

[Get free] Integrating Art Therapy and Yoga Therapy: Yoga, Art, and the Use of Intention

Integrating Art Therapy and Yoga Therapy: Yoga, Art, and the Use of Intention

Karen Gibbons

*DOC | *audiobook | ebooks | Download PDF | ePub*



[Download](#)

[Read Online](#)

#913778 in Books 2015-05-21 2015-05-21 Original language: English PDF # 1 9.02 x .42 x 5.98l, #File Name: 1849057826184 pages | File size: 68.Mb

Karen Gibbons : Integrating Art Therapy and Yoga Therapy: Yoga, Art, and the Use of Intention before purchasing it in order to gauge whether or not it would be worth my time, and all praised Integrating Art Therapy and Yoga Therapy: Yoga, Art, and the Use of Intention:

2 of 2 people found the following review helpful. ... simple steps the therapeutic elements of combining these two wonderful modalities. Gibbons uses mudras By Daniell Cohen No matter where you are in your yoga practice or

knowledge on art therapy this book breaks down into simple steps the therapeutic elements of combining these two wonderful modalities. Gibbons uses mudras, set intentions, yoga poses and art directives as a way of addressing different issues and guiding her readers towards self-healing. Whether you are curious about starting a yoga practice, interested in learning more about art therapy, curious about combining these two practices or just looking for new ways to connect I highly recommend this book. That said, happy reading! 1 of 1 people found the following review helpful. Highly recommended to everyone By Charlotte Eisenstadt This book explains the integration of art and yoga therapy in the most professional and precise way. This being said, it is still written in a way that anyone would be able to understand and attempt the combination of these two practices on their own. The book is full of encouragement to do so, as well. I highly recommend for everyone to read this book and use the knowledge provided by Karen Gibbons to create mindfulness and happiness in their lives. Yoga and art are truly the most effective ways to achieve these goals so, why not use them together?

Yoga postures, meditation and art therapy-based techniques are combined in this innovative approach structured around targeting a specific treatment goal for each therapeutic session. For each goal, a mudra (hand position) meditation, yoga pose and art directive are recommended to embody the chosen intention.

At the heart of Karen Gibbon's book is the Intention Centered Yoga and Art Therapy technique (ICYAT), which entwines intention into the seat of yoga, mudras, and artwork. Delineating the ethical, educational and professional practices for yoga therapy and art therapy, Gibbons combines these interrelated modalities into a mutually beneficial prescription to promote wellbeing and restructure habitual patterns towards health. * Dr. Ellen G. Horovitz, ATR-BC, LCAT, E-RYT, LFYP, author of *Yoga Therapy: Theory and Practice* * A work of art! Gibbons provides an in-depth perspective to combining Art Therapy and Yoga Therapy with a pure, grounded understanding that only practice and wisdom can create. Her sensitive and highly developed approach guides us in a gentle and clear manner that is inspiring. Namaste! * Eileen P McGann, ATR-BC, LCAT Graduate Faculty, School of Visual Arts and New York University Graduate Director of the Arts and Creative Therapies, MercyFirst, Syosset NY * Gibbons has brought together two embodied approaches to treatment- yoga and art therapy- and opened up a conversation about just how these two powerful modalities can engage the healing process. With the growing interest and research on mind-body approaches to health and well-being, this book will be of interest to a wide range of professionals including art therapists, dance and movement therapists, counselors, psychologists, nurses, yoga instructors and integrative healthcare practitioners. * Cathy Malchiodi, PhD, LPCC, LPAT, ATR-BC, REAT, Executive Director, Trauma-Informed Practices and Expressive Arts Therapy Institute, Louisville, Kentucky * Karen Gibbons skilfully navigates the complex blending of art therapy and yoga with professionalism, ethical clarity and reflective deliberation. For all art therapists wishing to complement their art therapy practice, this book is a practical and invaluable guide to aid in enhancing the mind body connection found in both yoga and the creative art process. * Lisa R. Furman, MA, ATR-BC, LCAT, LPC, Adjunct Faculty Member, Graduate Art Therapy Program, School of Visual Arts, New York City, Associate Professor, Albertus Magnus College, New Haven and author of *Ethics in Art Therapy* * If you enjoy yoga and art, you will appreciate Karen Gibbon's integration of yoga therapy and art therapy into an easy-to-follow protocol that combines art directives and yoga practices to address the psycho-spiritual needs of your clients and students. Integrating Art Therapy and Yoga Therapy makes a unique and useful contribution to the field of art therapy and yoga therapy. If you're an art therapist, it belongs on your shelf. You will reference it often. * Amy Weintraub, MFA, ERYT-500, author of *Yoga for Depression and Yoga Skills for Therapists*, Founder of the LifeForce Yoga Healing Institute * At the heart of Karen Gibbon's book is the Intention Centered Yoga and Art Therapy technique (ICYAT), which entwines intention into the seat of yoga, mudras, and artwork. Delineating the ethical, educational and professional practices for yoga therapy and art therapy, Gibbons combines these interrelated modalities into a mutually beneficial prescription to promote wellbeing and restructure habitual patterns towards health. (Dr. Ellen G. Horovitz, ATR-BC, LCAT, E-RYT, LFYP, author of *Yoga Therapy: Theory and Practice*) A work of art! Gibbons provides an in-depth perspective to combining Art Therapy and Yoga Therapy with a pure, grounded understanding that only practice and wisdom can create. Her sensitive and highly developed approach guides us in a gentle and clear manner that is inspiring. Namaste! (Eileen P McGann, ATR-BC, LCAT Graduate Faculty, School of Visual Arts and New York University Graduate Director of the Arts and Creative Therapies, MercyFirst, Syosset NY) Gibbons has brought together two embodied approaches to treatment- yoga and art therapy- and opened up a conversation about just how these two powerful modalities can engage the healing process. With the growing interest and research on mind-body approaches to health and well-being, this book will be of interest to a wide range of professionals including art therapists, dance and movement therapists, counselors, psychologists, nurses, yoga instructors and integrative healthcare practitioners. (Cathy Malchiodi, PhD, LPCC, LPAT, ATR-BC, REAT, Executive Director, Trauma-Informed Practices and Expressive Arts Therapy Institute, Louisville, Kentucky) Karen Gibbons skilfully navigates the complex blending of art therapy and yoga with professionalism, ethical clarity and reflective deliberation. For all art therapists wishing to complement their art therapy practice, this book is a practical and invaluable guide to aid in

enhancing the mind body connection found in both yoga and the creative art process. (Lisa R. Furman, MA, ATR-BC, LCAT, LPC, Adjunct Faculty Member, Graduate Art Therapy Program, School of Visual Arts, New York City, Associate Professor, Albertus Magnus College, New Haven and author of Ethics in Art Therapy) If you enjoy yoga and art, you will appreciate Karen Gibbon's integration of yoga therapy and art therapy into an easy-to-follow protocol that combines art directives and yoga practices to address the psycho-spiritual needs of your clients and students. Integrating Art Therapy and Yoga Therapy makes a unique and useful contribution to the field of art therapy and yoga therapy. If you're an art therapist, it belongs on your shelf. You will reference it often. (Amy Weintraub, MFA, ERYT-500, author of Yoga for Depression and Yoga Skills for Therapists, Founder of the LifeForce Yoga Healing Institute) About the Author Karen Gibbons currently works in private practice incorporating yoga therapy and art therapy and as an art therapy consultant for the Art Therapy Outreach Center. She is a professional yoga therapist and has a master's degree in art therapy. She combines yoga and art therapy in her workshops, classes, supervision groups and individual counselling, and also teaches graduate level classes and workshops for expressive arts therapists. Karen lives and regularly shows her artwork in New York City.