



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

Judith A. Rubin

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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.

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