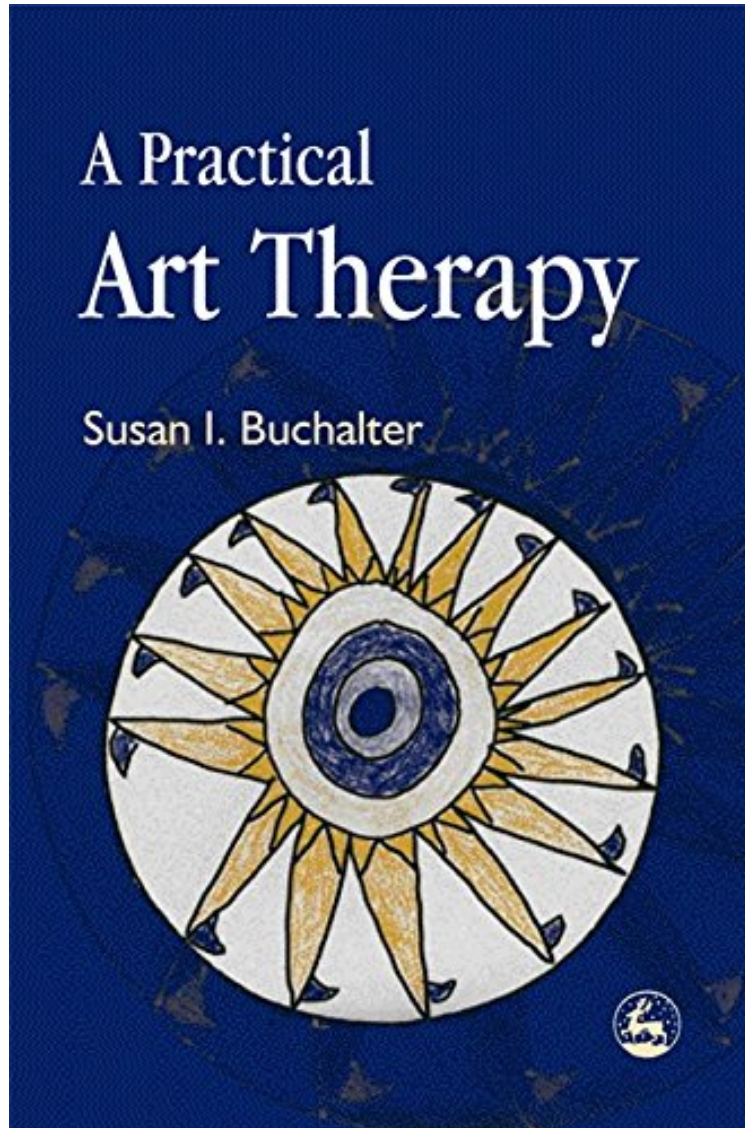


(Free) A Practical Art Therapy

# A Practical Art Therapy

*Susan Buchalter*

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

4 of 5 people found the following review helpful. great art therapy ideasBy jenThis book doesn't waste time discussing the theory behind art therapy, instead it gets right into practical suggestions for art therapy exercises. I bought this book so that I can undertake my own art therapy without having to see an art therapist; I'm already seeing a Reichian Therapist and I wanted some guidance with expressing emotions and experiences through art to compliment my

therapy and this book did not disappoint me. 4 of 4 people found the following review helpful. Bereavement Resource  
By Cathy Denning I have used several of the projects in this book in work with both the very young (4yrs) to senior adults. Very practical and very hands on, a go to resource. 0 of 0 people found the following review helpful.  
Great ideas  
By Kendra Jones Great ideas for projects to use in art therapy. Since I was advised to continue to use art therapy after my admission to a psychiatric hospital and not having an art therapy program in my hometown, I am using these ideas and sharing the final products with my therapist weekly. It has opened up a great dialogue for us and I am reaping the benefits.

It can be difficult to be spontaneous during every art therapy group. It is helpful to have a resource full of creative and inspiring ideas that can be utilized as needed. This broad-ranging collection of projects injects variety into art therapy sessions. A Practical Art Therapy is written in an easy-to-read format that is filled with practical creative experiences for therapists to use with individuals and groups. Chapters cover various media and methods, including murals, collages, sculpture and drawing, making it easily accessible for even the busiest therapist. Susan Buchalter includes practical art projects using everyday objects, and follows them through with a list of materials needed, a procedure plan and aims of the project. The creative exercises draw on situations and ideas that children and adults can relate to - for example, drawing wishes and goals, sculpting their own stress and creating a collage self-portrait. The author suggests ways of expanding art-making activities, such as drawing to music and creating personal logos. This book is suitable for those new to the arts therapies field, practising art therapists, counselors and social workers.

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.