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EXPRESSIVE ARTS THERAPY

Creative Process in Art and Life



Appalachian Expressive Arts Collective

A new book in expressive arts therapy!

Expressive arts therapy is the practice of using imagery, storytelling, dance, music, drama, poetry, movement, dreamwork, and visual arts together, in an integrated way to foster human growth, development, and healing. The role of creativity in healing, the reclaiming of the natural artistic capacity of human beings, and the integrated use of the expressive arts in therapy are timely topics in today's world.

Expressive Arts Therapy: Creative Process in Art and Life is written for therapists and for students who are becoming therapists. In addition, it offers insights to artists, teachers, and others interested in exploring the power of expressive arts for growth and healing. It provides theoretical grounding and practical applications from the collective experience of the authors who share, in a very personal way, their own immersion in the creative process.



The Appalachian Expressive Arts Collective began in 1985 when Dr. Sally Atkins gathered a group of faculty members from different disciplines to teach a new course, Therapy and the Expressive Arts. Members of the Collective have worked together to develop an integrative expressive arts specialty in counseling at Appalachian State University. *Expressive Arts Therapy: Creative Process in Art and Life* is an outgrowth of their continuing collaborative work.



Comments about *Expressive Arts Therapy*

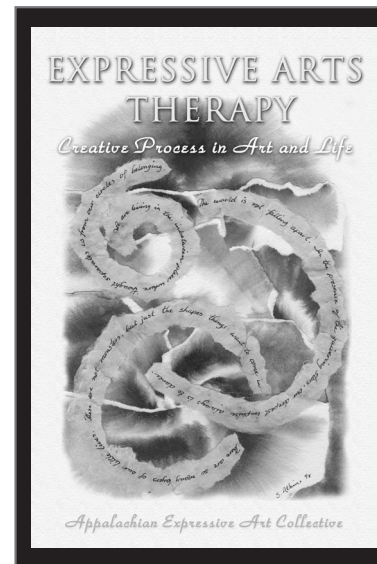
It is the architectural art of bridge building that reveals the beauty of reaching and linking between distance, differences, and shores. Architectural intelligence—skill, sensitivity and sculpture—is an intermodal art, cast to beauty in the bridge; that is what could be said metaphorically about this book. It is not only the theme of intermodal expressive art in this book, that bridges the disciplines.

The architectural crew of writers as well, represent different disciplines and a common commitment to build a book that bridges. What is so convincing here, is this wonderful collaboration for one bridging work. That is an amazing demonstration of what the intermodal understanding of art can do in this world. Walk, promenade, or run through this book. You will not regret to have passed across the bridge and have looked from the other side.

— Paolo Knill, Ph.D.
Provost, The European Graduate School
Professor Emeritus, Leslie University

Expressive Arts Therapy is a rich collection of artistic writings, paintings, and wisdom drawn from a team of talented and creative counselors and therapists at Appalachian State University. The book immerses the reader with a pleasant and generous flood of verbal and visual artistic impressions. It offers practical ideas for “doing art” in various forms as well as giving personal interpretations of life as art. Like a hearty soup, a reader will find much nourishment in the pages of this book. There is food for thought and feeling throughout. Taking in and digesting the wonders of this work is an exciting, powerful, and potentially transcendent adventure.

— Samuel T. Gladding, Ph.D.
Associate Provost, Wake Forest University



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