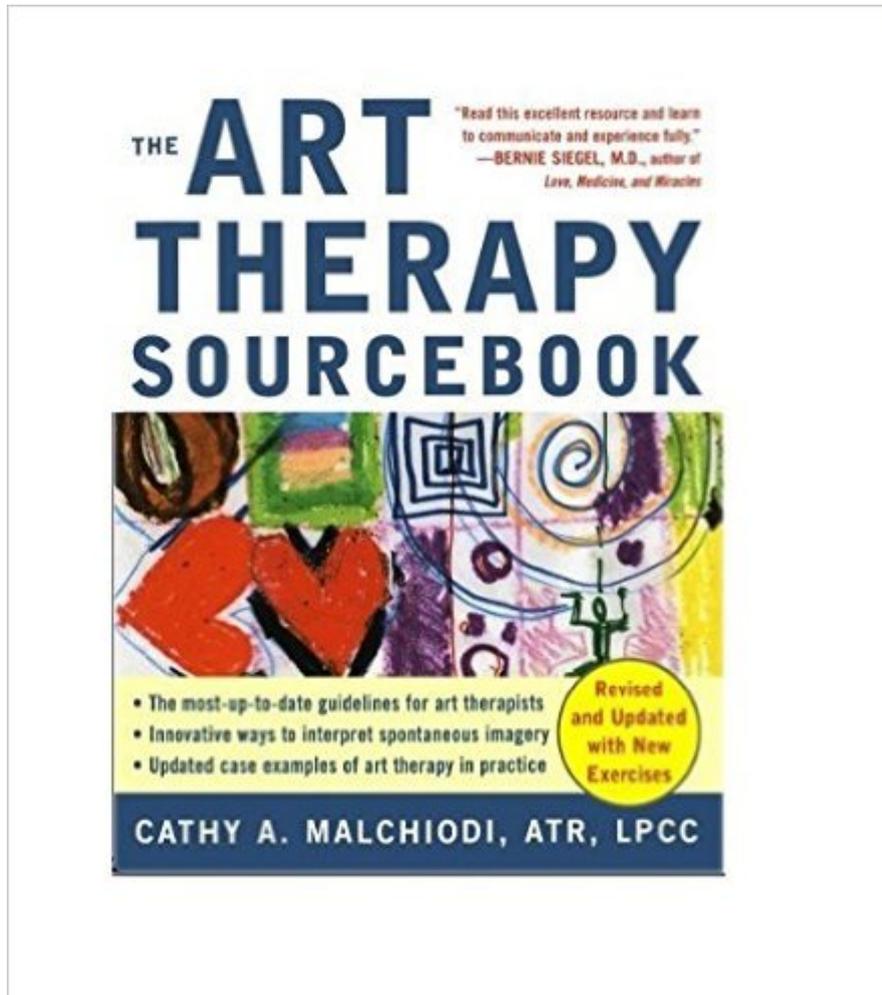


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# Art Therapy Sourcebook (Sourcebooks)



## Synopsis

"The most accessible and complete art therapy book ever published. It is a great achievement."--Shaun McNiff, author of *Art Is Medicine* and *Trust the Process* "Malchiodi's fascinating book shows how modern art therapy is being employed as a potent health-care intervention."--Larry Dossey, M.D., author of *Prayer Is Good Medicine* and *Healing Words* Newly updated and revised, this authoritative guide shows you how to use art therapy to guide yourself and others on a special path of personal growth, insight, and transformation. Cathy A. Malchiodi, a leading expert in the field, gives you step-by-step instructions for stimulating creativity and interpreting the resulting art pieces. This encouraging and effective method can help you and others recover from pain and become whole again. The *Art Therapy Sourcebook* will help you: Find relief from overwhelming emotions Recover from traumatic losses Reduce their stress levels Discover insights about yourself Experience personal growth

## Book Information

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## Customer Reviews

As an experienced clinician/psychologist who has just started classes for a certificate in art therapy, I found this little book to be a terrific compilation of introductory information on art therapy. The book lives up to its' SOURCEBOOK title. The over-view of the subject is artfully written, easy to read and the resources are great for the beginner in this expanding field of the art therapies. I think that all clinical, mental health service providers would benefit from reading this book as they strive to offer treatment alternatives for their clients. If mental health practitioners did more exploring of alternative

non-verbal ways into the mind of their clients, while sharing discoveries with their clients, we might all think more of taking our clients off of drugs and offering them art, music, theater, dance as ways to work through their difficulties. I URGE ALL CLINICAL MENTAL HEALTH WORKERS TO CONSIDER WHAT THIS BOOK HAS TO OFFER. Art and music and dance all awaken the sleeping/suffering brain and we must take responsibility for introducing them to ourselves and our clients as ways we already have in us to create more peaceful, less stressful and more enlightened ways of bringing wellness to our daily lives.

As a first time reader of what art Therapy is about, I found the Art Therapy Sourcebook an easy and comprehensive read. The illustrations and examples are meaningful and the exercises are great. I had once lost the enthusiasm to draw, through reading this book and following the exercises I have created my own creative journal, I find myself immersed in the freedom of drawing once again. For those that are interested in training as an Art Therapist or just taking some Art Therapy for themselves, there is a list of organisations and their contact details at the back of the book as well as some practical advice about qualifying to become an Art Therapist.

An excellent primer for a psychotherapist who uses art for evaluation and treatment in psychotherapy.

I was expecting more activities from this book. It has some good basic info, but not a whole lot of activities.

The book is an incredible introduction to art therapy. I am personally writing my thesis on art therapy and it has proven an invaluable resource. Great read and quite informative

I was excited to read this book based on all the good reviews but I was disappointed. It's very repetitive and is really meant for someone who knows nothing about art. I might have enjoyed this book if I was a "non artist", like the author calls it, but if you're already experienced in art and hoping to get a good list of activities it is not the book for you.

Love this book! It is filled with fantastic ideas for stimulating creativity and therapeutic release for children or adults!!!

This is an informative book for Art Therapists or those interested in learning more about Art Therapy. It is written in a easy, readable manner. I am an Art Therapist and I used it a lot when doing research for a presentation and found it very helpful.

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