

Exploring the Benefit of Creative Arts Therapies for Children, Adolescents, and Adults

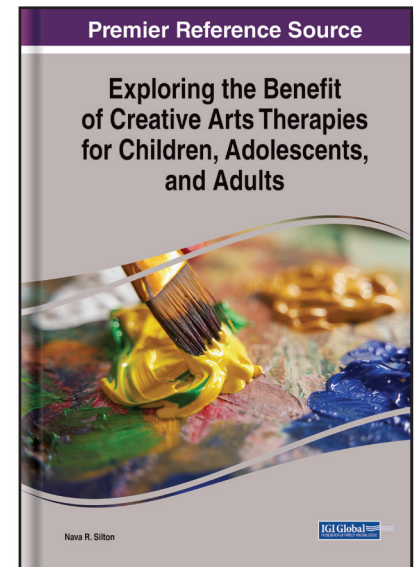
Part of the Advances in Psychology, Mental Health, and Behavioral Studies Book Series

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Description:

Recently, there has been growing interest in understanding the benefits of creative therapies for people from all kinds of backgrounds. These therapies are beneficial for reducing anxiety, stress, and depressive symptoms and have the potential to enhance the outcomes of special populations of individuals in vulnerable situations. Further study on the future directions as well as challenges associated with these therapies is required to ensure they are utilized appropriately.

Exploring the Benefit of Creative Arts Therapies for Children, Adolescents, and Adults discusses the benefits of creative arts therapies for children, adolescents, and adults. The book also looks individually and collectively at the boon of art therapy, dance therapy, music, and drama therapy for improving outcomes for typically developing individuals and for vulnerable populations. Covering key topics such as dance, anxiety, and trauma, this premier reference source is ideal for therapists, social workers, psychologists, mental health counselors, researchers, scholars, academicians, practitioners, instructors, and students.



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Anxiety
Art Therapy
Autism Spectrum
Cognitive Deficits
Creative Art Therapies

Dance
Developmental Disabilities
Foster Children
Incarcerated Women
Trauma

Subject: Social Sciences and Humanities

Classification: Edited Reference

Readership Level: Advanced-Academic Level
(Research Recommended)

Research Suitable for: Advanced Undergraduate Students; Graduate Students; Researchers; Academicians; Professionals; Practitioners

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