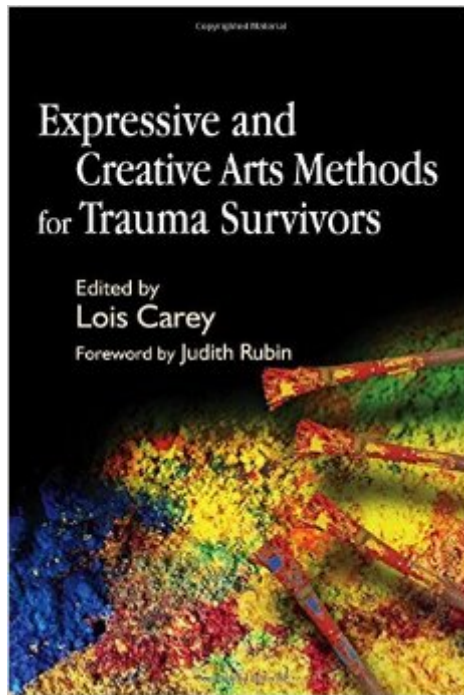


The book was found

# Expressive And Creative Arts Methods For Trauma Survivors



## Synopsis

"Expressive and Creative Arts Methods for Trauma Survivors" demonstrates how play, art, and music therapies, as well as sandplay, psychodrama and storytelling, can be used to aid the recovery of trauma victims. Drawing on detailed case studies and a growing body of evidence of the benefits of non-verbal therapies, the contributors - all leading practitioners in their fields - provide an overview of creative therapies that tap into sensate aspects of the brain not always reached by verbal therapy alone. Methods of exploring traumatic experiences with a view to limiting patients' distress are also explored. The techniques discussed are appropriate for work with children, families and groups and are based on established approaches, including Jungian, Child-centred, Gestalt and Freudian theories. "Expressive and Creative Arts Methods for Trauma Survivors" will be an enlightening read for expressive and specialized arts therapists and for students and academics in these fields.

## Book Information

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## Customer Reviews

Very informative book and a good resource for Trauma care workers. This book gives practical ideas and good general information for practioners.

Fantastic

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