



Art Therapy Exercises: Inspirational and Practical Ideas to Stimulate the Imagination

Liesl Silverstone

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This accessible book comprises a collection of 80 tried-and-tested exercises, with guidelines for applying them and advice for devising new ones. Liesl Silverstone offers a variety of exercises for a diverse and multicultural client base, such as guided fantasies, one-to-one and group work focusing on the group dynamic, and some examples of working with adults with learning difficulties and children. Focusing on the non-directive, non-interpretive person-centred approach to art therapy, this inspirational book is the perfect complement to *Art Therapy - The Person-Centred Way*, also by Liesl Silverstone and published by Jessica Kingsley Publishers. *Art Therapy Exercises* is an invaluable book for art therapists and art therapy students, counsellors, psychotherapists and all professionals working in the field of human development.

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