



Little Windows Into Art Therapy: Small Openings for Beginning Therapists

Deborah Schroder

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Newly qualified art therapists often feel daunted by the challenge of being face-to-face with a client and are unsure how to progress after the first image has been created. Schroder explains how art can provide openings into therapeutic relationships and create a safe space for exploring issues and concerns. Drawing on her own development as an art therapist and her experience of supervising new therapists and students, the author provides practical advice on encouraging nervous or reluctant clients, or those unfamiliar with art therapy, to benefit from artmaking. She argues for a two-way sharing of art between therapist and client, exploring not only how specific techniques can be put into practice, but also how they benefit the therapeutic relationship. Providing guidance on moving into deeper work, exploring and containing particular emotions, and bringing the therapeutic relationship to a close, this book will be invaluable to new art therapists.



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