



A Practical Art Therapy

Susan I Buchalter

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It can be difficult to be spontaneous during every art therapy group. It is helpful to have a resource full of creative and inspiring ideas that can be utilized as needed. This broad-ranging collection of projects injects variety into art therapy sessions. *A Practical Art Therapy* is written in an easy-to-read format that is filled with practical creative experiences for therapists to use with individuals and groups. Chapters cover various media and methods, including murals, collages, sculpture and drawing, making it easily accessible for even the busiest therapist. Susan Buchalter includes practical art projects using everyday objects, and follows them through with a list of materials needed, a procedure plan and aims of the project. The creative exercises draw on situations and ideas that children and adults can relate to - for example, drawing wishes and goals, sculpting their own stress and creating a collage self-portrait. The author suggests ways of expanding art-making activities, such as drawing to music and creating personal logos. This book is suitable for those new to the arts therapies field, practising art therapists, counselors and social workers.

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