



Using Expressive Arts to Work with Mind, Body and Emotions: Theory and Practice

Helen Wilson, Mark Pearson

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Using Expressive Arts to Work with Mind, Body and Emotions combines theory, research and activities to produce practical suggestions for enhancing client participation in the therapy process. It surveys the literature on art therapy; somatic approaches; emotion-activating models; use of music, writing and dreamwork; and the implications of the new findings in neuroscience.

The book includes step-by-step instructions for implementing expressive therapies techniques, and contains a wide range of experiential activities that integrate playful yet powerful tools that work in harmony with the client's innate ability for self-healing. The authors discuss transpersonal influences along with the practical implications of both emotion-focused and attachment theories.

Using Expressive Arts to Work with Mind, Body and Emotions is an essential guide to integrating creative arts-based activities into counselling and psychotherapy and will be a useful manual for practitioners, academics and student counsellors, psychologists, psychotherapists, social workers and creative arts therapists.

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