



Little Windows into Art Therapy: Small Openings for Beginning Therapists

By Deborah Schroder

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Newly qualified art therapists often feel daunted by the challenge of actually being face-to-face with a client and are unsure how to progress after the first image has been created. In this honest and encouraging book, Deborah Schroder explains how art can provide openings into therapeutic relationships and create a safe space for exploring issues and concerns.

Drawing on her own development as an art therapist and her extensive experience of supervising new therapists and students, Schroder provides practical advice on encouraging nervous or reluctant clients, or those unfamiliar with art therapy, to benefit from artmaking. She argues for a two-way sharing of art between therapist and client, exploring not only how specific techniques can be put into practice, but also how they benefit the therapeutic relationship. Providing guidance on moving into deeper work, exploring and containing particular emotions, and bringing the therapeutic relationship to a close, this book is invaluable to new art therapists at all stages of their relationships with clients.

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Editorial Review

Review

This is a simply written, humorous and enlightening introduction to art therapy. The author gives the reader insight using real life cases, as well as her own sometimes painful reactions while working alongside the client. Overall the book demonstrates the importance of getting to know the client in a counselling relationship. This enables a person to trust and feel secure, something missing from many young people's everyday relationships. I will keep this book in my tool bag, to dip into when working with young people, as it offers a new way of working that is appropriate, inclusive and manageable in the normal counselling process. -- Relate

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About the Author

Deborah Schroder teaches art therapy at Southwestern College in Santa Fe, New Mexico, and has extensive experience of supervising recently-graduated therapists. She has explored the uses of art therapy in a wide variety of environments, including inpatient and day-treatment settings, a nursing home, a school, a community art centre and private practice.

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