

Exercises for:

- Anxiety • Stress
- Low Self-Esteem
- Relationship Issues
- Life Changes

250 Brief, Creative & Practical Art Therapy Techniques

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A Guide for Clinicians & Clients

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When a client walks into the therapy area they don't know what to expect-feeling anxious, unsure as well as perhaps fearful. Innovative, fun & fast therapeutic warm-ups! Using simple materials like paper, pencils and markers, these techniques could be immediately implemented in your practice. These exclusive 250 art exercises boost self-esteem, self-awareness and a sense of success in artistic expression and communication, allowing customers to activate in therapeutic exercises without judgment. Brief, artwork therapy warm-ups will be the perfect way to make new friends and get clients feeling comfortable, much less inhibited, and motivated to participate in specific or group therapy. Art techniques based in: - Mindfulness - CBT - Self-Compassion Useful for clients dealing with: - Anxiety - Tension - Low self-esteem - Relationship problems- Life changes



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Five Stars fantastic Good book It's an excellent book. To me this is among the best art therapy books on the market To me that is one of the best art therapy books on the market. I most likely won't be turning to this reserve as after as I believed. Helpful book for therapists Great therapist resource. I want it was better to copy for make use of with clients, but extremely educational. Excellent As an art therapy student this reserve was a great buy. Good buy This is a great resource to add some variety to your present therapy practices. But good book Just okay, but most likely not a go-to for me. Awesome book. late delivery great book, delivered 3 days later than Prime Not most I had hoped for All the concepts are awesome it is very much for adults. Like this book Love this book, it's concepts and simplicity--As a seasoned teacher, all I must say i want is a brief snapshot of a lesson with just the essentials, and this is amazing for that! The activities aren't as creative as I'd have loved. It has 250 creative artwork therapy activities for therapy. I bought this book hoping to utilize it in my individual practice with age range from kids to adults. Sadly, most of the actions are more suited to group therapy. Furthermore, many of the actions are centered around drawing and I discover this to become a barrier with a lot of clients because they get stuck with the judgement they are not artistic plenty of. I've currently used several activities in group therapy with adults.



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