



## Adult Day Services and Counseling Center

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August 10, 2009

RE: Letter of Professional Reference for Chantal Desmoulins

To Whom It May Concern:

I am writing to comment on my recent experience working with Chantal Desmoulins. I am an art therapist at OPICA Adult Day Center where I have been working for the past ten years with people in the early to middle stages of Alzheimer's disease and related disorders causing memory impairment. Chantal was referred to our center by Dr. Karen Miller from the UCLA Semel Institute for neuroscience and human behavior. Chantal introduced me to her Catharsis Technique and we discussed the possibility of using it with a group that I and my colleague Emily Carvil, IMFT facilitate.

The group that took part in the Catharsis Technique was made consisted of seven men and one female all diagnosed with some form of dementia and in the early to moderate stages of the disease. All participants were introduced to the technique and agreed to participate in the program for the following six weeks. This group has been an ongoing group meeting for three years, the focus of the group being education, cognitive stimulation, social and emotional support.

Although this group was familiar with using expressive arts as a part of group process, the consistency of using music and art together on a weekly basis in a non-directive manner was quite beneficial for the group members. The consistency of the catharsis technique seemed to support the ability to initiate which can be impaired very early on in dementia. The brief experience with the Catharsis technique also supported the ability to concentrate and attend as well as stimulating memory, self expression and overall sense of well-being. The positive experience the group members had with the Catharsis Technique would be well worth further exploration not only with this population but with the caregivers as well.

Since more and more people are being diagnosed with some form of dementia and programs such as this are so clearly beneficial I look forward to further collaboration with Chantal Desmoulins and the Catharsis Technique. Her professionalism and sensitivity to this population were impressive and it was a pleasure working with her.

Sincerely,

Anne Galbraith, MFT/ATR  
*Clinical Director*  
*OPICA Adult Day Center*

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