



# Introduction to Art Therapy: Sources & Resources

By JUDITH A. RUBIN

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*Introduction to Art Therapy: Sources and Resources*, is the thoroughly updated and revised second edition of Judith Rubin's landmark 1999 text, the first to describe the history of art in both assessment and therapy, and to clarify the differences between artists or teachers who provide "therapeutic" art activities, psychologists or social workers who request drawings, and those who are trained as art therapists to do a kind of work which is similar, but qualitatively different. This new edition contains a DVD-ROM with over 400 still images and 250 edited video clips for much richer illustration than is possible with figures alone; an additional chapter describing the work that art therapists do; and new material on education with updated information on standards, ethics, and informing others. To further make the information accessible to practitioners, students, and teachers, the author has included a section on treatment planning and evaluation, an updated list of resources – selected professional associations and proceedings – references, expanded citations, and clinical vignettes and illustrations. Three key chapters describe and expand the work that art therapists do: "People We Help," deals with all ages; "Problems We Treat," focuses on different disorders and disabilities; and "Places We Practice," reflects the expansion of art therapy beyond its original home in psychiatry. The author's own introduction to the therapeutic power of art – as a person, a worker, and a parent – will resonate with both experienced and novice readers alike. Most importantly, however, this book provides a definition of art therapy that contains its history, diversity, challenges, and accomplishments.

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### Editorial Review

#### Review

**“Rubin knows the story-telling power of images, whether conveyed in words or pictures?moving or still. Students and professionals alike will enjoy this new edition with its clear, insightful writing, many illustrations, and an accompanying DVD to bring the topic of art therapy further to life.”**

*- Randy M. Vick, MS, ATR-BC, LCPC, Associate Professor, Art Therapy, The School of the Art Institute of Chicago*

**“Richly illustrated by vignettes that illuminate theory and bring it into practice, Rubin retains the same lively, passionate and accessible style of writing that was so refreshing in the first edition. This is a key text for both beginning and experienced art therapists.”** - Diane Waller, PhD, Professor of Art Psychotherapy at Goldsmiths, University of London; author of Group Interactive Art Therapy and Art Therapy and Progressive Illness

**“Rubin’s revision of Introduction to Art Therapy is deeply intelligent and yet easily accessible. She clarifies complex issues and uses eloquent anecdotes to convey the power of art therapy. This text is a welcome overview of the field with enough detail to satisfy the most curious and exacting reader.”** - Laurie Wilson, PhD, ATR-BC, Professor Emerita of Art Therapy at New York University, author of Alberto Giacometti: Myth Magic and the Man

**“Rubin’s comprehensive examination of this unique profession provides the overview that I and other therapists need.”** - Louis W. Tinnin, MD, Professor Emeritus, West Virginia University, Psychiatric Consultant, Intensive Trauma Therapy, Inc. <[www.traumatherapy.us](http://www.traumatherapy.us)>

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