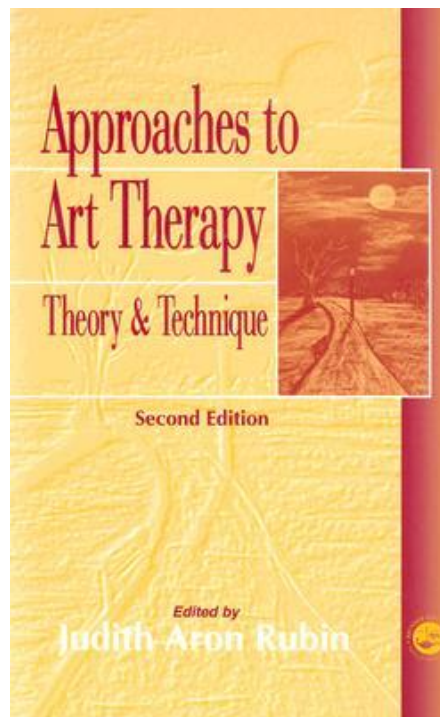




Approaches to Art Therapy: Theory and Technique

A. Rubin Judith (Editor) , A. Rubin Judith

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The second edition of the highly successful 1987 book brings together the varied theoretical approaches to art therapy, and provides a variety of solutions to the challenge of translating theory to technique. In each chapter, the esteemed contributors, experts in the approach of the particular chapter, provide a definition of and orientation to the specific theory or area of emphasis, showing its relevance to art therapy. Clinical examples and nearly 100 illustrations are employed as the authors present the creative and effective treatment of patients.

In addition to the strength of the theoretical overview, this new edition offers many new chapters including those on cognitive-behavioral therapy and person-centered therapy. The text is divided into five sections: psychodynamic approaches; humanistic approaches; psycho-educational approaches; systemic approaches; and integrative approaches. Commentaries by well known art therapists follow each section of the book. Art therapists at all levels, as well as any mental health professional utilizing art in their clinical work, will find this new edition of value and interest.

Approaches to Art Therapy: Theory and Technique Details

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Jamie Rogers says

Covered most of the chapters. Informative.

Allison Berry says

I am exploring this book further than the last time I read it. It is very informative as far as the different areas that one could explore in this field.

Carolina Andromeda says

Among the main required readings I had to digest in graduate school, this book is one that I come back to not only as an academic reference but also as a reminder of the transformative power of the creative process. I recommend this for creative souls of any discipline and as a resource for anyone working with visual art and adolescents in teaching or clinical settings.

Kathryn Mierke says

Graduate school text book- very good.

Martha Love says

This book was required reading for a class I took in graduate school in art therapy in 2006. I have kept it and reread it many times and I highly recommend it for anyone in the field of art therapy—student and therapist alike. I love the way it is divided up into presenting the details of cases using art therapy in different schools of thought, or approaches as Rubin calls them, in psychology. I honestly do not think I understood the integrative approach to art therapy until I picked this book up and started reading it (and it was not my first semester of art therapy classes). This book is packed with data on theory and practice with case material and art exercises.

Martha Love

author of What's Behind Your Belly Button? A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct and

Increasing Intuitional Intelligence: How the Awareness of Instinctual Gut Feelings Fosters Human Learning, Intuition, and Longevity
