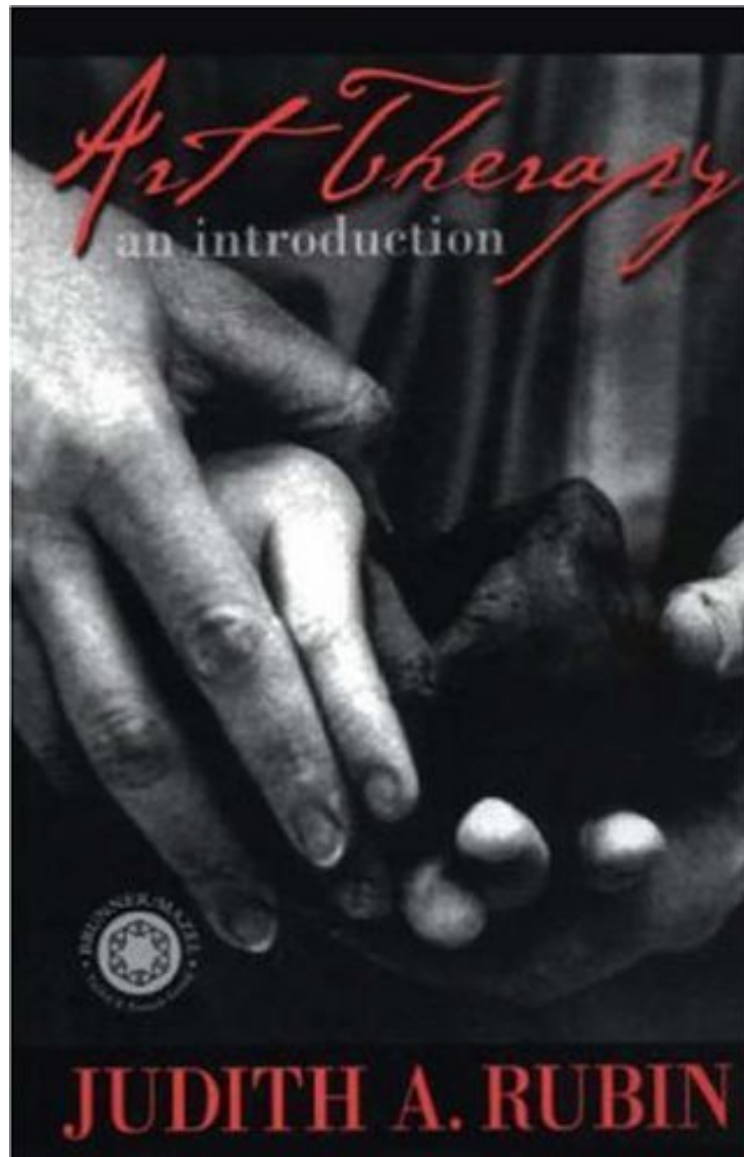


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## Introduction to Art Therapy: Sources Resources (Basic Principles Into Practice Series)

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**Judith A. Rubin : Introduction to Art Therapy: Sources Resources (Basic Principles Into Practice Series)**

before purchasing it in order to gage whether or not it would be worth my time, and all praised Introduction to Art Therapy: Sources Resources (Basic Principles Into Practice Series):

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I found this book to be real useful and insightful. Thank you so much! :D11 of 13 people found the following review helpful. Reads like a reference list, not a bookBy A CustomerThis indeed is a comprehensive book on the professional field of art therapy. But it reads like one long reference list and is a book that actually turned me off to the field of art therapy rather than inspiring me to find out more. It seems that the author has listed every possible reference to the field of art therapy in this volume and every possible historical reference. At the end I was still left wondering, what is art therapy? This seems like a great book to have in a college library collection as a resource, but frankly, otherwise I found it turgid and boring.6 of 6 people found the following review helpful. a lot of info but not well-organizedBy A CustomerI guess I disagree with the previous reviewer on this book. I found it very confusing and disorganized in its content. It was not a very clear introduction to art therapy and the examples presented were not very helpful regarding what art therapists really do. The beginning is very historical and that was not really of interest to someone like me who wants to know what art therapy is. Maybe art therapy is a lot of history and it is hard to describe to others. I believe the author was sincere, but there is actually too much information presented in this book. If the author were a little more selective, the average reader might find this book more helpful.I agree that this book is well-referenced, but for a lay reader it is over referenced. Almost every other sentence is a reference and many of the references are to material that is not published. I am wondering if art therapy is an unpublished field because the author uses a lot of these types of references. I found that very distracting and it did not help the clarity of this book.This book would probably be best for art therapists who understand the various dimensions of their field. But for those who want to know in a readable manner what art therapy is and what art therapists do, this is not that book.

Art therapy has grown so fast in the last few decades that it has barely been able to keep up with itself. Most books in the field have represented the author's interpretations of practicing art therapy. As art therapy continues to grow - not only in psychology but in other relevant fields - an overview of the field is needed. This introduction to art therapy, *Art Therapy: An Introduction* broadly outlines the history and current state of the field, the mechanics and techniques used and the ethics and responsibilities of this therapeutic strategy.This survey of the field of art therapy is the first of its kind. Students, teachers, counselors, social workers, practitioners and others will benefit from the information presented in this book. In addition, the author provides pictures showing examples of artwork from children and adults as well as pictures of art therapists in action.

"I have had the opportunity to use *Art Therapy: An Introduction* (1998) in the Introduction to Art Therapy Class at Nazareth College. I have found the book to be very thorough and extremely well written. I will be using it as one of the texts in the Fall. It offers a wonderful historical overview and introduction to the field of art therapy. I consider the book a very valuable resource and treasure my signed copy." - Stella Stepney, ATR-BC, LCATA  
About the Author  
Judith Aron Rubin, Ph.D., ATR-BC is Clinical Assistant Professor of Psychiatry at the University of Pittsburgh and Emeritus faculty at the Pittsburgh Psychoanalytic Institute. She is past President and Honorary Life Member of the American Art Therapy Association. She was formerly director of the Creative and Expressive Arts Program at Western Psychiatric Institute and Clinic. She is recently retired from the full-time practice of art therapy and psychoanalysis. She is author of: *The Art of Art Therapy*, *Child Art Therapy* (recently re-released in 25th anniversary edition), and *Approaches to Art Therapy*. She consults, lectures, and gives workshops across the country as well as abroad.