



The Creative Arts in Counseling

Samuel T. Gladding

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In this detailed examination of the expressive therapies, Dr. Gladding demonstrates how music, dance, imagery, visual arts, literature, drama, and humor can be used effectively in counseling. Combining history, theory, and application, he provides a rationale for using each art form with how-to strategies for working with clients of all ages and diverse cultural backgrounds to promote positive change and growth. This fourth edition includes Creative Reflection sections that give readers an opportunity to ponder their own creativity and, for greater ease of use, a new chapter that briefly describes each of the 117 exercises found in the book.

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