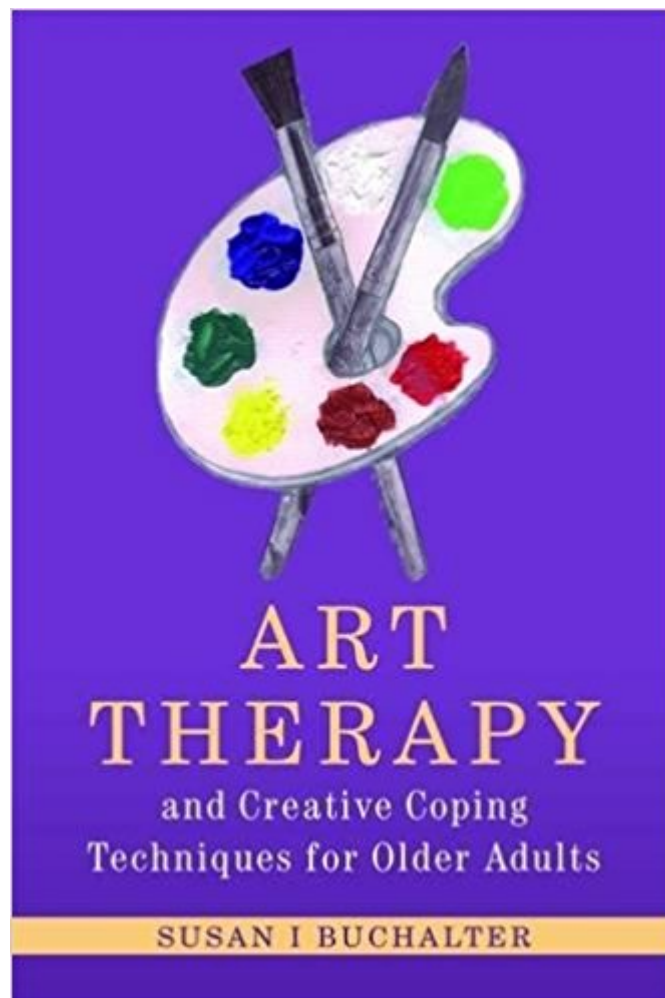




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Art Therapy And Creative Coping Techniques For Older Adults (Arts Therapies)



Synopsis

Art and the therapeutic uses of art provide older adults with valuable ways in which to express and share their feelings, needs and fears, and with a resource for coping with life's major changes. This practical book is filled with step-by-step exercises for art therapists and other professionals to use in work with older adults, either individually or in groups. The author provides brief, imaginative warm-ups, which encourage participants to become more at ease expressing themselves creatively. She offers ideas for engaging and innovative creative projects across a range of media, including art, music, movement, poetry and creative writing, all of which can be adapted, personalised or combined to meet the particular needs of individual participants. Points to consider when working with this client group are explored, and case study examples, with participants' artwork, are included throughout. Appropriate for use with all relatively able older adults, including those with depression, anxiety or in the early stages of dementia, this will be an invaluable tool for art therapists as well as counsellors, psychotherapists, social workers and carers.

Book Information

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Customer Reviews

The vast number of activities makes this a valuable resources and a starting point for those planning their own activities. There is a useful index that allows the readers to search by emotion, materials or subject. Each of the activities is well planned in terms of physical resources. -- NursingTimes.net

Buchalter's clear, imaginative and empathic way of explaining this creative work with older people

and the offering of many moving stories and illustrations arising from it, gives a sense that her therapy groups are places of real dialogue with older people as dynamic, surprising and whole individuals, rather than abstract and quantifiable problems to be solved. I liked the fact that every group member mentioned is named, and that each group session whether drawing, writing, reminiscing, creating collages, movement or music, allowed for the participants' self-reflection and mutual support... Without needing to be an art or music expert, I could dip in and out of this book as people to perceive themselves as images of God, to creatively and thus living their lives towards their promised fullness. There is such a dearth of practical, older-people led resources, I constantly have to adapt from resources for younger people, for my own ministry, so I am encouraged and rather pleased by the author's counter cultural generations and disciplines. Certainly the vast and diverse array of issues embraced in her work has universal relevance, but Buchalter's dealing with these issues in the particular context of older people reveals ageing as a time for personal growth, healing and potential, a rich varied seam of experience to offer back to every generation. -- Plus, Quarterly magazine of Christian Council on Ageing Reading this book sparks thoughts about your own creative ideas for working with older people. If you are an artist, a carer or an activities facilitator looking for new ways to engage a group then this is a great resource to dip into for inspiration. -- Dementia UK

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I bought this product to help me with my final project which involved making collages with the older adults. The techniques in the book guided me with the do's and don'ts when working with older people. The product was not damaged and had a speed delivery time.

My daughter used this book for her Art Therapy undergrad internship She said, "without it I would have been lost!".

Great book. Great for all different populations, not just older adults.

Fantastic book with a lot case study and excersise. Love it

Excellent

This book has exceeded my expectations. The assignments are simple and require very little expense in the way of materials needed. I have done some art therapy in the past but this expands my resources for more simple ways to help people express their thoughts and feelings. Every therapist needs this book to help adults of all ages whether you are familiar with art therapy or not.

I was familiar with Susan's earlier works and was enthused to see her author a book geared toward older adults (though the suggested activities may be modified for other populations. The book is loaded with creative ideas to engage clients in a variety of purposeful, therapeutic activities. While I have a collection of books that address this expanding need in treatment, Susan's book will undoubtedly be the one I most often reference.

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