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## The TTAP Method; A Proven Structured Non-pharmaceutical Approach to Enhancing Cognition and Socialization in Mild-Moderate Stages of Alzheimer's disease

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This Paper will establish through an examination of neurobiology the how and why the creative art therapies most effectively be utilized in the treatment with those individuals afflicted with early to middle stages of dementia, specifically Alzheimer's Disease, which currently comprises approximately 80% of all dementia's. An in-depth overview on how Therapeutic Thematic Arts Programming© (TTAP Method) stimulates both right and left brain functioning in the early stages to middle stages of Alzheimer's disease will be analyzed from various clinical studies done in 2011, 2012, 2013. This paper will cover the most recent and basic functional organization of the brain, neuroplasticity, including neurons, neurotransmitters and areas of the brain involved in transforming perceptual inputs into physiological responses and behaviors (Damasio, 1998,

1999; Golomb, J.,1996, Grober, E., 1999; Kandel, Schwartz & Jessel, 2000; LeDoux, 2000; Levine Madori, 2007-2014). A review the innovative new methodology, the TTAP Method© which utilizes person centered themes within the therapeutic process to engaged participants in a twelve step process that incorporates mediation & mindfulness, drawing, sculpture, movement, phototherapy and other forms of the creative arts into an ongoing enriching non-pharmaceutical approach for this special and rapidly growing population. This method substantiates how art therapy is quickly becoming a powerful window into brain functioning and self-discovery (Cozolino, 2012, Luzebrink, 2013, Hass-Cohen, 2014).

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