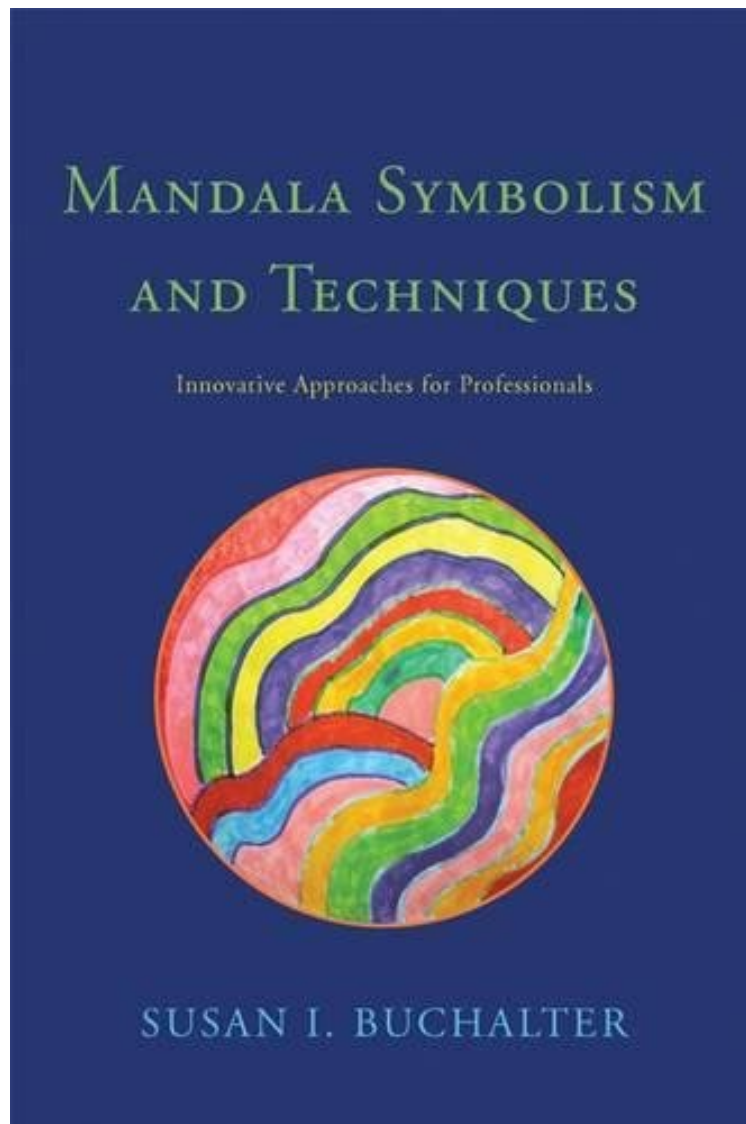


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# Mandala Symbolism and Techniques: Innovative Approaches for Professionals

*Susan Buchalter*

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**Susan Buchalter : Mandala Symbolism and Techniques: Innovative Approaches for Professionals** before purchasing it in order to gage whether or not it would be worth my time, and all praised Mandala Symbolism and Techniques: Innovative Approaches for Professionals:

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following review helpful. Insightful and comprehensive! By J Allen I found this book most helpful in my work with adult psychiatric clients but could easily be applicable to other populations. The techniques presented are creative and insightful. I recommend this book most highly!

Mandalas are important therapeutic tools promoting focusing, wholeness and healing. This book introduces nearly two hundred different techniques for designing mandalas and adapts mandala creation for the purpose of eliciting thoughts, feelings and concerns about pertinent therapeutic issues such as depression, anxiety, relationships and goals. Therapists can use the many practical mandala exercises outlined within to enable a wide range of clients to enhance self-awareness and explore issues in a non-threatening way. Mandala design is presented in a variety of creative ways with different media, allowing the therapist the flexibility to gear sessions towards clients' specific needs and capabilities. This will be a valuable and unique addition to the therapist's library and will be of particular interest to art therapists, counsellors, psychologists and professionals looking for innovative therapeutic approaches that build on traditional practices.

"Buchalter offers a rich resource bursting with ideas for mandala making with clients. The simple, easy to use themes and media techniques for group and individual work are practical and varied. With sensitivity to the centering and insight achievable through mandala making she suggests directives that embrace the archetypal dynamics of art making in a circle. This book will be a dependable guide for art therapists and mental health professionals alike." -- Joanna Clyde Findlay, Art Therapist and Psychotherapist in private practice "This is one of the most comprehensive books I have read on the mandala as a therapeutic tool. As an art therapist who has used mandalas for many years, I was amazed by the vast number of new applications and ways of using mandalas that are presented throughout this book... I am tempted to try any number of these strikingly original ways of using the mandala in groups or with individuals in my practice. The author includes directions and instructions, pictures and in depth analysis of mandala artwork illustrating each special focus. The mandala, no matter in what way it is used, has a special power and people are drawn to it. What is different about this book is the multitude of ideas and different projects and ways of using the mandala drawing that are offered, and are accessible to both the layman and the professional therapist." -- Phyllis Frame, Art Therapist and Director of Round Oaks Creative Center, Charlottesville, Virginia "Buchalter offers a rich resource bursting with ideas for mandala making with clients. The simple, easy to use themes and media techniques for group and individual work are practical and varied. With sensitivity to the centering and insight achievable through mandala making she suggests directives that embrace the archetypal dynamics of art making in a circle. This book will be a dependable guide for art therapists and mental health professionals alike." (Joanna Clyde Findlay, Art Therapist and Psychotherapist in private practice) "This is one of the most comprehensive books I have read on the mandala as a therapeutic tool. As an art therapist who has used mandalas for many years, I was amazed by the vast number of new applications and ways of using mandalas that are presented throughout this book... I am tempted to try any number of these strikingly original ways of using the mandala in groups or with individuals in my practice. The author includes directions and instructions, pictures and in depth analysis of mandala artwork illustrating each special focus. The mandala, no matter in what way it is used, has a special power and people are drawn to it. What is different about this book is the multitude of ideas and different projects and ways of using the mandala drawing that are offered, and are accessible to both the layman and the professional therapist." (Phyllis Frame, Art Therapist and Director of Round Oaks Creative Center, Charlottesville, Virginia) About the Author Susan I. 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, and has over 30 years' experience of leading art therapy and psychotherapy groups. Susan is the author of *A Practical Art Therapy*, *Art Therapy Techniques and Applications* and *Art Therapy and Creative Coping Techniques for Older Adults*, all published by JKP.