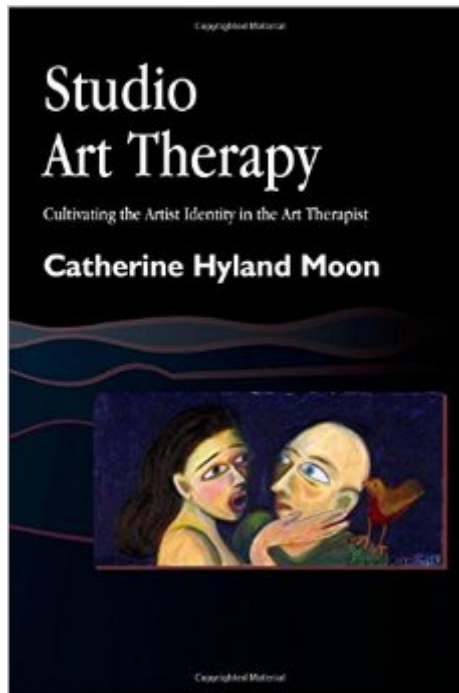


The book was found

Studio Art Therapy: Cultivating The Artist Identity In The Art Therapist (Arts Therapies)



Synopsis

Arguing that the profession of art therapy has its roots in the studio environment, Catherine Moon proposes that it is now time to reclaim these roots, and make art once again central to art therapy. She suggests that there has been a tendency for art therapy not merely to interact with and be enriched by other perspectives - psychological, social, anthropological and transpersonal - but to be subsumed by them. For this reason she makes a clear distinction between using art in one's practice of therapy, and working from an art-based model. This book presents a model of art therapy where the products and processes of art constitute the core of the model, rather than serving as the impetus for adaptations of other theories of counseling or therapy. It addresses how an arts-based approach can inform the therapist in all aspects of practice, from the conception of the work and the attempt to understand client needs to interacting with clients and communicating with others about the profession of art therapy. Integrated into the book are stories about the work of art therapists, art therapy students and those who seek help in art therapy, presenting the theory behind studio art therapy and bringing it to life. Moon believes that the arts have something unique to offer to the therapeutic process, which distinguishes the arts therapies from other therapeutic professions. This book is a comprehensive and engaging exploration of the possibilities inherent in the therapeutic use of the arts.

Book Information

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Customer Reviews

This book was required for my art therapy studio course. It was very relevant to the course material and assignments and an interesting read. Although I purchased it for academic purposes, it read like a novel captivating my interest and creativity. This book is a valuable edition to my library and I'm sure that I will refer back to it in the future.

The highest compliment I can give an author is to say I wish could write the same way as they do. Her style is clear, simple and unpretentious, and yet expresses the power of her thoughts , feelings and beliefs. I bought this book in order to research this field and was very happy with it.

I use this book as a text in our first year course on techniques because it provides a complex, yet very engaging and accessible image of practice in art therapy. Every fall I feel so grateful that Cathy did the hard work of bringing this image to life for those in and outside of our professional field. It helps my students think about our work at a higher level of critical understanding and helps them develop into well acclimated art therapists.

I bought this for work per my boss' request. I have a master's degree in art therapy and have been practicing for 6 years. This book at this point for me is only a review of everything I studied and wrote papers on and discussed at length while in school. I think this book is appropriate as an art therapy textbook or for new practitioners or those who are unfamiliar with this style of art therapy.

Excellent book, I recommend it for all interested in Art Therapy. The author has an easy to read style and works from experience which give the work a sense of genuine authority.

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