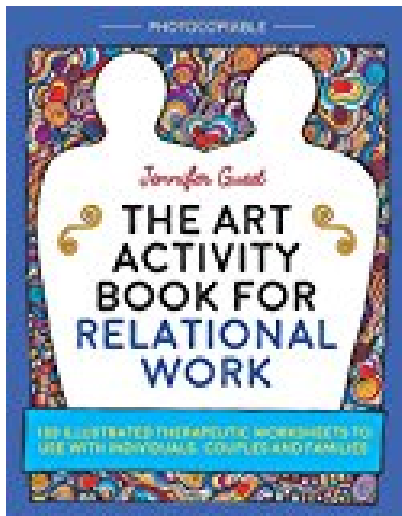


The Art Activity Book for Relational Work 100 illustrated therapeutic worksheets to use with individuals couples and families



BOOK DETAILS

- Author : Jennifer Guest
- Pages : 128 Pages
- Publisher : Jessica Kingsley Publishers
- Language : English
- ISBN : 1785921606

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BOOK SYNOPSIS

Explore and promote positive relationships with these 100 ready-to-use illustrated worksheets and activities. Based on systemic theory, psychodynamic theory and cognitive behavioural therapy (CBT) principles, the activities are a creative approach to starting therapeutic conversations and engaging clients in their search for solutions. The photocopiable worksheets encourage clients to express their feelings through drawing, painting and writing. They are structured around four key areas: sense of self; partner relationships; family dynamics; and improving communication and conflict resolution. Activities include explanations of how and why they help to address specific relational issues. Suitable for use by professionals working with individuals, couples or families in therapeutic situations, The Art Activity Book for Relational Work will help clients to resolve relational issues and strengthen bonds.

THE ART ACTIVITY BOOK FOR RELATIONAL WORK 100 ILLUSTRATED THERAPEUTIC WORKSHEETS TO USE WITH INDIVIDUALS COUPLES AND FAMILIES

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