



## **Navigating Art Therapy: A Therapist's Companion**

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# Navigating Art Therapy: A Therapist's Companion

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From *Art-making as a Defence* to *Works of Art*, this anthology will help you navigate your way through the ever growing world of art therapy.

Art therapy is used in an increasing range of settings and is influenced by a range of disciplines, including psychotherapy, social psychiatry, social work and education. *Navigating Art Therapy* is an essential companion for both seasoned art therapists and those new to the field as it offers a comprehensive guide to key terms and concepts.

With contributions from art therapists around the world, entries cover:

- forms of interpretation
- processes of adaptation
- history of art therapy
- the inspiration provided by artworks and popular culture

This book is an ideal source of reference as the concise, cross-referenced entries enable easy navigation through ideas and terms integral to the discipline. As such, it is invaluable for anyone working in the art therapy field.

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