



A Multi-Modal Approach to Creative Art Therapy

Arthur Robbins

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Arthur Robbins' comprehensive book develops the approach described in his earlier work and makes it accessible to students as well as to practising art therapists. The importance of the creative process, the development of the art therapist's personal resources, issues of personal identity and the synthesis technique requisite to professional practice are among the subjects covered in the book, which is based on object relations theory intertwined with other models of treatment. The author emphasizes transference and countertransference and introduces diagnosis as a means of offering indications for possible treatment rather than as a tool for categorization. His aim is to attempt to preserve the spirit and soul of the artist while applying modern day psychodynamic concepts to treatment practice.

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