Contents

Illustrations xi
DVD Contents xv
Acknowledgments xxxiii

Preface: 25th Anniversary Edition xxxix
Background xxxix
Changes in Art Therapy and Mental Health xl
Changes in Organization and Content of the Book xli

PART I The Context

1 Roots: Personal and Professional 3
   Personal 3
   Professional 6
   Personal/Professional Passage 8
   A Personal Experience of the Creative Process 9
   Making Pictures Helps My Mourning Process 13
   About This Book 14

2 A Framework for Freedom 19
   Conditions for Creative Growth 29

3 Understanding Development in Art 34
   Progression in Normal Artistic Development 34
   Where a Child Is 46
   General Issues in Development 48
4  A Picture of the Therapeutic Process 57
   Testing  58
   Trusting  61
   Risking  62
   Communicating  63
   Facing  64
   Understanding  66
   Accepting  68
   Coping  69
   Separating  70

5  Some Ways to Facilitate Expression 73
   A Starter (A Scribble)  73
   A Theme  74
   A Medium  77
   A Dream  78
   A Mask  81
   A Target  83
   A Tape Recorder  85
   A Poem  88
   A Story  89
   A Picture-Taking Machine  90
   Flashlights and Candles  90
   Extending the Range  92
   Conclusion  92

PART II  The Individual

6  An Individual Art Evaluation 97
   Background  97
   Initiating the Interview  99
   Getting Started  103
   The Art Materials  106
   The Space  110
   Talking about the Artwork  113
   Abstract Artwork  115
   Some Things Are Easier to Say and to See in Art  117
   Productivity  118
   Recommendations  119

7  Decoding Symbolic Messages 121
   To Write or Not to Write? 121
   Verbal Communications  122
   To Talk or Not to Talk?  122
Contents

Nonverbal Communications 123
Interaction with the Therapist 123
Response to the Task 124
Response to the Materials 124
The Working Process 125
Products: Form 126
Form and Process as Content 128
Products: Content 129
Common Themes 129
Self-Representations 131
Degree of Disguise 131
Attitude toward the Product 132
Making Sense 134
Reporting 135

8 Some Case Studies 137
Ellen: An Elective Mute 138
Dorothy: A Child with Schizophrenia 145
Randy: A Boy with Encopresis 150
Conclusion 152

9 Case Illustration: Understanding and Helping 153
Individual Art Evaluation 156
Group Art Therapy 158
Joint Mother-Child Art Sessions 160
Family Art Evaluation 161
Family Art Therapy 162
Joint Nonverbal Drawing 167

PART III The Family and the Group

10 A Family Art Evaluation 173
Format 174
Scribble Drawing 177
Family Representations 178
Family Mural 180
Free Products 182
Making Sense 182
Characteristics 183
Modifications 185

11 Family Art Therapy 188
Family Member Dyads 188
Conjoint Family Art Therapy 193
Contents

Special Considerations in Art for Children with Disabilities 277
Values of Art for Children with Disabilities 278

16 Art Therapy with Disabled Children and Their Parents 285
Similarities and Differences 285
Coming to Terms with Blindness 300
Outpatient Mothers’ Therapy Group: Sustenance and Support 307

PART V Art as Therapy for Everyone

17 Helping the Normal Child through Art 311
Therapeutic Values in Art Education 311
Dealing with Normal Stresses through Art 313
Loss of Parental Figures 326
Conclusion 328

18 Helping Parents through Art and Play 330
Art as Therapy for Normal Adults 330
Education in the Community 331
Family Art Workshop: Elementary School 332
Parent Art Workshop in a School 334
Mothers and Toddlers in a Church 334
Parent Play Groups 338
Sample Activities to Help Parents Understand Developmental Phases 339
Possible Ways to Proceed 343

PART VI General Issues

19 What Child Art Therapy Is and Who Can Do It 347
Art Therapy and Art Education 348
Art Therapy and Play Therapy 350
Qualities of Good Child Art Therapists 351

20 Why and How the Art Therapist Helps 356
The Need and Capacity to Create 356
The Creative Process as a Learning Experience 357
The Art Therapist as a Real Person and Symbolic Other: Transference 359
An Artist and a Therapist 363
The Art Therapist as a Change Agent 364
Extending Opportunities: Art Therapy Consultation 365
Contents

21 How the Art Therapist Learns through Research 368
Introduction and Issues 368
Objective Observation 369
Subjective Clinical Assessments 370
Grouping and Goal-Setting 370
Assessing Change in Blind Children I 371
Assessing Change in Blind Children II 373
A Phenomenological Investigation 375
Self-Assessments of Art Products 376
Measurement of Media Popularity 376
Group Drawings and Group Dynamics 377
Diagnostic Questions about Child Art 378
Variability in Children’s Art 380
Free Association in Art Imagery 381
Relationships between Creativity and Mental Health 382
Comparing Products from Art and Drama Interviews 383
Conclusion 384

A Cautionary Note 387

References 389

Index 407

About the DVD 419