

1. Record Nr.	UNINA9910778546603321
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Titolo	Using expressive arts to work with the mind, body and emotions : theory and practice // Mark Pearson and Helen Wilson
Pubbl/distr/stampa	London ; ; Philadelphia, : Jessica Kingsley, 2009
ISBN	1-282-39292-1 9786612392924 0-85700-189-2
Descrizione fisica	1 online resource
Disciplina	616.89/1656
Soggetti	Arts - Therapeutic use Psychotherapy
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 and index.
Nota di contenuto	1. Evolution and Practice of Expressive Therapies -- 2. Towards Freedom, Choice and Empowerment: Evolution of Theory -- 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
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.