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 173

10 A Family Art Evaluation 174
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