



## **The Changing Shape of Art Therapy: New Developments in Theory and Practice (Arts Therapies)**

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## **The Changing Shape of Art Therapy: New Developments in Theory and Practice (Arts Therapies)**

Including contributions from some of the leading art therapists in Britain, this important book addresses the key issues in the theory and practice of art therapy. The fundamental significance of the art in art therapy practice permeates the book, close attention being paid by several writers to the art-making process and the aesthetic responses of therapist and client. Other authors explore the tensions between art and therapy, images and speech, subjectivity and objectivity, arguing that the dynamic interplay between these elements is inherent to the practice of art therapy. The role of containment is another theme that is explored by contributors in a variety of ways to highlight the importance not only of the therapeutic containment of the client by the therapist, but also the containment of the therapist. The physical contexts of the session, within an art room and within the larger working environment, are identified as important arenas where conflict and tension is experienced and must be explored if art therapy is to continue to develop.

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