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Sommario/riassunto

Susan Makin has written a unique resource for art therapists working with patients or clients who find the concept of spontaneous artmaking daunting, and feel more comfortable with a structured framework. Therapeutic Art Directives and Resources: Activities and Initiatives for Individuals and Groups consists of a series of directives or suggestions for group and individual activities, with guidance on the suitability of each directive for clients with specific needs and ideas for further development. Her directives protect clients' creative freedom while providing a safe environment for exploring difficult issues. Commentaries by Cathy Malchiodi alongside the directives highlight particular uses of the directives and possible adaptations. Included at the front of the book are useful sample forms and hand-outs to give clients at the beginning of therapy as well as forms for the therapist's own record-keeping. These forms, like all the directives, have been used many times in clinical practice.
