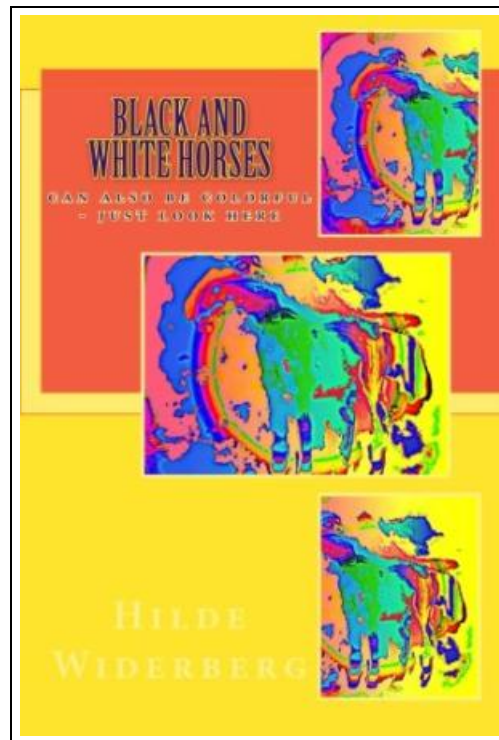


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 82 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. This book is a tribute to two very unhappy kids once upon a time, my mother Else Margrethe Widerberg and her brother Frans (Frantz Gustav) Widerberg, who grew up with a father who was abusing them, physically, mentally and sexually. Now Else Margrethe has been dead some years, and Frans is a very old man. He is a famous Norwegian painter, but the self-therapist side of his art has not been seen or recognized. He seems to have been confusing the critics, probably because the story of child abuse and incest has been a very big shame for the family. Definitions of art therapy vary due to its origins in two fields: art and psychotherapy. It can focus on the art-making process as therapeutic in and of itself (art as therapy) or it can be art in therapy (art psychotherapy). The psychoanalytic approach was the earliest form of art psychotherapy. This approach employs the transference process between the therapist and the client who makes art. The therapist interprets the client's symbolic self-expression as communicated in the art and elicits interpretations from the client. Analysis of transference is no longer always a component. Current art therapy includes a vast number of other approaches such as: Person-Centered, Cognitive, Behavior, Gestalt, Narrative, Adlerian, Family (Systems) and more. The tenets of art therapy involve humanism, creativity, reconciling emotional conflicts, fostering self-awareness, and personal growth. Various definitions of the term art therapy exist, each reflecting the historical narrative or theoretical underpinnings of its proponents. The British Association of Art Therapists defines art therapy as: . . . a form of psychotherapy that uses art media as its primary mode of communication. It is practised..



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