

Meditation and creative arts through the TTAP method ®; A replicable approach utilized with residents with mild stage Alzheimer's disease proves to increase cognition, mood, and memory



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Abstract

This research paper will review the past 5 years (2013-2018) of utilizing the Therapeutic Thematic Arts Programming (TTAP Method®) in 2 living assisted facilities in New York State with 25 individuals diagnosed within the first stage of Alzheimer's disease. This quasi-experimental design is based on self-reported responses to pre-post questions asked before and after participating in TTAP Method® programming. The questions were based on the DABS Evaluation Tool which measures depression, anxiety, behavior and socialization. Results show a significant increase in relaxation, mood, memory, and cognition abilities in all participants.

The TTAP Method® is a multimodal approach designed to effect social, emotional, cognitive, physical, intrapersonal and interpersonal group dynamics of participants. The method provides stimulation to three distinct brain systems, encouraging brain wellness and neural regeneration, thereby providing a viable means for enhancing cognitive functioning through increased socialization. This multimodal approach is a replicable and structured twelve step therapeutic intervention that directs the focus of therapy on proven factors in helping cognition of those with mild cognitive impairment: the reinforcement and utilization of remaining strengths. Through a thematic, person centered approach, participants are continually accessing long-term memories which are reflected in various art modalities within the group. Starting with self-expression through conversation, participants are encouraged to paint, draw, write poetry, movement, and or reflect using phototherapy. The TTAP Method® has proven to have many therapeutic benefits coming from the arts, including language, communication, music, dance and drama along with the physiological effects on the brain by stimulating the different regions of the brain through various activities. The results from these five year studies showed a strong correlation between active participation in the therapeutic activities and leveling of cognition functioning and psychosocial wellbeing. The TTAP® approach enhances interaction through stimulation which positively increases neuronal activity, responses, and plasticity and addressing social, emotional and cognitive needs of those living with Alzheimer's disease.

Biography

For the past thirty years Linda Levine Madori has worked in the field of Health Care as a professor, therapist, advisor, researcher, supervisor and innovator of a replicable approach, the TTAP Method® which utilizes the arts, is found to stimulate both the brain and cognition. She has been an international speaker and recipient of the prestigious Fulbright Scholarship Award in 2006 and 2009. She has worked as a tenured full professor at St. Thomas Aquinas College where she teaches and supervisor to students researching the TTAP Method® over the past two decades.



Publications

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