



Art Therapy Techniques and Applications

By Susan Buchalter

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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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Review

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 Review

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About the Author

Susan 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*.

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