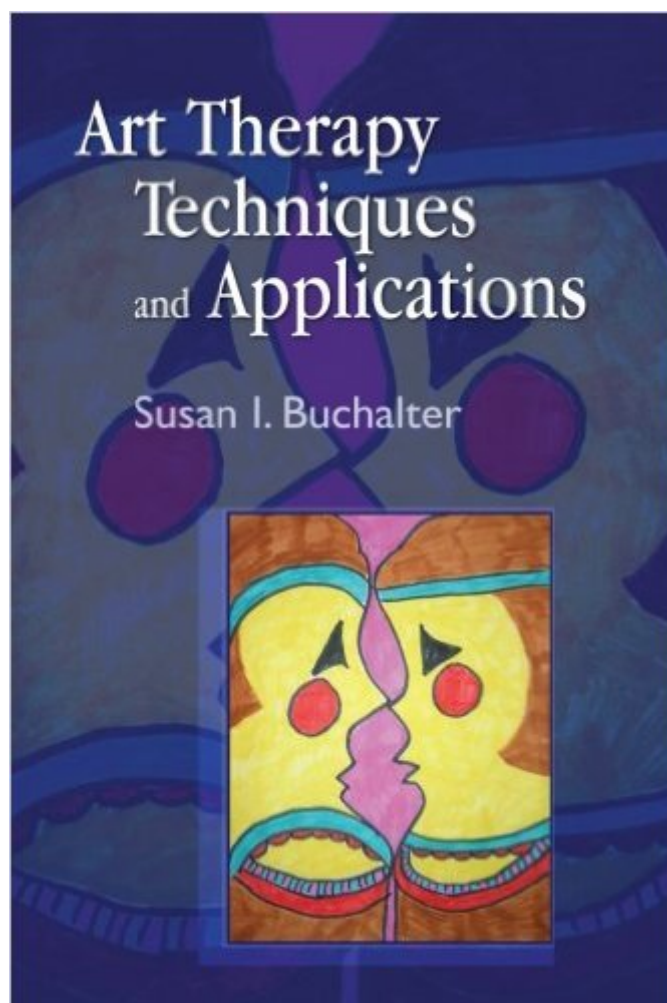


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# Art Therapy Techniques And Applications



## Synopsis

Art Therapy Techniques and Applications contains an original composite of therapeutic goals and evocative ideas that can be used with a wide variety of clients. This book is filled with innovative suggestions and plans that are easily implemented: from brief warm-ups to stretch the imagination, and collage and mask creations to assist the expression of mood, to guidance on combining modalities such as art, metaphors and movement, mindfulness exercises, and using computer programs to enhance art therapy projects. Clear and concise, this is an indispensable reference guide for the therapist who wants to improve focus, develop problem-solving skills, and add creativity to their group work. This book will appeal to art therapists, art therapy students and professors, counselors, and social workers

## Book Information

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## Customer Reviews

Art Therapy Techniques and Applications offers directives applicable to various populations. The volume is organized around techniques, such as drawing, painting, collages, etc. with separate sections on mindfulness, computer art and multimedia. Great book for the new art therapist or the seasoned professional looking for inspiration. Highly recommended!

Your textbook was incredibly helpful in providing invitations to discuss frustrations through your art activity instructional lesson plans. At this point the "Who I am" activity seems to be the most popular. I will definitely use your books again as we grow and refine our art therapy curriculum.

I really appreciate having this book to use as a reference for when I will actually start practicing art therapy. I used one of the directives in class and it was very well received. You can also use this book as a starter guide and tweak the projects however you see fit.

I work with school age kids who have very limited verbal skills and was looking for ideas for group activities that would be creative, fun and therapeutic without having to rely so much on "talk therapy". This book has lots of Very good practical ideas. Most were designed for adults but many are adaptable for kids. Very easy directions, and lots of activities that don't require a lot of set up or special materials. I will be getting a lot of use out of this one!!

Art Therapy Techniques and Applications offers an original collection of therapeutic tools and innovative suggestions easy to implement, and provides therapists with a fine reference for developing art therapy skills. Students, counselors, psychologists and others working in the field will find tips on using drawing, clay, puppets and multimedia in projects. No psychology collection should be without this specific set of guided exercises and ideas.

I work in private practice, and the value of this book cannot be praised enough. It is comprehensive, yet concise and easy to access with limited time when planning client sessions. I appreciate the intent behind the writing, as it build upon more basic art therapy skills and gives in-depth strategies and modalities. Definitely one I will continue to reference for years to come!

This is a very interesting book. this was my first experience with art Therapy. This made me think this is something I might Like to engage in.

wonderfully written art therapy book with great activities for anxiety, depression or just a great way to build rapport with a client

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