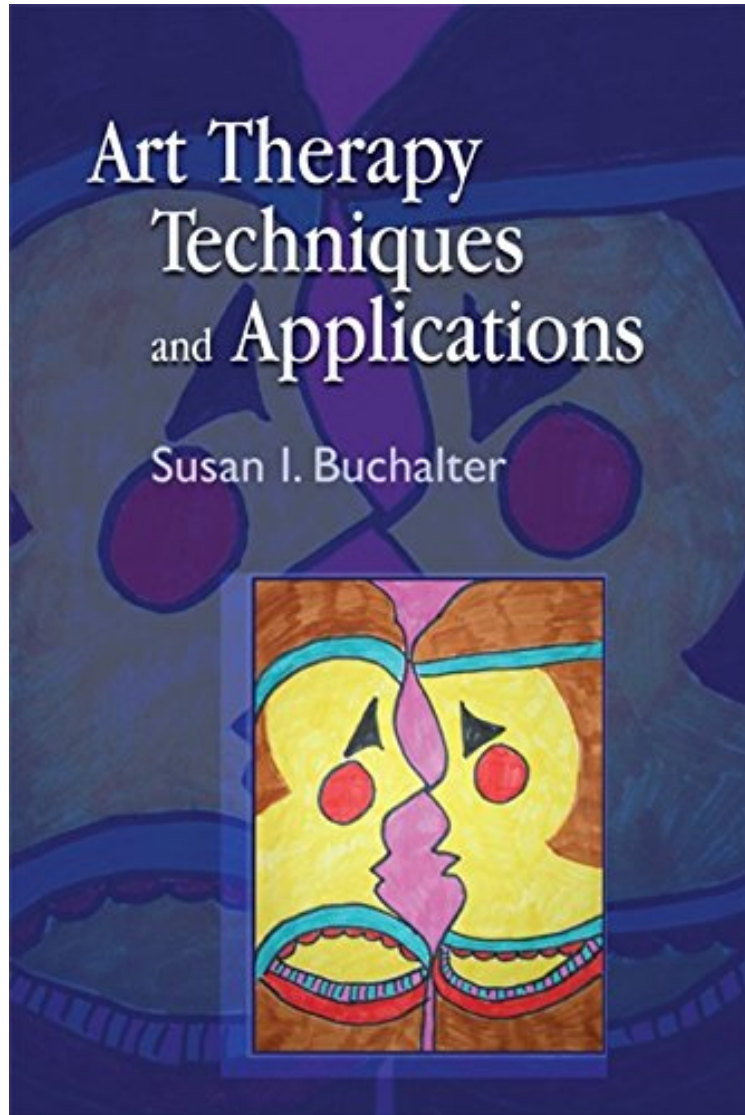


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# Art Therapy Techniques and Applications

*Susan Buchalter*

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**Susan Buchalter : Art Therapy Techniques and Applications** before purchasing it in order to gage whether or not it would be worth my time, and all praised Art Therapy Techniques and Applications:

13 of 13 people found the following review helpful. For your professional libraryBy BookArtArt Therapy Techniques and Applications offers directives applicable to various populations. The volume is organized around techniques, such as drawing, painting, collages, etc. with seperate sections on mindfulness, computer art and multimedia. Great book fior the new art therapist or the seasoned professional looking for inspiration. Highly recommended!2 of 2 people found the following review helpful. fun and therapeutic without having to rely so much on ...By rozamyI work with

school age kids who have very limited verbal skills and was looking for ideas for group activities that would be creative, fun and therapeutic without having to rely so much on "talk therapy". This book has lots of Very good practical ideas. Most were designed for adults but many are adaptable for kids. Very easy directions, and lots of activities that don't require a lot of set up or special materials. I will be getting a lot of use out of this one!!6 of 6 people found the following review helpful. ThanksBy Robert LynamYour textbook was incredibly helpful in providing invitations to discuss frustrations through your art activity instructional lesson plans. At this point the "Who I am" activity seems to be the most popular. I will definitely use your books again as we grow and refine our art therapy curriculum.

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.

Art Therapy Techniques and Applications offers an original collection of therapeutic tools and innovative suggestions easy to implement, and provides therapists with a fine reference for developing art therapy skills. Students, counsellors, psychologists and others working in the field will find tips on using drawing, clay, puppets and multimedia in projects. No psychology collection should be without this specific set of guided exercises and ideas. -- The Midwest Book Art Therapy Techniques and Applications offers an original collection of therapeutic tools and innovative suggestions easy to implement, and provides therapists with a fine reference for developing art therapy skills. Students, counsellors, psychologists and others working in the field will find tips on using drawing, clay, puppets and multimedia in projects. No psychology collection should be without this specific set of guided exercises and ideas. (The Midwest Book )About the AuthorSusan Buchalter is a senior clinical therapist at the University Medical Centre at Princeton. She is a certified art therapist, licensed professional counselor, and certified group psychotherapist. She has over 25 years' experience of leading art therapy and psychotherapy groups and is author of A Practical Art Therapy.