



ON WITH LIFE
BRAIN INJURY + STROKE + NEURO

PARTE
Parkinson's ART of Expression

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SMALL STEPS. GIANT STRIDES.

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On With Life

Outcomes:

- Learner will understand the importance of using PARTE with People with Parkinson's disease.
- Learner will be able to apply information and treatment ideas to implement into their daily therapy interventions.

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History

Stephanie Goodman is a COTA by trade and works as a staff member at the Parkinson's Exercise and Wellness Center (PEWC) in Kansas City.

Stephanie has worked for the PEWC for many years but also has a passion for drama and theatre. She developed this program with the ideas that encompass both drama and therapy based on research.

She was able to develop this program thanks to the Community Grant from the Parkinson's Foundation.

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Areas of Focus

Targets motor and non-motor symptoms not normally addressed by medicine and in a way that can include all disciplines. The program targets many skills, some of which include:

- Balance
- Freezing and Initiation of gait
- Weight shifting
- Intentional movement
- Act and React
- Spatial Awareness
- Range of Motion
- Processing
- Voice
- Communication
- Cognition
- Emotions
- Expressions

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Why in combination with theatre?

- Actors perform with intention
- They utilize their voice to project for the audience
 - Breath support
- Cognition is targeted with recall of script
 - Attention to details and movements
- Emotions - Need to invite others into the actor's world for understanding
- New learning promotes neuroplasticity

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Ideas that treatment is based from

- Mental Imagery
- Visualization
- Mindfulness
- Exercise and Movement
- Dual tasking
- Rhythm
- Social interactions
- Building confidence

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All treatment ideas can be completed and modified for each level of PD.

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How we utilize PARTE

- Cognitive Fitness
- Wellness program that meets in person
- Using techniques and ideas during other neuro-treatments

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Treatment Ideas

Embellished Introductions

- Provide a question for the individual to answer following their introduction
 - Focus:
 - Voice
 - Intention
 - Speed
 - Fluid movements
 - Eye Contact

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Treatment Ideas

Expressing Emotions

- Line the group up in front of a mirror or if in a circle if you have no mirror
- Have everyone close eyes except the first person
- Provide an emotion for them to express
- They need to act it out, and the second person will try to act out the same but *bigger*. Continue on.. Third, fourth, fifth, etc.
- The last person should guess the emotion

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Treatment Ideas

Imagery

- Imagine you are in the forest, swinging through the large vine trees
- Imagine you are a graceful butterfly, flying in the sky.
 - Now a gust of wind comes and throws you off your path. Continue to fly to your destination
- Imagine you are an alligator swimming through the water.
 - Now you see some prey and you want to jump out and catch it.

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Resources

<https://www.thepewc.org/parte>

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