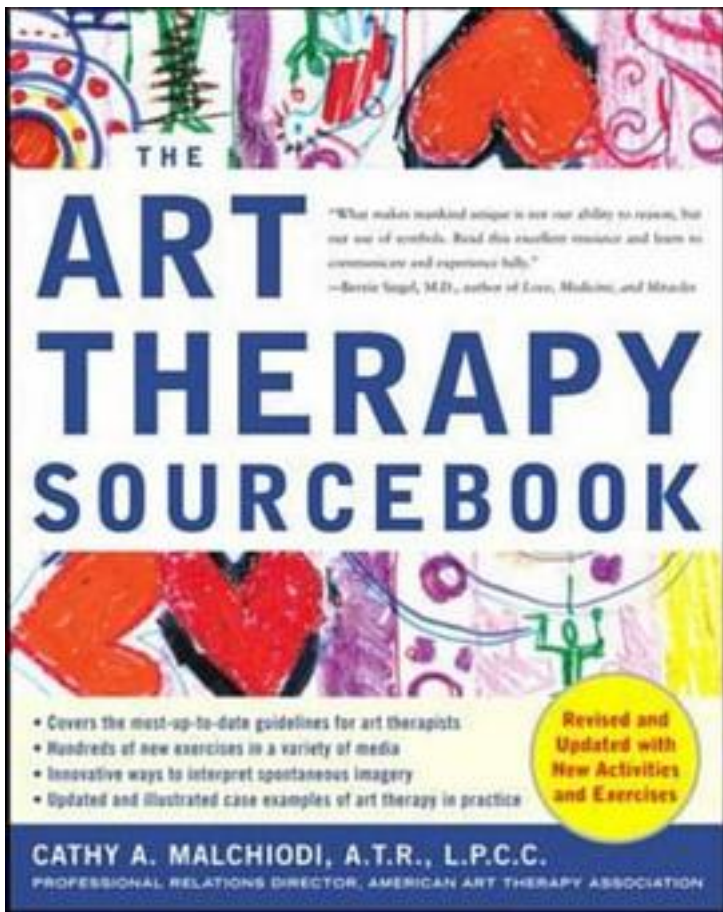


Art Therapy Sourcebook (Sourcebooks)



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著者:Cathy Malchiodi

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

--Shaun McNiff, author of Art Is Medicine and Trust the Process

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

--Larry Dossey, M.D., author of Prayer Is Good Medicine and Healing Words</p>

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.</p>

The Art Therapy Sourcebook will help you:</p>

Find relief from overwhelming emotions

Recover from traumatic losses

Reduce their stress levels

Discover insights about yourself

Experience personal growth

作者介绍:

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