

Dialogues between Art and Therapy

From "psychotic art" to art therapy and its applications

EVA MARXEN

WITH A FOREWORD BY JUDY RUBIN

Art therapy is a therapeutic technique through which the patient communicates by making use of artistic materials which facilitate reflection and the expression of internal conflicts. It is an approach especially positively indicated for people who, by virtue of their illness or for other reasons, have difficulties verbally articulating their conflicts.

In some countries art therapy is still a relatively new discipline. However, in others art therapists are well-established in teams of multidisciplinary professionals within public and private institutions.

This book explores the confluence of art, psychiatry, psychoanalysis and psychotherapy. It situates this exploration within the context of the history and development of art therapy as an academic discipline. It starts with an introduction to the theory of art therapy, examines its psychoanalytic and psychotherapeutic bases, outlines the different methods it employs and provides an overview of the approaches of some of the best known art therapists. Then, through the use of clinical material, it explains the use of artistic materials, central to this approach, and their different applications. All sections of the book come with a thorough bibliography which opens up the relationship with related disciplines.

This book is probably the most rigorous and complete exploration in Spanish of the relationship between art and therapy.

TABLE OF CONTENTS

1. Introduction
2. The history of "psychotic art", the Prinzhorn Collection, *Art Brut* and Modern Art
3. The pioneers of art therapy: Margaret Naumburg and Edith Kramer
4. The development of art therapy
5. The theoretic bases of art therapy: psychoanalysis and psychotherapy
 - Melanie Klein
 - Donald Winnicott
 - Héctor Fiorini
6. The use of the artistic materials, the therapeutic space and the setting
7. Different forms of working: individuals, groups, workshops
8. The "reading" or the interpretation of the images
9. Some applications of art therapy
 - 9.1. Art therapy and Mental Health
 - 9.2. Art therapy and adolescence
 - 9.3. Art therapy and immigration
10. Therapeutic Thinking in Contemporary Art. The psychotherapies in the arts

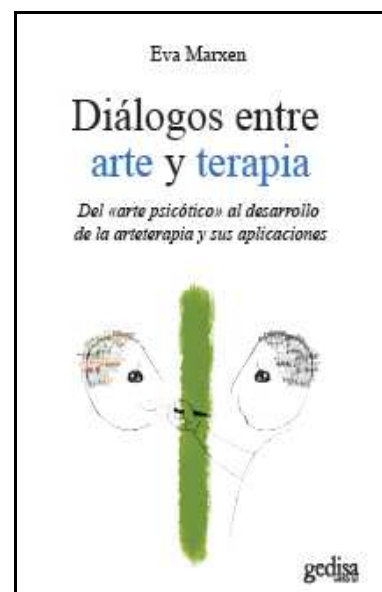
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Eva Marxen is an art therapist (M.A.), psychoanalytical psychotherapist (M.A.) and an anthropologist (Ph.D. and DEA). Currently she is a lecturer at the art school La Massana (UAB) and collaborator of the Macba (Museum of Contemporary Art), both in Barcelona, Spain. Furthermore she teaches in different training programs about art therapy and transcultural therapy/social work/education. She has published numerous articles in different languages in books and journals and has held conferences as well as workshops in national and international conferences.

www.evamarxen.com

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editorial
informacion@gedisa.com
www.gedisa.com



FOR TRANSLATIONS PLEASE
CONTACT

editing@gedisa.com |

PSYCHOLOGY
Code 100610
ISBN 978-84-9784-
666-7
15, 5 x 22,5 cm,
rústica
Pages: 224
P.V.P.
Precio sin iva



9 788497 846677