

## Art Therapy Sourcebook Sourcebooks

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This list was put together by members of the EHHD Diversity Task Force and represents resources that have been combined from a variety of DEI resources in the field. It is not inclusive of all ...

"Revised and updated with new exercises"--Cover.

Discusses artistic expression as a means for communicating issues, emotions, and conflicts, and offers guidelines for creating and interpreting art

Demonstrating the benefits of creative expression for patients living with acute or chronic illness, this volume provides a complete, practical introduction to medical art therapy. It presents evidence-based strategies for helping people of all ages--from young children to older adults--cope with physical and cognitive symptoms, reduce stress, and improve their quality of life. The book includes detailed case material and 110 illustrations. It describes ways to work with individuals and groups with specific health conditions and challenges, as well as their family members. Contributors are experienced art therapists who combine essential knowledge with in-depth clinical guidance. This e-book edition features 87 full-color illustrations. (Illustrations will appear in black and white on black-and-white e-readers).

Drawing on case material from a variety of situations, the book describes medical research on medical art therapy with children, and practical approaches to using art activities with them. The text looks at children with burns, HIV, asthma and cancer.

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.

An innovative guide to the practice of art therapy Since 1978, Judith Aron Rubin's Child Art Therapy has become the classic text for conducting art therapy with children. Twenty-five years later, the book still stands as the reference for mental health professionals who incorporate art into their practice. Now, with the publication of this fully updated and revised Twenty-Fifth Anniversary Edition, which includes a DVD that illustrates art therapy techniques in actual therapy settings, this pioneering guide is available to train, inform, and inspire a new generation of art therapists and those seeking to introduce art therapy into their clinical practice. The text illustrates how to: Set the conditions for creative growth, assess progress, and set goals for therapy Use art in individual, group, and family situations, including parent-child pairings, mothers' groups, and adolescent groups Work with healthy children and those with disabilities Guide parents through art and play Talk about art work and encourage art production Decode nonverbal messages contained in art and the art-making process Use scribbles, drawings, stories, poems, masks, and other methods to facilitate expression Understand why and how art therapy works Along with the useful techniques and activities described, numerous case studies taken from Rubin's years of practice add a vital dimension to the text, exploring how art therapy works in the real world of children's experience. Original artwork from clients and the author illuminate the material throughout. Written by an internationally recognized art therapist, Child Art Therapy, Twenty-Fifth Anniversary Edition is a comprehensive guide for learning about, practicing, and refining child art therapy.

Art Therapy, Trauma, and Neuroscience combines theory, research, and practice with traumatized populations in a neuroscience framework. The classic edition includes a new preface from the author discussing advances in the field. Recognizing the importance of a neuroscience- and trauma-informed approach to art therapy practice, research, and education, some of the most renowned figures in art therapy and trauma use translational and integrative neuroscience to provide theoretical and applied techniques for use in clinical practice. Graduate students, therapists, and educators will come away from this book with a refined understanding of brain-based interventions in a dynamic yet accessible format.

Interest in the use of digital technology in art therapy has grown significantly in recent years. This book provides an authoritative overview of the applications of digital art therapy with different client groups and considers the implications for practice. Alongside Cathy Malchiodi, the contributors review the pros and cons of introducing digital technology into art therapy, address the potential ethical and professional issues that can arise and give insight into the effect of digital technology on the brain. They cover a wide range of approaches, from therapeutic filmmaking to the use of tablet and smartphone technology in therapy. Detailed case studies bring the practicalities of using digital technology with children, adolescents and adults to life and the use of social media in art therapy practice, networking and community-building is also discussed.

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