

The Expressive Arts Activity Book: A Resource for Professionals

Suzanne Darley



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This resource comprises a collection of accessible, flexible, tried-and-tested activities for use with people in a range of care settings, to help them explore their knowledge of themselves and to make sense of their experiences. Among the issues addressed by the activities are exploring physical changes, emotional trauma, interpersonal problems and spiritual dilemmas. Featuring individual and group activities of varying difficulty, including card making, painting to music, meditation, and body mapping, it also includes real-life anecdotes that bring the techniques to life. The Expressive Arts Activity Book is full of fun, easy, creative ideas for workers in hospitals, clinics, schools, hospices, spiritual and religious settings, and in private practice.

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