



A Theory-based Approach to Art Therapy: Implications for teaching, research and practice (Explorations in Mental Health)

Ephrat Huss

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Art therapy literature is often based either on practice in a specific setting, art material or population, or if taking a more theoretical focus, on illustrative case studies. This book provides a theory-based approach to research, teaching, and practicing art therapy, including verbal and arts based techniques, settings, art processes and analyses, and the principles of supervision, evaluation, and research. It also offers an overview and discussion of how the different orientations of psychological and social theories are interpreted and implemented by art therapy.

The book provides an integrative perspective that anchors methodology within a rigorous theoretical background. Focusing on three sub-groups of Dynamic, Humanistic and Systemic-social theories, each chapter outlines the central concepts of varying sub-theories within a general heading, and their interpretation from an art therapy perspective. Ephrat Huss explores the respective and shifting roles of art, client, and therapist through each theory, demonstrating the practical implications for creating a coherent intervention that informs all parts of the setting, therapy, client evaluation, and supervision.

A Theory-based Approach to Art Therapy draws on the latest research in the field and will be a valuable text for art therapy theorists, educators, students and researchers, as well as for other social practitioners interested in understanding how to integrate the arts into their practice.

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