



Approaches to Art Therapy: Theory and Technique

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The second edition of the highly successful 1987 book brings together the varied theoretical approaches to art therapy, and provides a variety of solutions to the challenge of translating theory to technique. In each chapter, the esteemed contributors, experts in the approach of the particular chapter, provide a definition of and orientation to the specific theory or area of emphasis, showing its relevance to art therapy. Clinical examples and nearly 100 illustrations are employed as the authors present the creative and effective treatment of patients.

In addition to the strength of the theoretical overview, this new edition offers many new chapters including those on cognitive-behavioral therapy and person-centered therapy. The text is divided into five sections: psychodynamic approaches; humanistic approaches; psycho-educational approaches; systemic approaches; and integrative approaches. Commentaries by well known art therapists follow each section of the book. Art therapists at all levels, as well as any mental health professional utilizing art in their clinical work, will find this new edition of value and interest.

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