

1. Record Nr.	UNINA9910153221003321
Autore	Pearson Cynthia
Titolo	Art therapy and the creative process : a practical approach / / Cynthia Pearson, Samuel Mann, Alfred Zotti
Pubbl/distr/stampa	Ann Arbor, Michigan ; ; London, [England] ; ; Sydney, [Australia] : , : Loving Healing Press, , 2016 ©2016
ISBN	1-61599-298-7
Descrizione fisica	1 online resource (169 pages) : illustrations, tables
Disciplina	616.89/1656
Soggetti	Art therapy Creative ability
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Art works and commentaries -- Creative writing as therapy -- A dream come true! -- A creative journey -- "Getting the hurt in my head, out" : the creative process and healing -- Why music matters : the healing properties of music therapy -- Music as salvation -- How i met David Bowie -- My favourite coffee shop -- Mr. Colin Sydee -- Connecting with art : my experience with homeless youths -- Poets of the Caribbean circle -- If only I could paint -- Healing on the run : art as escapism.