

**Title:** Communicating Through the Arts

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Visual artists, classical musicians, and classically trained dancers use their art forms to convey their message without the use of verbal language to the audience. These non-verbal performing arts can serve as a necessary method of communication that allows artists to connect with others and to translate different internalized emotions and stories. Three experts, each from a different art form, were interviewed and asked about their own personal experiences within the arts and how it has made a positive impact on their lives. They were also questioned to elaborate on why they consider the performing arts a form of communication and how it has gifted them with the opportunities to express their messages to the world. In addition, this research introduced a Stanford University study that provides evidence that dance movement serves as therapy for Alzheimer's patients as well as those with dementia (Powers). It was also explained how music helps autistic children more effectively communicate their emotions and thoughts (Sharda). Furthermore, the visual arts have been statistically proven by Harvard College to be cathartic and could be used to reduce stress and depression as well as benefit those with dementia and even cancer patients (Harvard Health Publishing). Not only does the performing arts allow many to communicate in depths of which words cannot express, but it also has major therapeutic benefits. With testimonials and statistical proof, it was clear that the performing arts are in fact a form of communication.

## Works Cited

- Powers, Richard. "Use It or Lose It: Dancing Makes You Smarter, Longer." *Dancing Makes You Smarter*, 30 June 2010, [socialdance.stanford.edu/syllabi/smarter.htm](http://socialdance.stanford.edu/syllabi/smarter.htm).
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- Harvard Health Publishing. "The Healing Power of Art." *Harvard Health*, July 2017, [www.health.harvard.edu/mental-health/the-healing-power-of-art](http://www.health.harvard.edu/mental-health/the-healing-power-of-art).