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Nota di contenuto	Cover; Title; Copyright; Contents; Contributors; Preface; The Scope of this Book; Who Would Benefit From This Book?; Overall Value of This Book; Share Expressive Arts Interventions for School Counselors; Part I: Laying the Foundation; Chapter 1: Introduction; Overview of the Expressive Arts; Creative Arts Modalities; The Challenges of School Counseling; References; Part II: Visual Arts; Chapter 2: Visual Arts Interventions in the Academic Domain; Creating a Vision (Board) With Your Students; Four Directions; References/Resources; Imaginative Mind Mapping; Totem Activity; References Chapter 3: Visual Arts Interventions in the Career DomainCareer Cards; Envisioning Your Future; Heroes: Identity and Adaptability in the World of Work; References; I'm the School Counselor. What Do I Do?; My Family's Careers: Using Play Genograms to Explore Career; References; Promoting Career Aspiration Through Movie Characters; Trying a STEM Hat on for Size; Reference; The Wheel of Work; References; Appendix; Your True North: The Life You Learn From and the Life You Live; Chapter 4: Visual Arts Interventions in the Personal/Social Domain; Anger Switch; Creative Expression of Healing Culture ShockReferences; Decreasing Mental Illness Stigma With Visual

Art and Writing; References; Doodle Art-Just for Fun?; References; Erase and Replace; Expression on the Spectrum; References; Feeling Frustrated and Sad; Reference; Freeze Frame; Friends and Family; References; Group Puzzle Drawing; I Am Thankful For . . .; I Have "Two Eyes, a Nose, and a Mouth"; If Animals Went to School: Making Connections; Mandalas and Mindfulness: Identifying the Real Me; Memory Making; Mirror, Mirror on the Wall; References; The Myth of the Phoenix; Reference; Our Multicultural Stars and Selves Progressive PaintingsPuzzled; Recycled Reflections: A Visual Journal Project; Reflecting in Color; The Remembrance Tree; Appendix; Self-Discovery Through Nature; Self-Expression: Letting Your Worries Go; Reference; Soundtrack to Your Life; The Stars in Your World; Success, Stones, and Solutions; Reference; Tee-Shirt Art as an Expressive Therapeutic Intervention in Schools; References; Using Artist Trading Cards to Enhance Self-Esteem; The Weight That I Carry; What Monsters Are Hiding in Your Closet?; What's in Your Locker?; Part III: Music Chapter 5: Music-Based Interventions in the Academic DomainLyrics and My Life; References; Chapter 6: Music-Based Interventions in the Career Domain; Retirement Celebration "DJ Playlist"; Chapter 7: Music-Based Interventions in the Personal/Social Domain; Connecting Students to the Civil Rights Movement Through Music; Reference; Feelings Song About Managing Anger: "When You're Angry and You Know It"; Reference; Multimedia Timeline Life Map; The Music of My Life; Musical Questions; Stress Is Played Out: Using Music to De-Stress; Part IV: Movement and Dance Chapter 8: Movement-/Dance-Based Interventions in the Academic Domain

Sommario/riassunto

Presents 100+ interventions using creative and expressive arts counseling techniques in school settings. Expressive arts therapies are a rich resource for use with children and adolescents, who are often unresponsive to traditional talk therapy, and highly useful to school counselors who must overcome cultural, language, and ability barriers that are increasingly present in diverse and multicultural school settings. This is the first book written specifically for school counselors about using creative and expressive arts counseling techniques in school settings. It presents over 100 interventi
