



Therapeutic Art Directives and Resources: Activities and Initiatives for Individuals and Groups

Susan R. Makin

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This text constitutes directives for sessions with groups or individual patients. It should be beneficial in situations where patients are reluctant to express themselves spontaneously, Makin explaining why these directives can offer creative freedom and are not restricting. Suggestions are given for the suitability of different art media for each directive. Commentaries by Cathie Malchiodi highlight for which patients and at which stage of treatment each directive is most appropriate, and any risks which the therapist should be aware of when dealing with specific groups of patients.

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