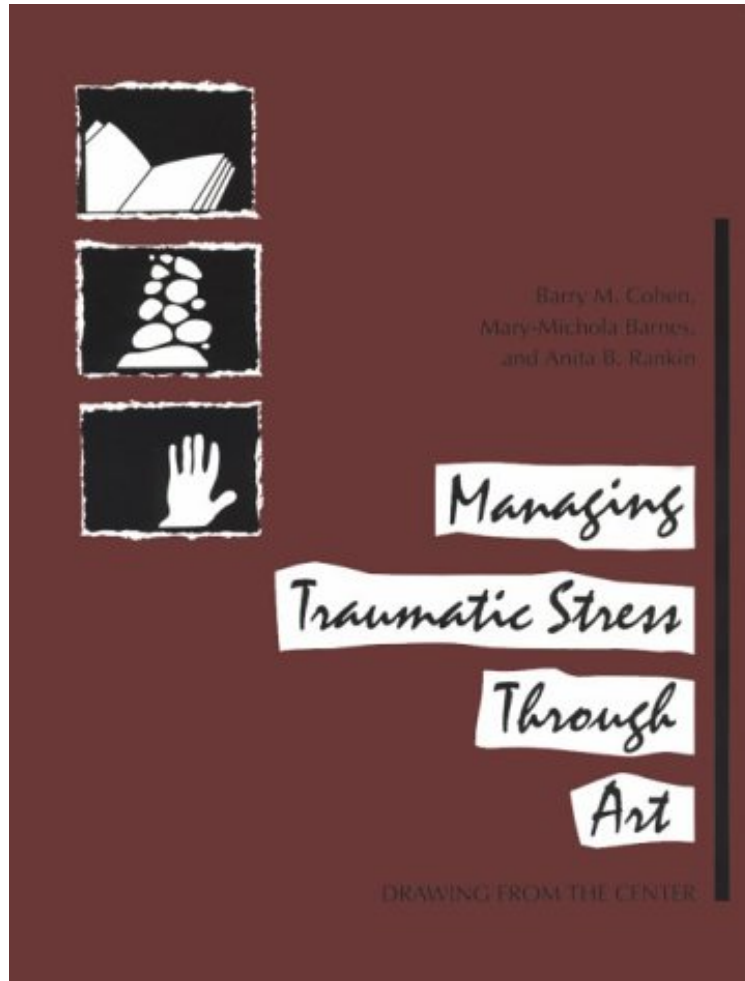


Managing Traumatic Stress Through Art: Drawing from the Center

Barry M. Cohen, Mary-Michola Barnes, Anita B. Rankin
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#110426 in Books 1995-07-04 Original language: English PDF # 1 .41 x 8.25 x 11.041, 1.03 #File Name: 0962916471192 pages | File size: 52.Mb

Barry M. Cohen, Mary-Michola Barnes, Anita B. Rankin : Managing Traumatic Stress Through Art: Drawing from the Center before purchasing it in order to gauge whether or not it would be worth my time, and all praised Managing Traumatic Stress Through Art: Drawing from the Center:

4 of 4 people found the following review helpful. Great tool, lots of variety By Tawny Pendleton Great tool. I prefer each exercise to use different materials. With the youth I work with the clients are all so unique, not everyone enjoys the same activity the same amount but variety helps pinpoint their specific interests 4 of 4 people found the following review helpful. Unlike drugs, art REALLY can move you through your grief and loss..... By Dr. J. As a clinician and an artist and a survivor of child loss grief, I found this book to be an excellent choice for survivors to use on their own along with having some kind of professional clinical support. I admire the authors for their very careful and considered organization of the exercises. It is clear that they have a great deal of collective experience which they artfully and

empathically bring to these pages. The idea that NO ART TALENT is needed to make art is perhaps the core of this work and if the user can accept that then the art they produce will be releasing for them emotionally and they will face the messages that they deliver to themselves via their process. GOING THROUGH (not around or past) grief, loss and trauma is what might bring personal peace and the ability to gain PURPOSE in life again (perhaps not hope) or a MISSION that moves you forward. 4 of 4 people found the following review helpful. What a wonderful resource! By counselme The book is well done and structured well to focus in on specific areas related to trauma work in therapy. Would recommend for therapist in helping to structure art for therapeutic benefit. Art is a great medium for clients and many trauma clients already excel in this area, what a wonderful extension for them to focus it in more and more helpful ways for themselves.

Three art therapists have collaborated to produce this unique workbook. Designed especially for trauma survivors, *Managing Traumatic Stress Through Art* introduces inventive ways to understand, manage, and transform the aftereffects of trauma. This dynamic workbook consists of carefully structured step-by-step art projects, augmented by tearout images, and writing experiences. The book's first section, *Developing Basic Tools For Managing Stress*, is devoted to establishing a safe framework for trauma resolution. The second section, *Acknowledging and Regulating Your Emotions*, helps the trauma survivor to make sense of overwhelming emotional experiences. The final section, *Being and Functioning in the World*, focuses on self and relational development, leading into the future. *Managing Traumatic Stress Through Art* will inspire survivors to explore the aftermath of traumatic stress as it affects self-image, relationships with others, and functioning in the world. The 26 projects in this book encourage creative growth and help to establish a sense of personal safety, while exploring and honoring feelings of anger, fear, shame, and sadness. The art experiences are broad enough to be of value to survivors of a wide variety of traumatic experiences, ranging from childhood abuse to accidents to disabling mental illness. This workbook offers an opportunity to everyone, regardless of previous experience or artistic talent, to manage symptoms of traumatic stress in a creative, life-affirming way.

"This beautifully written guidebook for victims of trauma is a remarkable achievement in the effort to empower the survivor....and the authors are exquisitely sensitive to the needs of their audience for safety and structure. This will be useful to survivors, therapists, and counselors in all areas of traumatic stress." --David Read Johnson, Ph.D., Director, Outpatient Services, National Center for PTSD, VA Medical Center, West Haven, CT "I am wildly enthusiastic about this book. I think it's one of the best things I've ever seen for survivors....It provides survivors with a realistic and hopeful process, utilizing art, that guides them from honoring the past to releasing emotions safely to building an array of healthy coping strategies to a sense of empowerment and hope." --Eliana Gil, Ph.D., Director, Center for Advanced Clinical Development, Springfield, VA From the Publisher This book is published by the Sidran Foundation, a national nonprofit organization devoted to advocacy, education, and research in support of people with traumatic stress conditions. To learn more about the Sidran Foundation and our work, please visit our website at <http://www.sidran.org>.