

1. Record Nr.	UNINA9910454418203321
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Titolo	Focusing-oriented art therapy [[electronic resource]] : accessing the body's wisdom and creative intelligence / / Laury Rappaport ; foreword by Judith A. Rubin
Pubbl/distr/stampa	London ; ; Philadelphia, : Jessica Kingsley Publishers, 2009
ISBN	1-281-89261-0 9786611892616 1-84642-852-1
Descrizione fisica	1 online resource (253 p.)
Disciplina	615.85156 616.89/1656
Soggetti	Art therapy Focused expressive psychotherapy Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 240-244) and index.
Nota di contenuto	FRONT COVER; Focusing-Oriented Art Therapy: Accessing the Body's Wisdomand Creative Intelligence; Contents; ACKNOWLEDGMENTS; FOREWORD; Introduction; Part I: Focusing and Art Therapy; Chapter 1: Focusing: History and Concepts; Chapter 2: Gendlin's Focusing Method; Chapter 3: Focusing-Oriented Psychotherapy; Chapter 4: Art Therapy: History, Concepts, and Practi; Part II: Focusing-Oriented Art Therapy; Chapter 5: Bridging Focusing and Art Therapy; Chapter 6: Focusing-Oriented Art Therapy: Basics; Part III: Clinical Approaches; Chapter 7: Clearing a Space with Art Chapter 8: Focusing-Oriented Art PsychotherapyGroups: Theme-Directed; Chapter 9: Stress Reduction in Adult Psychiatric Day Treatment; Chapter 10: Emotional Healing and Self-Care in a State Prison; Chapter 11: Transforming the Inner Critic; Chapter 12: Bridging Cultures with Focusing-OrientedArt Therapy; Specialty Applications; Chapter 13: Health and Wellness; Chapter 14: Working with Trauma; Chapter 15: Spirituality and Psychotherapy; Chapter 16: Expanding to the Other Expressive Art; Part IV: Focusing-Oriented Art Therapy

Sommario/riassunto

Written for readers to be able to learn the application of this innovative approach, the book provides in-depth examples and descriptions of how to adapt Focusing-Oriented Art Therapy to a wide variety of clinical populations including people with severe psychiatric illness, trauma, depression and more as well as applications to private practice.