

1. Record Nr.	UNINA9910970707903321
Autore	Rubin Judith Aron
Titolo	Artful therapy / / Judith A. Rubin
Pubbl/distr/stampa	Hoboken, N.J., : John Wiley & Sons, c2005
ISBN	9780471720126 0471720127
Descrizione fisica	xiv, 288 p. : ill
Disciplina	615.8/5156
Soggetti	Art therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references (p. 257-272) and index.
Sommario/riassunto	<p>Use the therapeutic potential of art to make progress in your practice</p> <p>Artful Therapy shows you how to use art to make a difference in therapy. Using visual imagery and art creation, you can help people with medical problems understand how they feel about their illness; victims of abuse "tell without talking"; and substance abuse and eating disorder clients tap into unresolved issues. These are just a few examples of how the power of art can improve your practice. Ideal for mental health professionals and allied workers with little or no art background, this accessible and proven guide takes you through the techniques of using art and visual imagery, and shows you how they can benefit clients of varying ages and abilities. With the art therapy tools provided, you can open potentially groundbreaking new dialogues with your clients. Author Judith Aron Rubin draws on more than forty years experience as an art therapist to help you maximize the value of art as a therapeutic tool, in both the mental health disciplines, such as psychology and social work, and related specialties. An accompanying DVD contains models for practitioners, showing art therapy being used in actual clinical practice. The DVD clearly models:</p> <ul style="list-style-type: none"> * Initiating the art-making process * Using art in assessment * Using mental imagery, with or without art * Implementing other art forms--such as drama and music--in therapy * Using art with a variety of client types, including children, families, and groups * Assigning art as "homework" <p>Whether</p>

or not you have used art therapy with your clients or are thinking about integrating art therapy in your practice, making the most of art in the clinical setting begins with Artful Therapy.
