



Approaches to Art Therapy: Theory and Technique

From Routledge



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The third edition of *Approaches to Art Therapy* brings together varied theoretical approaches and provides a variety of solutions to the challenge of translating theory to technique. In each chapter, the field's most eminent scholars provide a definition of and orientation to the specific theory or area of emphasis, showing its relevance to art therapy. The third edition includes many new chapters with material on a wide variety of topics including contemplative approaches, DBT, neuroscience, and mentalization while also retaining important and timeless contributions from the pioneers of art therapy. Clinical case examples and over 100 illustrations of patient artwork vividly demonstrate the techniques in practice. *Approaches to Art Therapy, 3rd edition*, is an essential resource in the assembly of any clinician's theoretical and technical toolbox, and in the formulation of each individual's own approach to art therapy.

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Editorial Review

Review

"A classic is reborn! *Approaches to Art Therapy* has been significantly restructured to preserve key elements while also presenting a bounty of new material. Historical models are updated, contemporary trends informed by brain science are introduced, and the role of the studio as a place of artistic and contemplative practice is re-examined. Much more than a new edition, this is a true re-visioning as only Judith Rubin could do."

Randy M. Vick, MS, ATR-BC, LCPC, HLM, professor of art therapy at the School of the Art Institute of Chicago

"Judy Rubin, a highly respected pioneer in the field, has lovingly reimagined her classic text for today's art therapists. This third edition preserves the wisdom of many original contributors with fresh, contemporary perspectives across a broad spectrum of creative approaches. The intimate relationship between theories and practice is richly illuminated with hundreds of real-life examples in chapters by prominent art therapists."

Lynn Kapitan, PhD, ATR-BC, professor and director of the professional doctorate in art therapy at Mount Mary University

"The third edition of the classic *Approaches to Art Therapy* is rich with new material, while maintaining the integrity and solid theoretical foundation of earlier versions. Dr. Rubin has pulled together an immensely varied group of contributing authors. The book represents the broad range of current practices in art therapy, as articulated by some of today's finest clinicians. *Approaches to Art Therapy* remains a vital addition to the library of anyone interested in the healing power of art."

P. Gussie Klorer, PhD, ATR-BC, LCSW, LCPC, HLM, professor of art therapy counseling at Southern Illinois University Edwardsville

"Judith Rubin's books feature prominently in my library, and this much-anticipated version of *Approaches* is a welcome addition. This book is a wonderful contribution to efforts to encourage the highest standards of professional competence in art therapy."

Donna Betts, PhD, ATR-BC, board president of the American Art Therapy Association and research professor in the art therapy program at George Washington University

About the Author

Judith A. Rubin, PhD, ATR-BC, is a licensed psychologist, a child and adult psychoanalyst, and a past president and honorary life member of the American Art Therapy Association. She is also co-founder and president of Expressive Media and has practiced art therapy since 1963. The creator of seven books and thirteen films, she serves on the faculties of the psychiatry department at the University of Pittsburgh and the Pittsburgh Psychoanalytic Center in Pennsylvania.

Users Review

From reader reviews:

Matthew Blackburn:

Why don't make it to be your habit? Right now, try to prepare your time to do the important act, like looking for your favorite guide and reading a publication. Beside you can solve your long lasting problem; you can add your knowledge by the publication entitled *Approaches to Art Therapy: Theory and Technique*. Try to make book *Approaches to Art Therapy: Theory and Technique* as your friend. It means that it can be your friend when you truly feel alone and beside regarding course make you smarter than ever before. Yeah, it is very fortunate in your case. The book makes you more confident because you can know everything by the book. So, let's make new experience along with knowledge with this book.

Patricia Gallagher:

Exactly why? Because this *Approaches to Art Therapy: Theory and Technique* is an ordinary book that the inside of the guide waiting for you to snap this but latter it will jolt you with the secret that inside. Reading this book beside it was fantastic author who wrote the book in such incredible way makes the content interior easier to understand, entertaining means but still convey the meaning completely. So, it is good for you because of not hesitating having this any longer or you going to regret it. This unique book will give you a lot of advantages than the other book include such as help improving your talent and your critical thinking technique. So, still want to delay having that book? If I were being you I will go to the reserve store hurriedly.

Clyde Connell:

Would you one of the book lovers? If so, do you ever feel doubt if you are in the book store? Aim to pick one book that you never know the inside because don't ascertain book by its include may doesn't work this is difficult job because you are scared that the inside maybe not because fantastic as in the outside seem like. Maybe you answer can be *Approaches to Art Therapy: Theory and Technique* why because the wonderful cover that make you consider regarding the content will not disappoint a person. The inside or content is fantastic as the outside or maybe cover. Your reading sixth sense will directly make suggestions to pick up this book.

Kirsten Ferguson:

This *Approaches to Art Therapy: Theory and Technique* is completely new way for you who has interest to look for some information as it relief your hunger of knowledge. Getting deeper you onto it getting knowledge more you know otherwise you who still having little digest in reading this *Approaches to Art Therapy: Theory and Technique* can be the light food to suit your needs because the information inside that book is easy to get simply by anyone. These books create itself in the form that is reachable by anyone, that's why I mean in the e-book web form. People who think that in reserve form make them feel tired even dizzy this book is the answer. So there is no in reading a book especially this one. You can find actually looking for. It should be here for you actually. So, don't miss this! Just read this e-book type for your better life as

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