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Titolo	Using expressive arts to work with the mind, body and emotions [[electronic resource]] : theory and practice // Mark Pearson and Helen Wilson
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Altri autori (Persone)	WilsonHelen
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Nota di contenuto	FRONT COVER; Using Expressive Arts to Work with Mind, Body and Emotions:Theory and Practice; Contents; Introduction: After We've Talked - What Then?; 1. Evolution and Practice of Expressive Therapies; 2. Towards Freedom, Choice and Empowerment: Evolution of The; 3. Attachment, Integration and Renewal; 4. Emotions and our Body: Working with Somatic Awareness; 5. Emotion-focused Processes; 6. Expressive Writing as Emotional First Aid; 7. Exploring Art as Therapy; 8. Use of Music in Expressive Therapies; 9. Dreamwork; 10. Transpersonal Influences: Spirituality and Counselling; REFERENCES LIST OF ACTIVITIES SUBJECT INDEX; AUTHOR INDEX
Sommario/riassunto	This book combines theory, research and activities to produce practical suggestions for enhancing client participation in the therapy process. It surveys the literature on art therapy; somatic approaches; emotion- activating models; use of music, writing and dreamwork; and the implications of the new findings in neuroscience.