

## The Creative Connection Expressive Arts As Healing

"In Expressive Arts Education and Therapy the reader follows the creation of art-making in tandem with the unfolding of sense-making. A dance theatre lab is the stage for exploration where what was discovered was phenomenologically and collaboratively reflected upon, the participatory nature of the creative work pouring into the research methodology. Creative Process-based Research efficacy is contingent upon the interaction of three poles - the creator, the product and an experience of the internal/external creative process of the creator. All three perspectives comprise the dynamics required of this research methodology in order to understand what is occurring in these three distinct and essential elements of the creative process. What results is an experience of cohesion that consciously describes this interplay. The author outlines his influences that contributed to both the art-making and sense-making over the seven year research project. His work in experimental theatre in New York, as an educator with The European Graduate School in Switzerland and his studies with philosopher John de Ruiter in Canada are integrated into the world of research in the field of expressive arts. The visceral component of creating clarity is uncovered and articulated. This book inspires new ways of thinking about participatory, collaborative, arts-centered research where the skill of exposing the artist/researcher's modus operandi for making art and making sense is named in a myriad of ways that call upon the intellect as well as the artist's intuitive sense of what to focus on and its relevance to education, therapy and global health"--

"Once in a while a book comes along that is both unique and invaluable.... By reading and studying this work, practitioners can enrich the lives of their clients and their own effectiveness. [It] translates theory into practice and transforms mainstream counseling approaches into extremely useful devices for modifying the way clients and counselors function in therapy." Samuel T. Gladding, PhD Department of Counseling, Wake Forest University (From the Foreword) While traditional "talk" therapies remain at the foundation of counseling, the use of expressive and creative arts in conjunction with these methods can often deepen the healing process as well as expedite diagnosis, treatment and prevention. Integrating the Expressive Arts into Counseling Practice is designed to provide readers with an understanding of the ways in which expressive arts counseling techniques can be productively integrated into the leading counseling modalities. Accessible to students and practitioners alike, it presents field-tested expressive arts interventions within the context of the most commonly taught theoretical orientations, including Cognitive-Behavioral Therapy, Solution-Focused Brief Therapy, Gestalt Theory, Adlerian Theory, Choice Theory, Existential Theory, Feminist Theory, Person-Centered Theory, Narrative Therapy, and Integrative Theory. These chapters include the work of over 40 contributors, including expert practitioners and faculty, who offer detailed descriptions of their own successful expressive arts interventions. Key Features Presents over 50 expressive art interventions in an easy, step-by-step format Describes interventions within a framework of 10 commonly used treatment modalities Explains the connection between theory and intervention Includes art, writing, drama, music, movement, dance, puppetry, and sandplay activities. Discusses appropriate populations, settings, and diagnoses with which to use each intervention

The field of expressive arts is closely tied to the work of therapeutic change. As well as being beneficial for the individual or small group, expressive arts therapy has the potential for a much wider impact, to inspire social action and bring about social change. The book's contributors explore the transformative power of the arts therapies in areas stricken by conflict, political unrest, poverty or natural disaster and discuss how and why expressive arts works. They look at the ways it can be used to engage community consciousness and improve social conditions whilst taking into account the issues that arise within different contexts and populations. Leading expressive arts therapy practitioners give inspiring accounts of their work, from using poetry as a tool in trauma intervention with Iraqi survivors of war and torture, to setting up storytelling workshops to aid the integration of Ethiopian Jewish immigrants in Israel. Offering visionary perspectives on the role of the arts in inspiring change at the community or social level, this is essential reading for students and practitioners of creative and expressive arts therapies, as well as psychotherapists, counsellors, artists and others working to effect social change.

This work argues that poiesis, the creative act, as also the act by which we affirm our identity and humanity, and shows the essential affinity of the creative and therapeutic processes. The context in which modern therapy emerged is considered, as are various aspects of arts therapies.

Laying the philosophical foundations of expressive arts therapy, this book highlights the role and importance of poiesis, the art of 'making' as a response to the world, in the expressive arts therapies as well as our own lives. The concept of poiesis was originally developed and brought into the field by Stephen K. Levine. It is a perspective that restores the primacy of the arts for the arts therapies instead of reducing art-making and art-objects to psychological data. Bringing together different schools of thought in unexpected ways, this book shows how the principles underlying expressive arts therapy have relevance to ethics, politics and social change. It includes chapters on Taoism, improvisation in the arts, and the importance of creativity for understanding human existence. With personal narratives and poetry to help create natural points for the reader to stop and reflect, Philosophy of Expressive Arts Therapy is the perfect guide for those wanting to understand the role of the arts and art-making in life and in therapeutic change.

The third edition of Approaches to Art Therapy brings together varied theoretical approaches and provides a variety of solutions to the challenge of translating theory to technique. In each chapter, the field's most eminent scholars provide a definition of and orientation to the specific theory or area of emphasis, showing its relevance to art therapy. The third edition includes many new chapters with material on a wide variety of topics including contemplative approaches, DBT, neuroscience, and mentalization while also retaining important and timeless contributions from the pioneers of art therapy. Clinical case examples and over 100 illustrations of patient artwork vividly demonstrate the techniques in practice. Approaches to Art Therapy, 3rd edition, is an essential resource in the assembly of any clinician's theoretical and technical toolbox, and in the formulation of each individual's own approach to art therapy.

"This book focuses on arguments from suffering against the existence of God and on a variety of issues concerning agency and value that they bring out. The central aim is to show the extent and power of arguments from evil. The book provides a close investigation of an under-defended claim at the heart of the major free-will-based responses to such arguments, namely that free will is sufficiently valuable to serve as the good, or prominently among the goods, that provides a God-justifying reason for permitting evil in our world. Offering a fresh examination of traditional theodicies, it also develops an alternative line the author calls a divine intimacy theodicy. It makes an extended case for rejection of the position of skeptical theism. The book expands upon an argument from evil concerning a traditional doctrine of hell, which reveals a number of interesting issues concerning fault, agency, and blameworthiness. In response to recent work contending that the problem of evil is defanged since God's baseline attitude toward human beings is indifference, the book defends the essential perfect moral goodness of God. Finally it takes up the question of whether or not it makes sense to live a religious life as an agnostic or as an atheist"--

Environmental Arts Therapy: The Wild Frontiers of the Heart describes what happens when we take the creative arts therapies and the people whom we work with out of doors in order to provide safe, structured and accompanied creative therapeutic healing experiences. The theoretical themes are developed along with illustrated examples of clinical practice across a variety of settings and locations. The work is introduced and co-edited by a pioneer in the field, Ian Siddons Heginworth, who describes the emergence of environmental arts therapy and its growth across the British Isles supported through the

training course based in London. The following 12 chapters are written by contributing authors and creative arts therapy practitioners working with children, adults and elders in schools, adult mental health and private practice in Britain and Europe. A central focus of the book is the clinical populations and settings in which clinicians work, and it also describes the health benefits as well as the challenges faced when working out of doors. This is a book about the emergence of a new creative therapy modality in the British Isles. It shows the value of working with the natural cycles and seasons, using an integrative arts approach including dramatic enactment, role-play, poetry, art-making with natural materials, storytelling, and the use of bodywork through movement, sound, rhythm and the voice, all held and reflected by our encounters with and in nature. It is about our relationship with nature, creativity and therapeutic healing and is written for trainers, trainees and practitioners in the creative arts, psychotherapy and ecotherapy.

Foundations of Expressive Arts Therapy provides an arts-based approach to the theory and practice of expressive arts therapy. The book explores the various expressive arts therapy modalities both individually and in relationship to each other. The contributors emphasize the importance of the imagination and of aesthetic experience, arguing that these are central to psychological well-being, and challenging accepted views which place primary emphasis on the cognitive and emotional dimensions of mental health and development. Part One explores the theory which informs the practice of expressive arts therapy. Part Two relates this theory to the therapeutic application of the expressive arts (including music, art, movement, drama, poetry and voicework) in different contexts, ranging from play therapy with children to trauma work with Bosnian refugees and second-generation Holocaust survivors. Comprehensive in its coverage of the most fundamental aspects of expressive arts therapy, this book is a significant contribution to the field and a useful reference for all practitioners.

The use of the arts in psychotherapy is a burgeoning area of interest, particularly in the field of bereavement, where it is a staple intervention in hospice programs, children's grief camps, specialized programs for trauma or combat exposure, work with bereaved parents, widowed elders or suicide survivors, and in many other contexts. But how should clinicians differentiate between the many different approaches and techniques, and what criteria should they use to decide which technique to use—and when? Grief and the Expressive Arts provides the answers using a crisp, coherent structure that creates a conceptual and relational scaffold for an artistically inclined grief therapy. Each of the book's brief chapters is accessible and clearly focused, conveying concrete methods and anchoring them in brief case studies, across a range of approaches featuring music, creative writing, visual arts, dance and movement, theatre and performance and multi-modal practices. Any clinician—expressive arts therapist, grief counselor, or something in between—looking for a professionally oriented but scientifically informed book for guidance and inspiration need look no further than Grief and the Expressive Arts.

Art Therapy and Creative Aging offers an integrated perspective on engaging with older people through the arts. Drawing from the author's clinical, research and teaching experiences, the book explores how arts engagement can intertwine with and support healthy aging. This book combines analysis of current development theory, existing research on creative programs with elders, and case examples of therapeutic experience to critically examine ageism and demonstrate how art therapy and creative aging approaches can harness our knowledge of the cognitive and emotional development of older adults. Chapters cover consideration of generational, cultural, and historical factors; the creative, cognitive and emotional developmental components of aging; arts and art therapy techniques and methods with older adults with differing needs; and examples of best practices. Creative arts therapists, creative aging professionals, and students who seek foundational concepts and ideas for arts practice with older people will find this book instrumental in developing effective ways of using the arts to promote health and well-being and inspire engagement with this often-underserved population.

"In keeping with person-centered theory and therapy, John and Rita Sommers-Flanagan have produced a book that will be immensely helpful for professionals who work with parents. Throughout the pages, there are many examples of practitioners honoring and respecting parents and listening deeply to how best be of help. I am delighted that this book continues to echo and expand on my father's work."

—Natalie Rogers, PhD, REAT, author, *The Creative Connection* and *The Creative Connections for Groups* "Because parenting can be such a dizzying task, professionals working with parents need to have intelligible, compassionate, and ethical principles to guide their work. John and Rita Sommers-Flanagan have mastered this complex terrain, and we are fortunate, in this articulate and accessible book, to gain from their exceptional experience and wisdom." —Andrew Peterson, EdD, author, *The Next Ten Minutes: 51 Absurdly Simple Ways to Seize the Moment* Step-by-step guidance for building healthy dialogues with parents that open communication and promote positive outcomes Embracing the uniqueness of every parent, family situation, and practitioner, *How to Listen so Parents Will Talk and Talk so Parents Will Listen* helps professionals address the parent-child problems that families often find puzzling or challenging and for which they seek support and guidance. *How to Listen so Parents Will Talk and Talk so Parents Will Listen* features many specific interventions and methods for helping parents implement developmentally appropriate and scientifically supported strategies for building healthy parent-child relationships and working through the most common conflicts encountered in families. It includes: Tips for creating a positive therapist-client experience with parents Guidelines for working with a variety of parents Parenting tip sheets and homework assignments Case studies focusing on many different parenting problems, including the strong-willed child, divorce, homework battles, spanking, and more *How to Listen so Parents Will Talk and Talk so Parents Will Listen* will help you develop positive relationships with parents so that constructive two-way dialogue can be established. Even the most difficult and resistant parents can be successfully engaged through the helpful strategies, advice, and tools found in this practical guide.

It provides a comprehensive introduction to the field of art therapy in a variety of different settings.

In *Creativity as Co-Therapist*, experienced psychotherapist and creativity expert, Lisa Mitchell, bridges the gap between theoretical knowledge and therapeutic application by teaching psychotherapists of all backgrounds to see therapy as their art form. Readers are guided through the five stages of the creative process to help them understand the complexities of approaching their work creatively and to effectively identify areas in which they tend to get stuck when working with clients. Along the way workbook assignments, case studies, personal stories, and hands-on art directives will inspire the reader to think outside the box and build the creative muscles that hold the key to enlivening their work.

*Focusing* provides an effective way of listening to the innate wisdom of the body, while art therapy harnesses and activates creative intelligence. *Focusing-Oriented Art Therapy: Accessing the Body's Wisdom and Creative Intelligence* is a ground-breaking book integrating renowned psychologist Eugene Gendlin's *Focusing* with art therapy. This new, Focusing-based approach to art therapy helps clients to befriend their inner experience, access healing imagery from the body's felt sense to express in art, and carry forward implicit steps that lead toward change. Written for readers to be able to learn the application of this innovative approach, the book provides in-depth examples and descriptions of how to adapt Focusing-Oriented Art Therapy to a wide variety of clinical populations including individuals and groups with severe psychiatric illness, trauma, PTSD, anxiety, depression, and more, as well as applications to private practice, illness and wellness, spirituality, and self-care. Integrating theory, clinical practice, and numerous guided exercises, this accessible book will enhance clinical sensitivity and skill, while adding resources for bringing creativity into practice. It will be of interest to art therapists, Focusing therapists, psychologists, counselors and social workers, as well as trainers and students.

All across the country, a groundbreaking movement is forming in the field of health care: art and medicine are becoming one, with remarkable results. In major medical centers such as the University of Florida, Duke, University of California, and Harvard Medical School, patients confronting life-threatening illness and depression are using art, writing, music, and Dance to heal body and soul. -A woman with

breast cancer who has never made art before finds healing and empowerment by creating sculpture. -A man with AIDS uses journaling to overcome feelings of despair and helplessness. -A woman suffering from depression following her divorce learns to dance for the first time in her life--and in her body's movement she rediscovers a sense of play and joy. -A musician gives meaning to his art by helping people with illness transform their life through music. -Physicians and nurses are beginning to use creativity to complement and enhance their medical practice. Creative Healing presents readers with the inspiring ways in which the arts (painting, writing, music, and dance) can free the spirit to heal. In one volume, the authors detail the transformative power of a diverse range of artistic activity. Michael Samuels, MD, has over twenty-five years of experience working with cancer patients and is the best-selling author of *Seeing with the Mind's Eye* and *The Well Baby Book*. He teams up with fellow pioneer Mary Rockwood Lane, RN, PhD, to share their extraordinary findings on the healing powers of the arts. Through guided imagery, personal stories, and practical exercises, they teach you how to find your "inner artist-healer," enabling you to improve your health, attitude, and sense of well being by immersing yourself in creative activity. Both Samuels and Lane offer invaluable insight through their personal journeys and extensive groundbreaking research, noting that "prayer, art, and healing come from the same source--the human soul." Because there lies an artist and healer within each of us, Creative Healing is an invaluable resource for anyone wishing to discover the beauty of music, dance, writing or art and connect with a deeper part of oneself. Filled with inspiration and guidance, it will help you make changes in your life and the lives of others and gain access to the sacred place where inner peace exists.

This ground-breaking book explores the theoretical, clinical and training application of integrating mindfulness with all of the arts therapies, and includes cutting-edge contributions from neuroscience. Written by pioneers and leaders in the arts therapies and psychology fields, the book includes 6 sections that examine mindfulness and the arts therapies from different perspectives: 1) the history and roots of mindfulness in relation to spirituality, psychotherapy and the arts therapies; 2) the role of the expressive arts in cultivating mindful awareness; 3) innovative approaches that add mindfulness to the arts therapies; 4) arts therapies approaches that are inherently mindfulness-based; 5) mindfulness in the training and education of arts therapists; and 6) the neuroscience underlying mindfulness and the arts therapies. Contributors describe their pioneering work with diverse applications: people with cancer, trauma, chronic pain, substance abuse, severe mental illness, clients in private practice, adolescents at camp, training dance and art therapists, and more. This rich resource will inspire and rejuvenate all clinicians and educators.

How can social workers integrate expressive arts methods as a complement to their work to better support individual, group, and community growth? *Expressive Arts for Social Work and Social Change* explores the values and benefits of expressive arts (i.e., visual arts, movement and dance, expressive forms of writing and narrative, music, and performance) and the role they can play in social work practice and inquiry. Although previous research has illustrated the efficacy of expressive arts to individual therapeutic goals, this is the first work that looks at the use of these approaches to fulfill the values, ethics, and principles of the social work profession. The authors draw from current and emerging concepts related to green social work, including individual and collective well-being, Indigenous perspectives and practices, social justice and social action, and individual as well as collective creative expression. This book provides insight and advice that will benefit all human service professionals interested in expressive arts.

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This book lays the foundation for a fresh interpretation of art-making and the therapeutic process by re-examining the concept of poesis. The authors clarify the methodology and theory of practice with a focus on intermodal therapy, crystallization theory and polyaesthetics, and give guidance on the didactics of acquiring practical skills.

Poetry is increasingly used in therapy, and it already occupies a central place in expressive arts therapies. This book is the first to explicitly combine theory and practice from the field of expressive arts with poetry and poetics. The book offers both a guide and poetic encouragement for using poetry in expressive arts work. Within this arts context, poetry is offered as a way to create hope and confidence, providing clients with a platform for healing, reconciliation, problem solving, and personal and professional development. Each chapter uses examples of poetry to illustrate the ideas of the chapter. With an outstanding contribution to the field of expressive arts theory and practice, this book is essential for people wanting to use an integrative arts-based approach to help their clients build resilience and foster sustainable, positive change in their lives.

Natalie says, "this book is written to give women courage and support to be full persons in our society and what is personal is political....also to give sanction to men and women to be honest and open about their struggles. Communication begins by revealing oneself. I have revealed much of myself in the hope that it will stimulate new thought and action; new channels to reach out to each other. Carl Rogers, author of *On Becoming a Person* said, "My daughter has written a personal, sensitive and moving book about her own journey to womanhood. ...it confirms what I have long believed: what is most personal is universal." Self published in 1980, this has become a feminist classic having been published in French, Italian, Portuguese and Japanese. It became an underground book handed from one woman to another. The chapter titles: "The Right To Be Me," "Uprooting and Rerooting: A Transition," "Solo, A Midlife Choice," "On Love, Loving and Lovers," and "Opening," "The Impact of Women On My Life." This book is still extremely relevant for the 21st century.

*Environmental arts therapy and the Tree of life* guides us through the Celtic calendar to explore the relationship between the feeling experience of the human heart and the turning year. Practical, poetic, innovative and magical, it invites us to make environmental art and ritual a vital and healing part of our lives once again and teaches us how to take the personal issues that bind and oppress us out into Nature where they can be met, confronted and transformed.

First published in 1996. Routledge is an imprint of Taylor & Francis, an informa company.

This volume makes a tremendous contribution to the field of expressive arts therapy through its presentation of clear and profound theoretical bases to a relatively new profession in the domain of psychotherapy. It applies comprehensive, in-depth psychological knowledge to practical cases which shed light on clinical interventions that reflect the use of art in psychotherapy. The book provides a fruitful and much needed theoretical kaleidoscope to the professional community of expressive arts therapy.

Many of us have strong convictions. We want to advocate for causes we care about--but which ones? We want to work for change--but will the emotional toll lead to burn out? Leadership coach, lawyer, photographer, and activist Karen Walrond knows that when you care deeply about the world, light can seem hard to find. But when your activism grows out of your joy--and vice versa--you begin to see light everywhere. In *The Lightmaker's Manifesto*, Walrond helps us name the skills, values, and actions that bring us joy; identify the causes that spark our empathy and concern; and then put it all together to change the world. Creative and practical exercises, including journaling, daily intention-setting, and mindful self-compassion, are complemented by lively conversations with activists and thought leaders such as Valarie Kaur, Brené Brown, Tarana Burke, and Zuri Adele. With stories from around the world and wisdom from those leading movements for change, Walrond beckons readers toward lives of integrity, advocacy, conviction, and joy. By unearthing our passions and gifts, we learn how to joyfully advocate for justice, peace, and liberation. We learn how to become makers of light.

This accessible book comprises a collection of 80 tried-and-tested exercises, with guidelines for applying them and advice for devising new ones. Liesl Silverstone offers a variety of exercises for a diverse and multicultural client base, such as guided fantasies, one-to-one and group work focusing on the group dynamic, and some examples of working with adults with learning difficulties and children. Focusing on the non-directive, non-interpretive person-centred approach to art therapy, this inspirational book is the perfect complement to *Art Therapy – The Person-Centred Way*, also by Liesl Silverstone and published by Jessica Kingsley Publishers. *Art Therapy Exercises* is an invaluable book for art therapists and art therapy students, counsellors, psychotherapists and all professionals working in the field of human development.

*The Creative Connection* is a practical, spirited book, lavishly illustrated with colour plates of artwork and action photographs. First published in the USA in 1993 by Science and Behavior Books, we are proud to be publishing this ground-breaking book in the UK. It describes the Creative Connection® process developed by Natalie Rogers, which interweaves movement, sound, art, writing and guided imagery, tapping into the deep wellspring of creativity within each of us. Natalie says, 'Vital to the creative process is an environment of psychological safety and freedom'. This reflects her deep belief in the philosophy of her father, Carl Rogers, which emphasises empathy, openness, honesty and congruence.

First published in 1994. Routledge is an imprint of Taylor & Francis, an informa company.

Designed to help spiritual directors and others use expressive arts in the context of spiritual direction.

*Creative Arts Therapy Careers* is a collection of essays written by and interviews with registered drama therapists, dance/movement therapists, music therapists, art therapists, poetry therapists, and expressive arts therapists. The book sheds light on the fascinating yet little-known field of the creative arts therapies – psychotherapy approaches which allow clients to use creativity and artistic expression to explore their lives, solve their problems, make meaning, and heal from their traumas. Featuring stories of educators in each of the six fields and at different stages of their career, it outlines the steps one needs to take in order to find training in one of the creative arts therapies and explores the healing aspects of the arts, where creative arts therapists work, who they work with, and how they use the arts in therapy. Contributors to this book provide a wealth of practical information, including ways to find opportunities to work with at-risk populations in order to gain experience with the arts as healing tools; choosing the right graduate school for further study; the difference between registration, certification, and licensure; and the differences between a career in a medical, mental health, educational, correctional, or service institution. This book illuminates creative arts therapy career possibilities for undergraduate and graduate students studying acting, directing, playwriting, creative writing, visual arts, theatre design, dance, and music. It is also an excellent resource for instructors offering a course to prepare arts students of all kinds for the professional world.

The physical care of people with dementia is of vital importance, but so too is their emotional, social, mental and spiritual wellbeing. The creative arts are gaining increasing recognition not only as a tool for delivering effective person-centred dementia care, but also for attending to soul as well as body. Encouraging those who care for people with dementia to develop their own creative skills, this book provides a creative map of care with easy-to-follow examples and detailed case studies. After explaining why adopting a creative approach is central to effective dementia care, the authors go on to discuss meditation, singing, movement and storytelling, describing the therapeutic benefits of each and giving practical examples of how they can be used with individuals or groups. They also look at the importance of creative supervision in promoting creativity and creating a safe space for honest interpersonal connection: an essential foundation for effective teamwork. This book will be an invaluable resource for anyone involved in the care of a person with dementia, including professional staff in residential and nursing homes, hospitals and day centres, families and other non-professional carers.

This new second edition of *Attunement in Expressive Arts Therapy: Toward an Understanding of Embodied Empathy* has been extensively revised. The book addresses how the arts can be applied therapeutically for mental, emotional and spiritual health. The therapeutic practices offer expanded ways of being attuned to emotional states and life conditions with individuals, relationships, groups, and communities. Specific topics include: the contexts of attunement in the arts and therapy, tuning in to embodied creative intelligence, attunement and improvisation, rhythm and resonance, and the sense of balance achieved through affective sensory states. Each chapter clearly articulates how to utilize the arts to tune in to self, other, and a larger sacred presence. The poignant stories from the author's 35 years as an artist and therapist allows the reader to experience how the arts have been used throughout history to maintain healthy physical, emotional and spiritual well-being. Spontaneity, heightened sensitivity to inner states, deep connectivity to self and other, and an awareness of energetic and embodied shifts in consciousness are explored. It will be an excellent resource for those interested in learning how to engage with individuals and communities in order to address complex life challenges.

This book introduces ways of using the expressive arts in counseling and psychotherapy. It offers examples of ideas and structures which can be incorporated into practice in a variety of settings, including mental health and social service agencies, schools, organizations, and in the private practice of counseling and psychotherapy

*Expressive Arts Therapy for Traumatized Children and Adolescents* is the book so many expressive arts and trauma therapists have been waiting for. Not only does it lay out an organized, thorough framework for applying varied expressive arts modalities, it provides clear directions for the application of these modalities at different phases of treatment. Both beginning and experienced clinicians and students will appreciate the thoughtful analyses of ways for introducing expressive arts to clients, engaging clients with their art, being present to the art that is created, and working within a particular session structure that guides the treatment process. Readers will also receive more specific learning regarding the process of using body-focused and sensory-based language and skills in the process of trauma treatment over time. They'll pick up more than 60 priceless expressive-arts assessment and treatment interventions that are sure to serve them well for years to come. The appendices features these interventions as photocopyable handouts that will guide the therapist working with youth through each phase of treatment.

*The Creative Connection Expressive Arts as Healing* Science and Behavior Books

Most people who journal use words. But words come from the left brain, which interprets experiences through our learned beliefs and expectations. As this breakthrough book demonstrates, there is a more effective way to journal---using images. Simple drawings, crayon art, even doodles and stick figures can help anyone---even those who believe they "can't draw"---move beyond thought into deep reaches of feeling and intuitive knowing. Barbara Ganim and Susan Fox have developed their Visual Journaling technique into an acclaimed workshop. This book, beautifully illustrated with black and white and color

drawings from the journals of students in their workshops, makes this enjoyable tool for personal exploration accessible to everyone. A six-week plan of exercises and interpretive activities teaches readers a lifelong practice that can reduce stress, explore conflicts, and overcome obstacles. Its simple techniques can help everyone gain access to "soul-based" inner wisdom.

Using Expressive Arts to Work with Mind, Body and Emotions 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. The book includes step-by-step instructions for implementing expressive therapies techniques, and contains a wide range of experiential activities that integrate playful yet powerful tools that work in harmony with the client's innate ability for self-healing. The authors discuss transpersonal influences along with the practical implications of both emotion-focused and attachment theories. Using Expressive Arts to Work with Mind, Body and Emotions is an essential guide to integrating creative arts-based activities into counselling and psychotherapy and will be a useful manual for practitioners, academics and student counsellors, psychologists, psychotherapists, social workers and creative arts therapists.

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