

Introduction

Research has shown that interventions designed to provide a wide variety of stimuli can have a significant and positive impact on individuals with Alzheimer's disease and other cognitive impairments. Additional research also supports multimodal approaches as being the most beneficial in both cognitive and social enhancement. One multimodal intervention, known as Therapeutic Thematic Arts Programming for Older Adults Method (TTAP Method), is an art/recreation group therapy process that engages creative recreation activity within a nine-step structure. The TTAP Method has been shown, in some cases, to inhibit and slow the progression of mild cognitive impairment and Alzheimer's disease. It has also been shown to slow the deterioration process of those already diagnosed with Alzheimer's disease.

<http://www.ttapmethod.com/>

Linda Levine Madori, PhD, author of "Transcending Dementia Through TTAP: A New Psychology of Art, Brain, and Cognition (The TTAP Method)

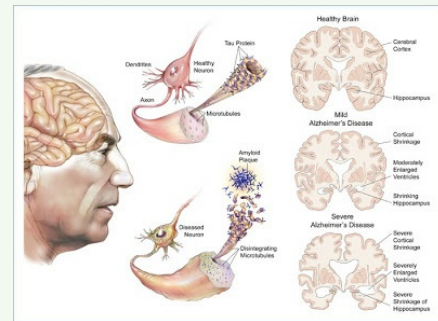
<http://www.levinemadoriphd.com/content/catalog/therapeutic-thematic-arts-programming-for-older-adults.php>

Main Goals

Three main goals are woven throughout the thematic programming process:

- Through the continual use of creativity, the therapist identifies a fundamental link among self-esteem, self-worth, and intrinsic motivation and encourages this process to take place continually within the group.
- Through the continual use of past and present personal pursuits, life experiences, and interests that have accrued across one's lifespan, the TTAP method elevates each individual's self-expression to a central position in all programming.
- Each individual's unique combination of skills, multiple intelligences, and capabilities for self-expression is incorporated.

TTAP



Nine Steps TTAP Metho

These goals are accomplished by using connected creative activity around a theme to provide a stimulating and rich group experience for the participants. Each individual is stimulated within the group through a series of nine steps known as the TTAP Method:

- Step 1: From individual thought to group ideas (linguistic).
- Step 2: From ideas on the page to music off the page (musical).
- Step 3: From music in the mind to the image (spiritual).
- Step 4: From image to sculpture (kinesthetic).
- Step 5: From sculpture to movement (kinesthetic).
- Step 6: From movement to words/poetry and stories (linguistic).
- Step 7: From words to food for thought (linguistic).
- Step 8: From thought to theme event (interpersonal).
- Step 9: From event to photography (intrapersonal).

