



Self-Healing Through Visual and Verbal Art Therapy

David Simon

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Self-Healing Through Visual and Verbal Art Therapy explores the therapeutic properties of visual and verbal creativity and its capacity to act as a natural means of self-healing.

Drawing on Freud's and Winnicott's work on psychoanalysis and play, R.M. Simon illustrates the healing power of art-making with the drawings and stories of seven-year-old Joe, who succeeds in overcoming the trauma of family break-up by expressing his emotional turmoil outside the formal therapeutic process. The progress from symbolising unconscious distress to verbalising and becoming conscious of (and able to deal with) such distress is clearly demonstrated in the author's discussion of Joe's drawings and stories.

This book offers a clear and concise examination of the theory and application of art as therapy and will be useful for art therapists, psychotherapists and students in these fields wanting to develop an understanding of self-healing methods.

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