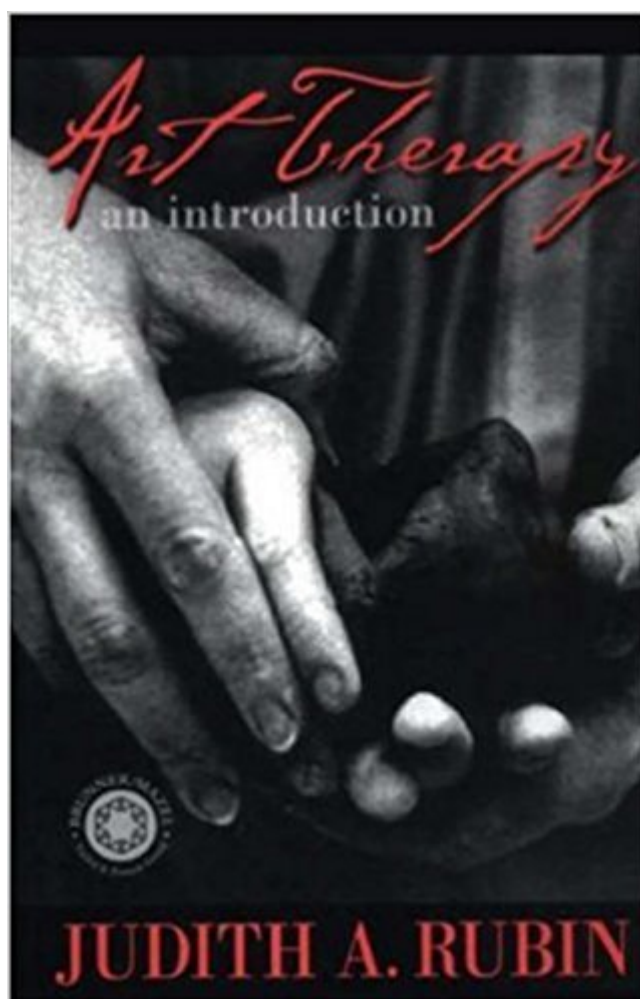


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# Introduction To Art Therapy: Sources & Resources (Basic Principles Into Practice Series)



## Synopsis

Art therapy has grown so fast in the last few decades that it has barely been able to keep up with itself. Most books in the field have represented the author's interpretations of practicing art therapy. As art therapy continues to grow - not only in psychology but in other relevant fields - an overview of the field is needed. This introduction to art therapy, *Art Therapy: An Introduction* broadly outlines the history and current state of the field, the mechanics and techniques used and the ethics and responsibilities of this therapeutic strategy. This survey of the field of art therapy is the first of its kind. Students, teachers, counselors, social workers, practitioners and others will benefit from the information presented in this book. In addition, the author provides pictures showing examples of artwork from children and adults as well as pictures of art therapists in action.

## Book Information

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## Customer Reviews

"I have had the opportunity to use *Art Therapy: An Introduction* (1998) in the Introduction to Art Therapy Class at Nazareth College. I have found the book to be very thorough and extremely well written. I will be using it as one of the texts in the Fall. It offers a wonderful historical overview and introduction to the field of art therapy. I consider the book a very valuable resource and treasure my signed copy." - Stella Stepney, ATR-BC, LCAT

Judith Aron Rubin, Ph.D., ATR-BC is Clinical Assistant Professor of Psychiatry at the University of

Pittsburgh and Emeritus faculty at the Pittsburgh Psychoanalytic Institute. She is past President and Honorary Life Member of the American Art Therapy Association. She was formerly director of the Creative and Expressive Arts Program at Western Psychiatric Institute and Clinic. She is recently retired from the full-time practice of art therapy and psychoanalysis. She is author of: *The Art of Art Therapy*, *Child Art Therapy* (recently re-released in 25th anniversary edition), and *Approaches to Art Therapy*. She consults, lectures, and gives workshops across the country as well as abroad.

I was interested in learning on this subject and I found this book to be real useful and insightful. Thank you so much! :D

This indeed is a comprehensive book on the professional field of art therapy. But it reads like one long reference list and is a book that actually turned me off to the field of art therapy rather than inspiring me to find out more. It seems that the author has listed every possible reference to the field of art therapy in this volume and every possible historical reference. At the end I was still left wondering, what is art therapy? This seems like a great book to have in a college library collection as a resource, but frankly, otherwise I found it turgid and boring.

I guess I disagree with the previous reviewer on this book. I found it very confusing and disorganized in its content. It was not a very clear introduction to art therapy and the examples presented were not very helpful regarding what art therapists really do. The beginning is very historical and that was not really of interest to someone like me who wants to know what art therapy is. Maybe art therapy is a lot of history and it is hard to describe to others. I believe the author was sincere, but there is actually too much information presented in this book. If the author were a little more selective, the average reader might find this book more helpful. I agree that this book is well-referenced, but for a lay reader it is over referenced. Almost every other sentence is a reference and many of the references are to material that is not published. I am wondering if art therapy is an unpublished field because the author uses a lot of these types of references. I found that very distracting and it did not help the clarity of this book. This book would probably be best for art therapists who understand the various dimensions of their field. But for those who want to know in a readable manner what art therapy is and what art therapists do, this is not that book.

Being an old-timer in the field, I need no "introduction". But this book I find I both NEED and WANT. I

NEED it because it explains art therapy to the general public and students in the field better than any other book I know. I wish it had been around for the last 30 years when I was teaching graduate students in a dozen schools around the country. It brings the field to life! I know of no other book that documents so much information about art therapy. Nobody I know has such a command of the source material in the field. I WANT it for an assortment of reasons. For one thing, it is never dry or ponderous - as its vast scholarship might suggest. She writes conversationally, making even the most complex ideas easily accessible to the lay person, the prospective or beginning student...charming and delighting old-timers like me. Her format of small subject headings and bold type to emphasize essentials makes it easy to skim and shortcut. This becomes, then, a useful SOURCE BOOK for those trying to get a quick overview of the field. She attributes ideas and writings widely, to everyone in the field who has made contributions. This is a GENEROUS book. She is modest, witty and very practical too. For those considering entering the field, here is an HONEST PICTURE of what problems as well as rewards are in store. Who should read it? First off, people who want to know more about the field as well as students. And for people like me, or practitioners already working as art therapists, this is the book we need to have in our libraries. Also I think it should be in counselors' offices in every art school, high school and especially college in the country. People don't know a great deal about this field, and school counselors will find no better SOURCE BOOK to help their students. Interested practitioners in other fields will find useful chapters on Assessment, various Approaches, and the work going on with a variety of people in many different places: medical fields, crisis work, community institutions, and so on. It also discusses multimodality approaches (e.g. music, dance, drama & art). Here are vivid stories and photos showing us how art therapy ACTUALLY WORKS.

As a practitioner and graduate teacher of Art Therapy, I was very impressed and excited to read this text. This book is a thorough, well-organized, clearly written volume. I am currently teaching, "Introduction to Art Therapy" for the Masters in Art Therapy program at the School of the Art Institute of Chicago. My students have remarked that the book has been very helpful to their understanding and appreciation of Art Therapy. In addition to all its other attributes, one of its primary benefits is the most thorough and up-to-date literature review of the field that in my experience exists. Ms. Rubin's research abilities are obviously great and she has demonstrated enormous skill in synthesizing, in a clear and easily accessible form, a great wealth of material on the history, practice, technique, usefulness, and definition of the profession. Ms. Rubin has provided an invaluable resource for the profession by writing this book and it has enhanced my ongoing respect

and admiration for this and her many contributions to our field.

I bought this book for a class on the history of art therapy. Although the book does provide some interesting insights, I found Rubin's writing style frustrating. Her approach is based on her perception of what is important, rather than presenting the information in a reader-friendly format. Additionally, she does not follow the APA style, which I also found frustrating. However, she did pull together some interesting facts about the field, as well as some illuminating historical references and case studies. Rubin does believe strongly in the power of this type of treatment, and her passion is evident in her writing. Although this book may not be the best to just pick up and read, it does provide a general overview of the field that some may find useful.

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