

Special Issue

Applying the Expressive Therapies Continuum to the Treatment of Trauma and Emotional Dysregulation

Message from the Guest Editor

The experience of trauma results in cognitive and emotional dysregulation as well as physical symptoms, yet art therapy, guided by the model of the Expressive Therapies Continuum (ETC) offers experiences that can help reorganize cognitive, emotional, and physical systems to provide relief from PTSD symptoms. The ETC, with its three hierarchical levels representing cognitive, affective, and body-based forms of information processing, provides a structure for the measured organization and integration of trauma in an individualized and outcomes-based manner. The articles in this Special Issue of *Behavioral Sciences* will demonstrate the ability of the ECT model to guide personalized and effective art therapy treatment for PTSD and other trauma-related disorders. This Special Issue of *Behavioral Sciences* aims to explore the role of the Expressive Therapies Continuum (ETC) model in guiding individualized and effective art therapy interventions for individuals experiencing PTSD and other trauma-related disorders.

Guest Editor

Dr. Lisa Hinz

Department of Art Therapy Psychology, Dominican University of California, San Rafael, CA 94901, USA

Deadline for manuscript submissions

15 January 2026



Behavioral Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.1
Indexed in PubMed



mdpi.com/si/240721

Behavioral Sciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
behavsci@mdpi.com

mdpi.com/journal/

behavsci





Behavioral Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.1
Indexed in PubMed



[mdpi.com/journal/
behavsci](https://mdpi.com/journal/behavsci)



About the Journal

Message from the Editor-in-Chief

Editor-in-Chief

Prof. Dr. Jerrell Cassady
Department of Educational Psychology, Ball State University, Muncie, IN
47306, USA

Author Benefits

High Visibility:

indexed within Scopus, SSCI (Web of Science), PubMed, PMC, PsycInfo, and other databases.

Journal Rank:

JCR - Q2 (Psychology, Multidisciplinary) / CiteScore - Q2
(Development)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 29.6 days after submission; acceptance to publication is undertaken in 3.4 days (median values for papers published in this journal in the first half of 2025).