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Art Therapy Techniques and Applications

Susan I. Buchalter

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Art Therapy Techniques and Applications Susan I. Buchalter
Art Therapy Techniques and Applications contains an original composite of therapeutic goals and evocative ideas that can be used with a wide variety of clients.

This book is filled with innovative suggestions and plans that are easily implemented: from brief warm-ups to stretch the imagination, and collage and mask creations to assist the expression of mood, to guidance on combining modalities such as art, metaphors and movement, mindfulness exercises, and using computer programs to enhance art therapy projects.

Clear and concise, this is an indispensable reference guide for the therapist who wants to improve focus, develop problem-solving skills, and add creativity to their group work. This book will appeal to art therapists, art therapy students and professors, counselors, and social workers.

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