



Art Therapy (Creative Therapies in Practice series)

David Edwards

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"This is accessible, well-written and easy to breeze through, it is an enjoyable read and one that I would recommend as an introduction to the subject of art therapy" - *International Arts Therapies Journal*
www.sagepub.com

"Vivid clinical vignettes and remarkable illustrations combine to give a lively sense of art therapy in action. They bring the reader right into the art therapy studio. David Edwards locates the practice of art therapy firmly in its historical and cultural context, explaining its roots in art and links to psychoanalysis, in this always engaging account. The detailed bibliography and resources section offers a foundation for further exploration as well as information about training. An excellent introduction to the topic, this book will be invaluable for beginners, students and experienced practitioners alike" - *Professor Joy Schaverien, Jungian Analyst, East Midlands and Visiting Professor in Art Psychotherapy, University of Sheffield*

"I believe that David Edwards book is an excellent introduction for all of those wishing to increase their knowledge concerning the profession of art therapy. Readers will particularly appreciate David's ability to clearly convey complex material which includes psychotherapeutic concepts, illustrated case histories, and historical to the present day developments within the profession. A readable and accessible overview which will contribute to a greater understanding of the profession of art therapy and the therapeutic use of art undertaken by registered art therapists" - *Carole Pembroke, Chair of the British Association of Art Therapists.*

Art Therapy provides a concise introduction to theory and practice, brought to life through case material and examples of artwork produced during therapy sessions. Written by practicing art therapist Dave Edwards, the book explains key theoretical ideas - such as symbolism, play, transference and interpretation - and shows how these relate to practice.

The book also provides useful information on training and employment as well as guidance on practical issues such as:

- } assessing clients
- } establishing and maintaining boundaries, and
- } ending therapy.

An extended case study provides an overview of the whole process from beginning to end, tying together issues discussed in earlier chapters.

For anyone training or planning to train as an art therapist, **Art Therapy** offers an excellent foundation on which to build future knowledge and skills.

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