



Introduction To Art Therapy: Faith in the Product

Bruce L. Moon

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The goal of art therapy is to get beneath the surface of things, and once there, to use a gentle nudge to brush away the emotional debris of life and make room for more living. The revisions in this new edition of Introduction to Art Therapy further amplifies the impact of the original book, touching the major themes and issues of the profession. Art therapy is effective with individuals, families, and groups and it works well with the intellectually gifted and the learning impaired. It can also be used with the chronically mentally ill, the terminally ill, the vision impaired and the deaf. Art therapy is particularly effective with posttraumatic stress disorder- from the aftereffects of war, including physical, sexual or emotional abuse. This book describes the essential elements of the process of facilitating therapeutic change in forming a foundation from which art therapists construct treatment plans and philosophies. Enhancements in this text include: an overview of the spectrum of theoretical orientations within art therapy; a brief history of practice in the United States; descriptions of applications that were not widely understood in 1994; and the most current and seasoned interpretation of how the author perceives the art therapy experience. In addition, the author presents exceptional case examples including client-prepared artwork that highlights the text. This book will inspire serious artists to become involved in art therapy, and encourage veteran art therapists to renew their vocations by living the process of art therapy. This book will be a valuable resource to medical and mental health professionals, occupational therapists, and other rehabilitation professionals that aspire to become more effective in reaching others.

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