

# *The Creative Connection*



*Expressive Arts as Healing*

*Natalie  
Rogers*



# **The Creative Connection Expressive Arts As Healing**

**Natalie Rogers**



## The Creative Connection Expressive Arts As Healing

**The Creative Connection** Natalie Rogers, 1993 The Creative Connection is a practical spirited book lavishly illustrated with colour plates of artwork and action photographs First published in the USA in 1993 by Science and Behavior Books we are proud to be publishing this ground breaking book in the UK It describes the Creative Connection process developed by Natalie Rogers which interweaves movement sound art writing and guided imagery tapping into the deep wellspring of creativity within each of us Natalie says Vital to the creative process is an environment of psychological safety and freedom This reflects her deep belief in the philosophy of her father Carl Rogers which emphasises empathy openness honesty and congruence

## **The Creative Connection for Groups** Natalie Rogers, 2011-07-01

*Art in Action* Ellen G. Levine, Stephen K. Levine, 2011-08-15 The field of expressive arts is closely tied to the work of therapeutic change As well as being beneficial for the individual or small group expressive arts therapy has the potential for a much wider impact to inspire social action and bring about social change The book's contributors explore the transformative power of the arts therapies in areas stricken by conflict political unrest poverty or natural disaster and discuss how and why expressive arts works They look at the ways it can be used to engage community consciousness and improve social conditions whilst taking into account the issues that arise within different contexts and populations Leading expressive arts therapy practitioners give inspiring accounts of their work from using poetry as a tool in trauma intervention with Iraqi survivors of war and torture to setting up storytelling workshops to aid the integration of Ethiopian Jewish immigrants in Israel Offering visionary perspectives on the role of the arts in inspiring change at the community or social level this is essential reading for students and practitioners of creative and expressive arts therapies as well as psychotherapists counsellors artists and others working to effect social change

**Foundations of Expressive Arts Therapy** Ellen G. Levine, Stephen K. Levine, 1998-09-01 Foundations of Expressive Arts Therapy provides an arts based approach to the theory and practice of expressive arts therapy The book explores the various expressive arts therapy modalities both individually and in relationship to each other The contributors emphasize the importance of the imagination and of aesthetic experience arguing that these are central to psychological well being and challenging accepted views which place primary emphasis on the cognitive and emotional dimensions of mental health and development Part One explores the theory which informs the practice of expressive arts therapy Part Two relates this theory to the therapeutic application of the expressive arts including music art movement drama poetry and voicework in different contexts ranging from play therapy with children to trauma work with Bosnian refugees and second generation Holocaust survivors Comprehensive in its coverage of the most fundamental aspects of expressive arts therapy this book is a significant contribution to the field and a useful reference for all practitioners

*Integrating the Expressive Arts into Counseling Practice* Suzanne Degges-White, PhD, LMHC-IN, LPC-NC, NCC, Nancy L. Davis, PhD, LPC, LSC, 2010-10-27 Once in a while a book comes along that is both unique and invaluable. By reading and studying this work, practitioners can enrich the lives of their clients and their own effectiveness. It translates theory into practice and transforms mainstream counseling approaches into extremely useful devices for modifying the way clients and counselors function in therapy. Samuel T. Gladding, PhD, Department of Counseling, Wake Forest University. From the Foreword: While traditional talk therapies remain at the foundation of counseling, the use of expressive and creative arts in conjunction with these methods can often deepen the healing process as well as expedite diagnosis, treatment, and prevention. *Integrating the Expressive Arts into Counseling Practice* is designed to provide readers with an understanding of the ways in which expressive arts counseling techniques can be productively integrated into the leading counseling modalities. Accessible to students and practitioners alike, it presents field-tested expressive arts interventions within the context of the most commonly taught theoretical orientations, including Cognitive Behavioral Therapy, Solution Focused Brief Therapy, Gestalt Theory, Adlerian Theory, Choice Theory, Existential Theory, Feminist Theory, Person-Centered Theory, Narrative Therapy, and Integrative Theory. These chapters include the work of over 40 contributors, including expert practitioners and faculty who offer detailed descriptions of their own successful expressive arts interventions. Key Features: Presents over 50 expressive art interventions in an easy step-by-step format; Describes interventions within a framework of 10 commonly used treatment modalities; Explains the connection between theory and intervention; Includes art, writing, drama, music, movement, dance, puppetry, and sandplay activities; Discusses appropriate populations, settings, and diagnoses with which to use each intervention.

*Mindfulness and the Arts Therapies* Laury Rappaport, 2013-10-21 This ground-breaking book explores the theoretical, clinical, and training application of integrating mindfulness with all of the arts therapies and includes cutting-edge contributions from neuroscience. Written by pioneers and leaders in the arts therapies and psychology fields, the book includes 6 sections that examine mindfulness and the arts therapies from different perspectives: 1. the history and roots of mindfulness in relation to spirituality, psychotherapy, and the arts therapies; 2. the role of the expressive arts in cultivating mindful awareness; 3. innovative approaches that add mindfulness to the arts therapies; 4. arts therapies approaches that are inherently mindfulness-based; 5. mindfulness in the training and education of arts therapists; and 6. the neuroscience underlying mindfulness and the arts therapies. Contributors describe their pioneering work with diverse applications: people with cancer, trauma, chronic pain, substance abuse, severe mental illness, clients in private practice, adolescents at camp, training dance and art therapists, and more. This rich resource will inspire and rejuvenate all clinicians and educators.

**Healing with Art and Soul** Kathy Luethje, 2008-12-18 This fascinating collection of essays contains a variety of perspectives about the use of expressive arts for facilitating physical and emotional healing Each author within brings a fresh approach and unique experiences to their writing Within these pages you will find many ideas for the use of the arts and can learn how to engage the inner layers of the self that allow natural healing processes of the body and soul to flourish When we fully engage an art modality we find ourselves in a place in our consciousness that could be called healingspace where we feel ourselves whole and re member ourselves as well From psychic trauma to physical illness dis ease of many kinds may be addressed through the various techniques discussed here The tools offered by some authors are population specific and age appropriate while several authors have given us the philosophical underpinnings for it all While the authors within represent the grassroots voices of this new and rapidly expanding field several of them have developed their own methods for using the arts and have thriving practices Our approach is wholistic Music visual arts movement dance and poetry are discussed as separate modalities and in combination with one another in a process or flow The reader will engage in our experiences with these modalities as they have been lived The complementary CD that accompanies this book will allows the listener to have a full sound experience of toning If a rationale is needed for establishing arts programs in medical centers or other health facilities it can be found here The book offers tools for self development and for group facilitation Those wanting to expand their healing practice through the use of the arts will find the book to be a faithful guide Anyone wishing for a fuller understanding of how the arts may work to facilitate healing will find much food for thought within these pages

**Creative Arts Therapy Careers** Sally Bailey, 2021-09-30 Creative Arts Therapy Careers is a collection of essays written by and interviews with registered drama therapists dance movement therapists music therapists art therapists poetry therapists and expressive arts therapists The book sheds light on the fascinating yet little known field of the creative arts therapies psychotherapy approaches which allow clients to use creativity and artistic expression to explore their lives solve their problems make meaning and heal from their traumas Featuring stories of educators in each of the six fields and at different stages of their career it outlines the steps one needs to take in order to find training in one of the creative arts therapies and explores the healing aspects of the arts where creative arts therapists work who they work with and how they use the arts in therapy Contributors to this book provide a wealth of practical information including ways to find opportunities to work with at risk populations in order to gain experience with the arts as healing tools choosing the right graduate school for further study the difference between registration certification and licensure and the differences between a career in a medical mental health educational correctional or service institution This book illuminates creative arts therapy career possibilities for undergraduate and graduate students studying acting directing playwriting creative writing visual arts theatre design dance and music It is also an excellent resource for instructors offering a course to prepare arts students of all kinds for the professional world

**Emerging Woman** Natalie Rogers, 2013-06 Natalie says this book is written to give women courage and support to be full persons in our society and what is personal is political also to give sanction to men and women to be honest and open about their struggles Communication begins by revealing oneself I have revealed much of myself in the hope that it will stimulate new thought and action new channels to reach out to each other Carl Rogers author of On Becoming a Person said My daughter has written a personal sensitive and moving book about her own journey to womanhood it confirms what I have long believed what is most personal is universal Self published in 1980 this has become a feminist classic having been published in French Italian Portuguese and Japanese It became an underground book handed from one woman to another The chapter titles The Right To Be Me Uprooting and Rerooting A Transition Solo A Midlife Choice On Love Loving and Lovers and Opening The Impact of Women On My Life This book is still extremely relevant for the 21st century

**Principles and Practice of Expressive Arts Therapy** Paolo J. Knill, Ellen G. Levine, Stephen K. Levine, 2005 This book lays the foundation for a fresh interpretation of art making and the therapeutic process by re-examining the concept of poesis. The authors clarify the methodology and theory of practice with a focus on intermodal therapy, crystallization theory, and polyaesthetics and give guidance on the didactics of acquiring practical skills.

**Creative Arts Therapy Careers** Sally Bailey, 2021-09-30 Creative Arts Therapy Careers is a collection of essays written by and interviews with registered drama therapists, dance movement therapists, music therapists, art therapists, poetry therapists, and expressive arts therapists. The book sheds light on the fascinating yet little-known field of the creative arts therapies, psychotherapy approaches which allow clients to use creativity and artistic expression to explore their lives, solve their problems, make meaning, and heal from their traumas. Featuring stories of educators in each of the six fields and at different stages of their career, it outlines the steps one needs to take in order to find training in one of the creative arts therapies and explores the healing aspects of the arts where creative arts therapists work, who they work with, and how they use the arts in therapy. Contributors to this book provide a wealth of practical information, including ways to find opportunities to work with at-risk populations in order to gain experience with the arts as healing tools, choosing the right graduate school for further study, the difference between registration, certification, and licensure, and the differences between a career in a medical, mental health, educational, correctional, or service institution. This book illuminates creative arts therapy career possibilities for undergraduate and graduate students studying acting, directing, playwriting, creative writing, visual arts, theatre design, dance, and music. It is also an excellent resource for instructors offering a course to prepare arts students of all kinds for the professional world.

*Trauma and Expressive Arts Therapy* Cathy A. Malchiodi, 2020-03-27 Psychological trauma can be a life-changing experience that affects multiple facets of health and well-being. The nature of trauma is to impact the mind and body in unpredictable and multidimensional ways. It can be a highly subjective that is difficult or even impossible to explain with words. It also can impact the body in highly individualized ways and result in complex symptoms that affect memory, social engagement, and quality of life. While many people overcome trauma with resilience and without long-term effects, many do not. Trauma's impact often requires approaches that address the sensory-based experiences many survivors report. The expressive arts therapy, the purposeful application of art, music, dance, movement, dramatic enactment, creative writing, and imaginative play, are largely non-verbal ways of self-expression of feelings and perceptions. More importantly, they are action-oriented and tap implicit, embodied experiences of trauma that can defy expression through verbal therapy or logic. Based on current evidence-based and emerging brain-body practices, there are eight key reasons for including expressive arts in trauma intervention, covered in this book: 1. letting the senses tell the story, 2. self-soothing mind and body, 3. engaging the body, 4. enhancing nonverbal communication, 5. recovering self-efficacy, 6. rescripting the trauma story, 7. making meaning, and 8. restoring aliveness.

**Art Therapy and Health Care** Cathy A. Malchiodi, 2012-10-19 Demonstrating the benefits of creative expression for patients living with acute or chronic illness, this volume provides a complete practical introduction to medical art therapy. It presents evidence-based strategies for helping people of all ages, from young children to older adults, cope with physical and cognitive symptoms, reduce stress, and improve their quality of life. The book includes detailed case material and 110 illustrations. It describes ways to work with individuals and groups with specific health conditions and challenges, as well as their family members. Contributors are experienced art therapists who combine essential knowledge with in-depth clinical guidance. This e-book edition features 87 full-color illustrations. Illustrations will appear in black and white on black and white e-readers.

She Explores Gale Straub, 2019-03-26 For every woman who has ever been called outdoorsy comes a collection of stories that inspires unforgettable adventure Beautiful empowering and exhilarating She Explores is a spirited celebration of female bravery and courage and an inspirational companion for any woman who wants to travel the world on her own terms Combining breathtaking travel photography with compelling personal narratives She Explores shares the stories of 40 diverse women on unforgettable journeys in nature women who live out of vans trucks and vintage trailers hiking the wild cooking meals over campfires and sleeping under the stars Women biking through the countryside embarking on an unknown road trip or backpacking through the outdoors with their young children in tow Complementing the narratives are practical tips and advice for women planning their own trips including Preparing for a solo hike Must haves for a road trip kitchen Planning ahead for unknown territory Telling your own story A visually stunning and emotionally satisfying collection for any woman craving new landscapes and adventure

**Nature-Based Expressive Arts Therapy** Sally Atkins, Melia Snyder, 2017-10-19 This book integrates the fields of expressive arts and ecotherapy to present a nature based approach to expressive arts work It highlights attitudes and practices in expressive arts that are particularly relevant to working with nature including cultivating an aesthetic response to the earth and the relationship between beauty and sustainability

**Expressive Arts Therapy for Traumatized Children and Adolescents** Carmen Richardson, 2015-08-11 Expressive Arts Therapy for Traumatized Children and Adolescents is the book so many expressive arts and trauma therapists have been waiting for Not only does it lay out an organized thorough framework for applying varied expressive arts modalities it provides clear directions for the application of these modalities at different phases of treatment Both beginning and experienced clinicians and students will appreciate the thoughtful analyses of ways for introducing expressive arts to clients engaging clients with their art being present to the art that is created and working within a particular session structure that guides the treatment process Readers will also receive more specific learning regarding the process of using body focused and sensory based language and skills in the process of trauma treatment over time They ll pick up more than 60 priceless expressive arts assessment and treatment interventions that are sure to serve them well for years to come The appendices features these interventions as photocopyable handouts that will guide the therapist working with youth through each phase of treatment

Expressive Arts Therapy in Action ,2014 Are you looking for new tools to enliven your work and help clients go deeper Discover the transformative power of moving beyond words as Natalie Rogers demonstrates person centered expressive arts therapy in two remarkable sessions with a woman struggling with a career decision Tired of her tedious accounting job Suzen wants to devote her energy to the healing work she does with horses but is trapped by negative thought patterns and afraid of going broke Watch as Rogers engages Suzen in a deep exploration of her dilemma modeling key aspects of the person centered approach such as unconditional positive regard empathic understanding and congruence while also integrating a variety of expressive arts modalities including movement pastels and clay Through their work together Suzen makes a dramatic shift from confusion to clarity about her career path With Rogers s warm presence and expert facilitation skills Suzen moves through fear and self doubt and gains access to her authentic self who is ready to shine Before and after the sessions Victor Yalom sits down with Rogers to discuss her approach and Rogers s commentary is interspersed throughout the sessions From tips on how to really listen to how to accurately reflect a client s emotional experience this video will help therapists and their clients creatively uncover rich new material By watching this video you will be able to understand the foundations of the person centered approach and the core conditions for change identify how to help clients access unconscious feelings through a variety of expressive arts modalities integrate a person centered expressive arts approach into your own work with clients Keywords movement creative connection feminist feminism Carl Rogers person centred client centred art Natalie arts Counseling counselling Social Work Social Worker Therapy Psychotherapy Psychotherapy net Therapist Supplied by publisher

*The Expressive Arts Activity Book, 2nd edition* Wende Heath,Suzanne Darley,2020-10-21 This resource comprises a collection of accessible flexible tried and tested activities for use with people in a range of care and therapy settings to help them explore their knowledge of themselves and to make sense of their experiences Among the issues addressed by the activities are exploring physical changes emotional trauma interpersonal problems and spiritual dilemmas Designed with simple and inexpensive art tools in mind for individual and group activities of varying difficulty it also includes real life anecdotes that bring the techniques to life This new edition contains extra activities and resources to promote the continuing wellness of patients and clients outside of therapy settings This new edition of the Expressive Arts Activity Book is full of fun easy creative ideas for workers in hospitals clinics schools hospices spiritual and religious settings and in private practice

Creative Interventions with Traumatized Children Cathy A. Malchiodi,2008-01-08 Rich with case material and artwork samples this volume demonstrates a range of creative approaches for facilitating children s emotional reparation and recovery from trauma Contributors include experienced practitioners of play art music movement and drama therapies bibliotherapy and integrative therapies who describe step by step strategies for working with individual children families and groups The case based format makes the book especially practical and user friendly Specific types of stressful experiences addressed include parental loss child abuse accidents family violence bullying and mass trauma Broader approaches to promoting resilience and preventing posttraumatic problems in children at risk are also presented



**Environmental Arts Therapy** Ian Siddons Heginworth, Gary Nash, 2019-11-20 Environmental Arts Therapy The Wild Frontiers of the Heart describes what happens when we take the creative arts therapies and the people whom we work with out of doors in order to provide safe structured and accompanied creative therapeutic healing experiences The theoretical themes are developed along with illustrated examples of clinical practice across a variety of settings and locations The work is introduced and co edited by a pioneer in the field Ian Siddons Heginworth who describes the emergence of environmental arts therapy and its growth across the British Isles supported through the training course based in London The following 12 chapters are written by contributing authors and creative arts therapy practitioners working with children adults and elders in schools adult mental health and private practice in Britain and Europe A central focus of the book is the clinical populations and settings in which clinicians work and it also describes the health benefits as well as the challenges faced when working out of doors This is a book about the emergence of a new creative therapy modality in the British Isles It shows the value of working with the natural cycles and seasons using an integrative arts approach including dramatic enactment role play poetry art making with natural materials storytelling and the use of bodywork through movement sound rhythm and the voice all held and reflected by our encounters with and in nature It is about our relationship with nature creativity and therapeutic healing and is written for trainers trainees and practitioners in the creative arts psychotherapy and ecotherapy

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