of candies to me to express her inner feelings and sharing, which also showed the client's positive relationship with the art therapist.



Picture 1 Playing ball



Picture 2 Playing bowling



Picture 3 Dancing



Picture 4 Dancing



Picture 5 Dancing

Lotus can wait to take turns in various team sports and games the ball, bowling, and dance hand in hand with the team members.



Picture 6 Rubbing the dumplings and decorating the



Picture 7 Making Mother's Day cards



Picture 8 Watercolor painting



Picture 9 Joy the flower management

Lotus can often be creative in artistic creation-rubbing glutinous rice balls, making Mother's Day cards with carnation flowers, free

watercolor creation and flower arrangement, can express feelings and self-appreciation, and be happy to take photos and say "yeah".

Lotus painting creation

Picture 10 and 11 express thoughts about home and family

Picture 12 Use colors and lines to express mood

Picture 13 Grass and people

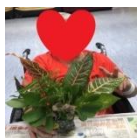
Picture 14 Animals

Picture 15, 16, 17 flower arrangement

Picture 18 sticking leaves to express beauty

Lotus said that she liked participating in activities very much and she was in a good mood and very happy.

Lotus loves these works. Although the content is very brief, they can show acceptance and love for art.



Picture 10

Picture 11

Picture 12

Picture 13

Picture 14

Picture 15

Picture

16 Picture 17



Picture 18

#### Research limitations

This research is based on a qualitative research method, paying special attention to the inner feelings generated by the actual interaction between individuals and groups and the presentation of works. It is indeed difficult to express in numbers. Therefore, this expressive arts therapy research needs to overcome the obstacles of a large amount of data and effectiveness or further discussion in the future. At the same time, elders may be absent occasionally due to physical illness, or many elders must undergo rehabilitation and cannot participate in



expressive arts therapy.

#### Conclusion and Suggestion

In this institution, social workers and professional art therapists discussed and carried out expressive arts therapy together, which was recognized by the elders who participated. Studies have confirmed that expressive arts therapy can indeed help the elderly with dementia: they become more cheerful, enjoy singing, are willing to participate in group activities, increase motivation to express and communicate, reduce complaints, become more flexible in personality, and have a more flexible attitude towards the therapist. He is very positive, feels dignified, cared for and accepted, and is especially willing to continue to participate in this treatment activity. The results of this research suggest that expressive arts therapy is indeed worthy of attention and promotion by relevant units and the community.

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### Website

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2. Taiwan Association of Art Therapy reviewed on 2020.11.04
3. [https://www.arttherapy.org.tw/arttherapy/post/post/data/arttherapy/tw/what\\_is\\_art\\_therapy](https://www.arttherapy.org.tw/arttherapy/post/post/data/arttherapy/tw/what_is_art_therapy)
4. Expressive Art Therapy reviewed on 2020.11.04
5. <https://everything4luv.pixnet.net/blog/post/61825594-%E8%A1%A8%E9%81%94%E6%80%A7%E8%97%9D%E8%A1%93%E6%B2%BB%E7%99%82%EF%BC%88expressive-art-therapy%29%E6%98%AF%E4%BB%80%E9%BA%BC%EF%BC%9F>
6. [https://www.youtube.com/watch?v=dY5qmhZ\\_nlE](https://www.youtube.com/watch?v=dY5qmhZ_nlE)

### Appendix

#### Design 1 Multi-Expressive Arts Therapy Project

Art Therapist	Lin, Duan-Rong
Programme	Expressive Arts Therapy
Date	2020.06.02
Time	2:30-3:30pm, 3:30-4:30pm, on Tuesday
Place	Family Nursing Home
Purposes	<p>1. Use soft, slow or fast spheres with different textures to learn speed and ease body movement. It can be used together with hands, feet and eyes, and physical exercises can improve concentration and express emotions and establish a sense of interaction and belonging.</p> <p>2. Listen to sing and sing to express your feelings and feelings about the</p>

	<p>song, can hum and sing a few words to appreciate and appreciate others, if you don't want to sing, the elders can appreciate and slowly adapt and participate.</p> <p>3. Paper-cutting art creation, enjoy reading newspapers and magazines, choose your favorite pictures, inspire life experience and creative inspiration.</p>			
Numbers of participants	10x2			
Equipment/material	No.	Item	Quantity	Notes
	1.	Laptop WIFI	1	
	2	Microphone	2	
	3	stereo	1	
	4	Fans	10	
	5	Silk scarves	10	
	6	Musical instruments	10	Tambourine Wooden Sand Bell
	7	Large square cloth strip	2	
Activity content and process	Time	Contents	Description	
	2:30-2:45	Use a fan to pat the balloons and beach ball sports games.	Group playing ball together	
	2:45-3:00	Nostalgic old songs and music appreciation (the moon represents my heart, the sky is dark, rainy night flowers, egrets, and free choice songs)	Group appreciation of music and free expression of feelings and performances	
	3:00-3:30	Clip art creation Color strokes, drawing and writing, provide hand-eye coordination, focus, small muscles, motor cognition and creativity	Matters needing attention	

## Research on Improving the Emotion and Social Relationship with Elderly with Dementia in Expressive Arts Therapy

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		Matters needing attention
Notes	The elders have individual differences that need to be respected, and wait patiently and catalyze their imagination	

### Evaluation Report on the Phased Effectiveness of Multi-Expression Art Therapy for Dementia

Art Therapist	Lin, Duan-Rong
Date	2020.6.2-2020.9.29
Time	2:30-4:30pm (one hour for each group)
Participants	20
Objectives	<p>Exercise: Use soft, slow or fast spheres with different textures, speeds and ease body movement functions. It can be used with hands, feet and eyes. Body exercises can enhance concentration, express emotions, and establish a relationship of interaction and belonging.</p> <p>Music: Listen and sing to express your feelings and feelings about the song, can hum and sing a few words by yourself, appreciate and appreciate others, if the elders who don't want to sing can appreciate it, slowly adapt and participate in the practice of Aofu's instruments and beats to promote reaction ability, Activate brain cells.</p> <p>Art: Creation of crayons and watercolors, using various colors of watercolor paintings to promote hand-eye coordination, express emotions, cultivate concentration and inspire creative inspiration.</p>
Evaluation	<p>Sports: 100% can play ball, umbrella ball, pass the ball, and play football. There are group cooperation and sports rules in accordance with the activity rules. Except for poor eyesight, it will be slower and slower to react. Others can match the speed of the ball. Hit the ball. The activity of 11 times has been slow and has also improved the acuity. Even those with better physical strength can play farther. This activity can promote interpersonal relationships in the group, cultivate a sense of belonging to the group, and</p>

enhance friendship. At the same time, it is also the motivation to wait for everyone to warm-up and start their artistic creation.

In terms of music: the Taiwanese folk song "White Egret" began to listen to singing and percussion. Except for those from other provinces, every elder can catch his tongue and play with the instrument. Most of them know how to pause and start to beat the instrument, and gradually learn about the use of the instrument. Several elders can sing and feel about songs by themselves, and share their feelings about the group, because most of the elders hope to be cared and valued individually, and I must also interact with each elder to understand the opportunities they give them at the right time. In the last 2 responses, except for 00 indicating no interest, the others were all positive and felt like participating.

The art starts with making ultra-light soil, and will start to make different shapes of balls, dumplings, steamed buns, and flower shapes. Then challenge the difficult to read magazines, circle pictures, draw pictures, cut pictures, and stickers and add favorite decorations to extend the meaning or write feelings. The painting exercises first use cotton swabs to slowly tap, and gradually extend to use watercolor brushes to paint dots of watercolors, and then use crayon to draw circles, and extend various patterns-caterpillars, flowers, mountains, nature, trees, grass, faces, Renhe writes names, or writes calligraphy, and begins to become interested in painting and cultivate concentration and beauty.