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Art Therapy

Presents more than 15 artistic meditations with hands-on workshops

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More than mere treatment, art therapy offers the power to bring your affects to light, depict them, represent them symbolically, and transform them.

Now recognized as its own paramedical discipline promoting well-being, art therapy is more than a form of treatment. It offers people the power to bring their affects to light, depict them, and transform them through art. This practical and theoretical guide presents fifteen kinds of mediation (fine arts, mime, dance, music, writing, photography, land art), with plentiful examples of tutorials and games for fostering creativity. This comprehensive work is meant for people who wish to practice art therapy as well as artists and mental health professionals wishing to help people suffering from mental health issues.