



# Using Art Therapy with Diverse Populations: Crossing Cultures and Abilities

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## **Using Art Therapy with Diverse Populations: Crossing Cultures and Abilities** From Brand: Jessica Kingsley Pub

Whether working in urban areas with high levels of cultural diversity, providing art therapy to 'unique' populations such as prisoners or asylum seekers, or introducing art therapy programs to parts of the world in which it is not yet established, it is essential that therapists understand the importance of practicing in a culturally sensitive manner. This comprehensive book considers how culture impacts the practice of art therapy in a variety of settings.

With contributions from experienced art therapists who have worked in diverse environments, this book attempts to understand and highlight the specific cultural, subcultural and ethnic influences that inform art therapy treatment. It addresses variable factors including setting, population, environment and ability, and how they influence art therapy approaches. It also considers how cultural differences can impact physical art making through choices of color, symbol and metaphor. Each chapter provides a framework showing how art therapy techniques have been used in order to successfully work with distinct populations. This book will provide practitioners with ideas for how to adapt art therapy training and approaches to suit the setting and meet the needs of a vast range of populations.

Full of informative case studies, this book will be invaluable reading for art therapists and students of art therapy.

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## **Editorial Review**

### **Review**

Practitioners will find this a solid reference filled with insights on how this therapy is worked in different settings. -- Midwest Book Reivew "This is a long-overdue book, and one that I hope will be read by all who want to help others through art around the world. It offers a splendid introduction to a wide variety of ways of thinking about and working with people from different cultural backgrounds. The diverse authors with their multifaceted orientations bring the concepts of multicultural competence and sensitivity alive in a most inclusive, insightful, and wonderful way." -- Judith A. Rubin, Ph.D., ATR-BC, Department of Psychiatry, University of Pittsburgh, President of Expressive Media, Inc. and Past President and Honorary Life Member of the American Art Therapy Association, USA

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### **About the Author**

Paula Howie, ATR-BC, LPC received her Master's in Art Therapy from George Washington University in 1975. She received her ATR in 1977, became a Board Certified Art Therapist in 1994, a Licensed Professional Counselor (DC, 1997) and in VA (2008). She directed the Art Therapy Service at Walter Reed Army Medical Center from 1979 to 2002. From 1982 to the present, she has been a part time faculty and currently holds the title of Associate Professorial Lecturer in the Art Therapy Graduate Program at George Washington University. Paula has held numerous positions in AATA to include President from 2005-2007. She currently maintains a private practice in Washington, DC, where she focuses on the treatment of trauma; she has authored several art therapy articles, has numerous presentations, and was invited to lecture in South Korea in 2004 and 2006. Since her retirement from Walter Reed, in addition to private practice and teaching, Paula has been actively pursuing her passion for watercolor painting. Sangeeta Prasad, ATR, is an art therapist with experience working in India and the United States of America. She has worked with children and adults with serious mental health problems, and has presented on art therapy in the USA as well as India. Her experience as an art therapist in two very different cultures provides her with the opportunity and expertise to introduce art therapy in India. Through her work, she hopes to bridge the information gap in art therapy between countries that have already established art therapy programs and those in which art therapy is beginning to take root. Jen Kristel has a Masters in Expressive Therapies from Lesley University. For the last 20 years, she has worked in clinical and non-clinical settings using the expressive arts and Playback Theatre, a form of theatre improvisation that uses personal stories of the audience to support community building and healing. Since 2003 she has been working in South Asia (Including India, Bangladesh and Indonesia) teaching Playback Theatre and expressive therapies to local NGOs, Counseling Centres and Universities, working on a wide range of issues. Her hope is to support people in finding their voice and

building community.

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