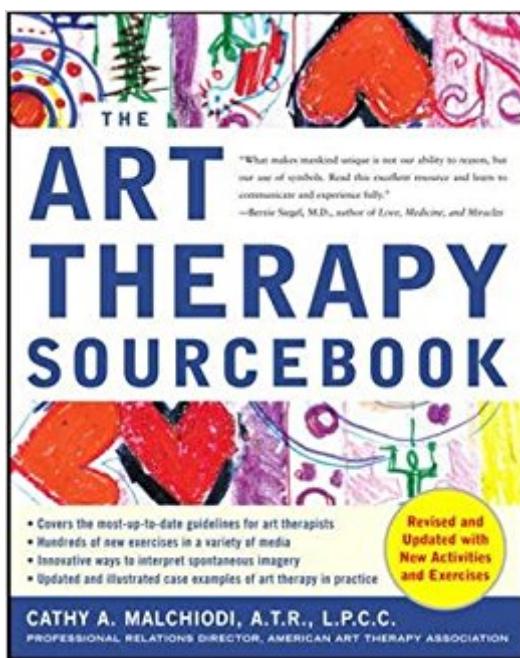


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# Art Therapy Sourcebook (Sourcebooks)



## **Synopsis**

"The most accessible and complete art therapy book ever published. It is a great achievement."--Shaun McNiff, author of Art Is Medicine and Trust the Process "Malchiodi's fascinating book shows how modern art therapy is being employed as a potent health-care intervention."--Larry Dossey, M.D., author of Prayer Is Good Medicine and Healing Words Newly updated and revised, this authoritative guide shows you how to use art therapy to guide yourself and others on a special path of personal growth, insight, and transformation. Cathy A. Malchiodi, a leading expert in the field, gives you step-by-step instructions for stimulating creativity and interpreting the resulting art pieces. This encouraging and effective method can help you and others recover from pain and become whole again. The Art Therapy Sourcebook will help you: Find relief from overwhelming emotions Recover from traumatic losses Reduce their stress levels Discover insights about yourself Experience personal growth

## **Book Information**

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"The most accessible and complete art therapy book ever published. It is a great achievement."--Shaun McNiff, author of Art Is Medicine and Trust the Process "Malchiodi's fascinating book shows how modern art therapy is being employed as a potent health-care intervention."--Larry Dossey, M.D., author of Prayer Is Good Medicine and Healing Words Newly updated and revised, this authoritative guide shows you how to use art therapy to guide yourself

and others on a special path of personal growth, insight, and transformation. Cathy A. Malchiodi, a leading expert in the field, gives you step-by-step instructions for stimulating creativity and interpreting the resulting art pieces. This encouraging and effective method can help you and others recover from pain and become whole again. The Art Therapy Sourcebook will help you: Find relief from overwhelming emotions Recover from traumatic losses Reduce their stress levels Discover insights about yourself Experience personal growth

Cathy A. Malchiodi is a licensed art therapist and clinical counselor. She is the editor of *Art Therapy: Journal of the American Art Therapy Association* and the author of *Breaking the Silence: Art Therapy with Children from Violent Homes*.

I was really hoping this would be more of a book with activities. Its very informative but its not what I was looking for.

Great book. Tips and advice also included as well as priceless information and methodologies in art therapy.

This book works for my art therapy class

I was expecting more activities from this book. It has some good basic info, but not a whole lot of activities.

I am a certified life coach, certified Christian Counselor, and a Pastor. This book is a great tool to have, what a great resource.

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