



Art Therapy Sourcebook (Sourcebooks)

Cathy Malchiodi

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"The most accessible and complete art therapy book ever published. It is a great achievement."

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"Malchiodi's fascinating book shows how modern art therapy is being employed as a potent health-care intervention."

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Newly updated and revised, this authoritative guide shows you how to use art therapy to guide yourself and others on a special path of personal growth, insight, and transformation. Cathy A. Malchiodi, a leading expert in the field, gives you step-by-step instructions for stimulating creativity and interpreting the resulting art pieces. This encouraging and effective method can help you and others recover from pain and become whole again.

The Art Therapy Sourcebook will help you:

- Find relief from overwhelming emotions
- Recover from traumatic losses
- Reduce their stress levels
- Discover insights about yourself
- Experience personal growth

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