



## Expressive and Creative Arts Methods for Trauma Survivors (Paperback)

By Lois Carey

JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2006. Paperback. Condition: New. Language: English . Brand New Book. With the increasing probability of floods, wars, and human displacement, there will be a great need for health care professionals to help. The arts provide a new, human, and cost-effective way to bring relief and to ease some of the human suffering associated with trauma. The editor, Lois Carey, presents a compelling rationale for the use of the arts therapies to work with trauma. First, it is now clear that traumatized children have difficulty using words to describe their experience. Drawing, play, music and other creative forms allow for an indirect expression that reduces anxiety, and they also help to establish a therapeutic relationship and an area of safety. The same is true for traumatized adults, who are often nonverbal. this book can be a beginning of much-needed documentation of the use of the expressive arts methods for trauma survivors and will provide a significant and useful introduction to the field for health professionals. - PsycCRITIQUES I think the descriptions of the methods are interesting and they show a lot of experience in the field of trauma-treatment. It is a well written, very readable book of..



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