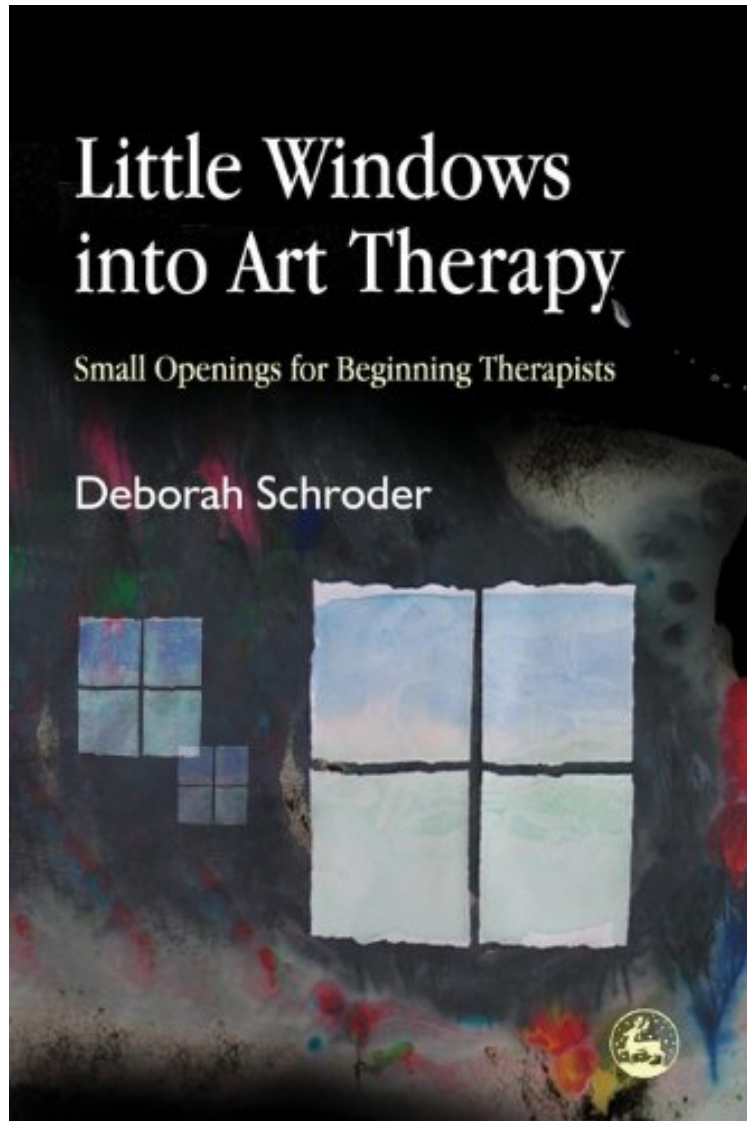


(Read free) Little Windows into Art Therapy: Small Openings for Beginning Therapists

Little Windows into Art Therapy: Small Openings for Beginning Therapists

Deborah Schroder

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Deborah Schroder : Little Windows into Art Therapy: Small Openings for Beginning Therapists before purchasing it in order to gage whether or not it would be worth my time, and all praised Little Windows into Art Therapy: Small Openings for Beginning Therapists:

2 of 2 people found the following review helpful. Five Stars for a Small Book that really is Big!By customerThis outstanding book is the perfect text for beginning level art therapy training. It is obviously based on Schroder's extensive clinical experience and is chock full of recommendations and wisdom. Her caring, respectful, sensitive and

empathic practices as well as the numerous hands-on experientials guide both beginner and experienced art therapists into ever-deeper levels of understanding of the client-therapist interaction. The short chapters are just the right length for busy students to read, digest, and relate to their own field-based work. I have used this book in graduate-level teaching and find it delightful, highly informative, and a role-model for effective and thoughtful practice. 3 of 3 people found the following review helpful. Great source for understanding the process of art therapy. By Steven M. Smith Psy. D., Licensed Psychologist I appreciate how the author weaves together the process of doing art therapy with her own experiences. I am able to relate to her inner dialogue and gain insight into my own processes and anxiety in facilitating art therapy or facing colleagues skeptical of the process and modality. Her examples of therapeutic activities show her own creativity as a therapist and an artist. I am a better art therapist for having read this work. 2 of 2 people found the following review helpful. Fantastic! By Johanna T. Manzi I am a Master's level social work student and I plan on implementing art therapy into my practice. This book opened me up to the poignant stories of how art therapy can truly change lives. I love the natural flow the author used to work with adults and children. I enjoyed reading this book, and it's also an easy to understand read that I can refer back to. Very inspiring.

Newly qualified art therapists often feel daunted by the challenge of actually being face-to-face with a client and are unsure how to progress after the first image has been created. In this honest and encouraging book, Deborah Schroder explains how art can provide openings into therapeutic relationships and create a safe space for exploring issues and concerns. Drawing on her own development as an art therapist and her extensive experience of supervising new therapists and students, Schroder provides practical advice on encouraging nervous or reluctant clients, or those unfamiliar with art therapy, to benefit from artmaking. She argues for a two-way sharing of art between therapist and client, exploring not only how specific techniques can be put into practice, but also how they benefit the therapeutic relationship. Providing guidance on moving into deeper work, exploring and containing particular emotions, and bringing the therapeutic relationship to a close, this book is invaluable to new art therapists at all stages of their relationships with clients.

This is a simply written, humorous and enlightening introduction to art therapy. The author gives the reader insight using real life cases, as well as her own sometimes painful reactions while working alongside the client. Overall the book demonstrates the importance of getting to know the client in a counselling relationship. This enables a person to trust and feel secure, something missing from many young people's everyday relationships. I will keep this book in my tool bag, to dip into when working with young people, as it offers a new way of working that is appropriate, inclusive and manageable in the normal counselling process. -- Relate This is a simply written, humorous and enlightening introduction to art therapy. The author gives the reader insight using real life cases, as well as her own sometimes painful reactions while working alongside the client. Overall the book demonstrates the importance of getting to know the client in a counselling relationship. This enables a person to trust and feel secure, something missing from many young people's everyday relationships. I will keep this book in my tool bag, to dip into when working with young people, as it offers a new way of working that is appropriate, inclusive and manageable in the normal counselling process. (Relate) About the Author Deborah Schroder teaches art therapy at Southwestern College in Santa Fe, New Mexico, and has extensive experience of supervising recently-graduated therapists. She has explored the uses of art therapy in a wide variety of environments, including inpatient and day-treatment settings, a nursing home, a school, a community art centre and private practice.