



Medical Art Therapy with Adults

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Using art as therapy or intervention permits people with serious or life-threatening physical illnesses to express themselves in a manner that is often felt to be safer and less difficult than a strictly verbal means. When coping with serious illness, invasive medical procedures, drug, chemotherapy or radiation treatment, and, in some cases, terminal illness, art expression is a powerful method for dealing with physical changes, emotional trauma, interpersonal problems and spiritual dilemmas. It can also enhance a therapist's understanding of patients' perceptions of themselves, their families and their environment, and allows both therapist and patient to obtain a fresh perspective on problems and directions. Some of the most distinguished art therapists in the USA have contributed to this wide-ranging and inspiring collection, which deals sensitively with work with patients who are suffering from terminal illness such as AIDS or cancer, or recovering from traumatic operations such as mastectomies. The chapters offer practical advice on materials and approaches to use with a variety of clients, depending on the objectives of the therapy. As the first book to engage with medical art therapy with adults, this will be an innovative and essential resource for all counsellors, creative arts therapists, psychologists and health care professionals.

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