



Art Therapy Theories: A Critical Introduction

Susan Hogan

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Art therapists work with a range of distinct philosophical and theoretical underpinnings, but as yet there has been no single book to offer an overview of these theories. *Art Therapy Theories* provides an introductory, non-partisan overview of art therapy theories outlining the following therapy approaches:?

Cognitive Behavioural Art Therapy

Solution-Focused Brief Therapy

Psychoanalytical (Freudian) Art Therapy

Analytical (Jungian) Art Therapy

Gestalt Art Therapy

Person-Centred or 'Rogerian' Art Therapy

Mindfulness Art Therapy

Integrative Art Therapy (the Group-Interactive Model)

Feminist Art Therapy

Art Therapy as Social Action

Art Therapy as a Research Tool

Each chapter provides a non-judgemental, yet analytical, synopsis of each approach. No detailed knowledge is necessary to understand the different approaches, as the book explains them in clear and concise English. Difficult terms and concepts are explained as they arise, and a glossary of terms is also provided.

Art Therapy Theories is aimed at trainee art therapists who need to demonstrate that they have a grasp of theory, as well as a sense of how the theory can translate into practice. It will also appeal to seasoned therapists, counsellors and to a wide range of professionals in the mental health field.

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