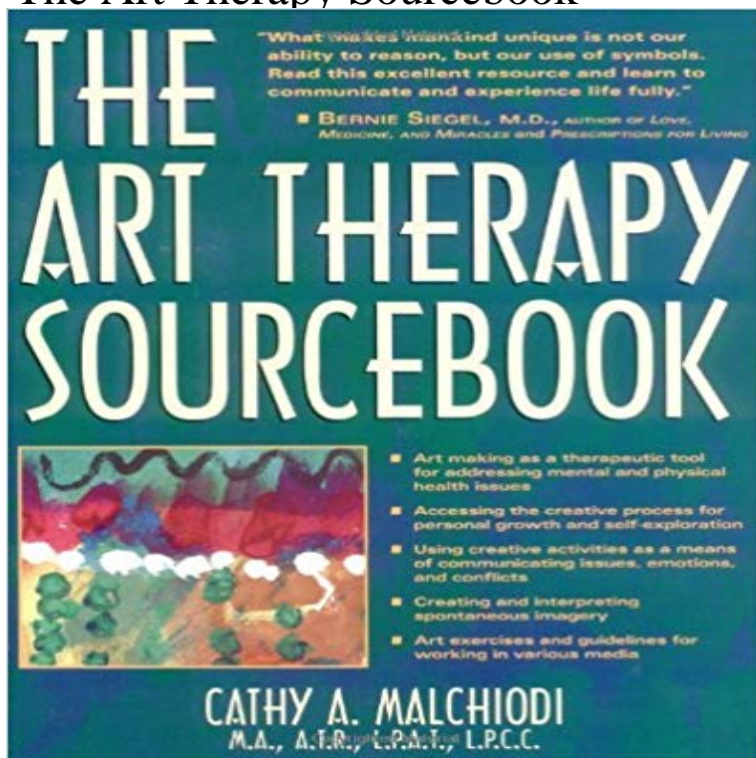


## The Art Therapy Sourcebook



Art therapy is a process that helps people of all ages to express and understand feelings, interests, relationships, and self-perceptions through art activities. It has been useful in treating emotional trauma and grief, as a supplement to pain and symptom management, to address psychological distress, and to encourage self-growth and actualization. The Art Therapy Sourcebook is a guide for people who want to use art as a way of understanding themselves better. It starts with information on necessary supplies and takes the reader on a journey toward understanding the connection between artistic images and human emotions.

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