Moments in the Mind
25th Annual Alzheimer's Regional Conference, April 16, 2010
TTAP Method ™ New Directions in Activities for Self Expression

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Overview of session
- Overview of new information on Neuroplasticity in the brain
- How arts and the creative arts experience directly effects brain regions and functions.
- Establishing a 9 step theme program
- Research on the TTAP Method that has been done.
- TTAP Method in Finland and Australia

Neuroplasticity-The ability of the brain to grow or shrink in size and mass.
- Environmental stimulation, including sight, smell, taste, touch and education is triggering our cells in the Hippocampus region to multiple and thus become larger and more dense (Diamond, 2001; Snowdon, 2002; Perry 2008)

Technology allows us to look deep into the living brain
- The top slide is of healthy dendrites with rich dense connections.
- The bottom slide shows how the dendrites look when cellular deterioration has occurred.

Current Hypothesis on Hippocampus wellness and cognitive reserve
- Early stage: Plaques and Tangles develop in the Enthoral cortex, essential for making new memories and retrieving old ones.
- Middle stage: Over time abnormal cells move higher up through the Hippocampus, responsible for complex memories, events, life experiences.
- Last stage: Plaques/tangles move up and across the brain to the Neocortex, eventually preventing orchestration of behavior, eating and loss of all ADL’s.
TTAP Method structures
Right and Left Brain Functioning into protocols

Left Side  Right Side
Logical  Creative
Arithmetic  Inspiration
Reading  Visual
Sequential  Reactive Skills
Concrete  Emotional
Rational  Artistic
Goal Oriented  Playful

How Activities Stimulate SOLID BAR
LEFT Brain Functioning

Left Side  Creative Art Therapies
Logical/Rational  Reminiscence
Arithmetic  Puzzles
Reading  Story Boards
Sequential  Food, cooking receipts
Concrete  Reality orientation, names of objects/people

How Activities Stimulate SOLID BAR
RIGHT Brain Functioning

Right Side  Creative Art Therapies
Inspiration  Object relations
Visual  Paints, Color, Form
Reactive Skills  Body, movement
Emotional  Photographs
Creative/Artistic  Sculpture, 3-D work
Playful  Being in the moment

Finding the 6 Strengths' of individuals with AD

Reminiscence Therapy Utilized with Dementia — Strengths' and needs identified


TTAP Method utilizes Whole Brain Thinking

Left Side – logic, math, reading, speaking
Right Side- creativity, inspiration, visual
Peak Performance- Using both regularly

TTAP Method™ naturally enhances the 6 remaining strengths in the disease process - CCDERS©

Communicate, Connect, Differentiate, Express, Recall, and Self-express

- Find meaning in their lives today, carry that personal meaning into opportunities for positive interactions.
- Evaluate their lives over their entire lifespan.
- Opportunities to recall the past.
- Decrease stressors by increasing positive experiences.
- Think about past identities and accomplishments.
Emotions and Learning

The Hippocampus is located in the Limbic system, which is called the seat of our emotions. Art stimulates emotions, thus enriching the mind.

Research in Emotions, Learning and Creativity into Practice

Rich language usage and emotions impacts Learning and decreases stress.


Now your TTAP Interaction

Through an object (Object relations Theory)

How TTAP Method™ Directly Affects Cognition and Emotions

The TTAP Method (c)

Activating personal memories through object
Positive emotional memories enhance brain activity and improve the chemistry of the brain, thus enhancing cognitive ability.

Activating personal memories through events of themes across the lifespan
Increased continual emotional input and output thus enhancing overall social interactions

THE TTAP METHOD: A 9-step structured therapeutic intervention

Multimodal Approach

Multimodal approach was founded by Lazarus in 1950's and described as any therapy which implements individually tailored treatment programs address behavior, affect, sensation, imagery, intra and interpersonal relationships

Regions stimulated

THE TTAP METHOD: A 9-step structured therapeutic intervention

MULTIMODAL APPROACH

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Regions stimulated

STEP 1: FROM INDIVIDUAL THOUGHT TO GROUP IDEAS ON THE PAGE (linguistic, visual)
STEP 2: FROM IDEAS TO MUSIC-Meditation (inter/intra interpersonal, musical, visual)
STEP 3: FROM THE MUSIC IN THE MIND TO THE IMAGE (kinesthetic, spatial, visual)
STEP 4: FROM THE IMAGE INTO SCULPTURE (spatial, visual, musical)
STEP 5: FROM SCULPTURE INTO MOVEMENT (kinesthetic, visual, interpersonal)
STEP 6: FROM MOVEMENT INTO WORDS/POETRY & STORIES (linguistic, intra/personal)
STEP 7: FROM WORDS INTO FOOD FOR THOUGHT (linguistic, kinesthetic, interpersonal, intra personal)
STEP 8: FROM THOUGHT INTO THEME EVENT TO (inter/intra interpersonal, spatial, visual, kinesthetic, musical, linguistic, visual, intra personal)
STEP 9: FROM EVENT INTO PHOTOGRAPHY (linguistic, visual, intra interpersonal, kinesthetic, spatial)
7 Protocols' utilized in Bergen Regional Study, 2009

- 1. Meditation - self reflection
- 2. Oil pastel drawing
- 3. Wreath sculpture
- 4. Mask Making
- 5. Memory Box
- 6. Painting
- 7. Food event

Conversation, Music and Meditation - Steps 1, 2

Meditation, oil pastel, music and drawing - Steps 1, 2, 3

Mediation, music, and Wreath sculpture - Steps 1, 2, 3 & 4

Mask Making - Steps 1, 2, 3, 4 & 6

Meditation, Music and Memory Box - Steps 1, 2, 3, 4 & 6
Meditation, Music and Painting
Steps 1, 2, & 3

Music, Phototherapy, and Food
Steps -1, 2, 3, 4, 6, 7 & 9

TTAP Method creates structure to programming through:

1. Assessment forms-Time and Frequency
2. Learning styles-indicated
3. Brain Regions Stimulated

Aides in documentation of Rehabilitation
Aides in documentation of Restoring Functions-
Aides in documentation & assists in reimbursable outcomes .

TTAP© Structure enables therapist to
document and chart regions stimulated,
amount of time and frequency

Open ended statements.

1. “I felt free during this group”
2. “I feel very happy”
3. “I was able to really create something”
4. “I was able to do what I wanted”
5. “Someone saved me a lot of trouble”
6. “I would like to be more active but I am not right now”
7. “I am becoming more active coming to this program”
8. “I am always active”

ISNT COGNITION HOW WE THINK ABOUT HOW WE FEEL?
Does the TTAP Method provide opportunities for cognitive stimulation?

Student responses:

“Seeing the patients each week we observed them becoming more active as each week went by. One pt. didn’t want to do anything in the first 3 sessions and then she started wanting to do more and more.”

“The patients would tell us they were feeling more alive AND how their minds were more alive.”

“The patients were indeed stimulated cognitively in giving them choices, making decisions, and taking action, this stimulates the brain.”

10 Research Studies on Cognition and the TTAP Method

1. Hebrew Home for the Aged, (Levine Madori, 2005, 2009) —significant outcomes
2. Cento de Oro, Spanish Population (Alders, 2009) —significant outcomes
3. Helen Hayes Rehabilitation Hospital, (Levine Madori & Andreassi, 2009) —significant not published
4. Bergen Regional Medical, moderate/severe (Levine Madori & Mullins, 2009) —significant findings
5. Cornell University, Mild Alzheimer’s Disease (Levine Madori, Fonsetti & Jordan, 2009) —significant findings

Research Studies on Cognition and the TTAP Method

6. Beechtree Rehabilitation Hospital, moderate/severe, (Levine Madori & Coveney, 2009-10)
7. Edward Hospital Linden Oaks, moderate/severe locked unit
8. Downstate Medical Center, African American Mild/Moderate—Brooklyn Community Day Center
10. Hämeenlinna Alzheimer’s Association—3 year study

Finnish Alzheimer’s Association awarded 600,000 euro’s to study TTAP Method for 3 years. University of HAMK training students to facilitate programming in home and community

Research Studies Enhancing Cognitive Performance utilizing the TTAP Method™

Linda Levine Madori, Ph.D., ATR-BC, LCAT, CTRS

TTAP Method utilized with 8 individuals’ diagnosed with Mild Alzheimer’s Disease; Cornell University Memory Evaluation Services
Early findings demonstrate significant increase in mood and self perceived increase in cognition.

Using Photographs to stimulate the mind

CLOCK DRAWING TEST:
Results could be suggestive of organic causes of cognitive impairment.
Advantages: simple, non-threatening
Sensitivities of up to 86% and specificity of up to 96%.  
(Samton, 2005) http://neuro.psychiatryonline.org

SCORE 4    SCORE 0

Changes in cognition “seen” in Clock Drawing (Cornell study, 2009)

Pre-TTAP Method© Intervention SCORE 10  Post -14 week TTAP Method© SCORE 13

Cultural Change in Healthcare; Medical Model to Social Model

> There were four early pioneering individuals who began to apply social model concepts to nursing home settings that must be recognized to truly understand the evolution of Culture Change history. The early work that these individuals brought to the movement have become known as the following Culture Change philosophies:
  -- The Eden Alternative
  -- The Regenerative Community
  -- Restraint Free / Individualized Care
  -- Now the TTAP Method™

Certification Course on TTAP Method™

For more information on the TTAP Method go to…
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