

# SPIRITUAL ART THERAPY

AN ALTERNATE PATH



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DR. ELLEN G. HOROVITZ  
PH.D., ATR-BC, LCAT, E-RYT,  
LFYP, C-IAYT

# Spiritual Art Therapy An Alternate Path

**Ellen G. Horovitz, Staffan Elgelid**



## **Spiritual Art Therapy An Alternate Path:**

*Spiritual Art Therapy (3rd Ed.)* Ellen G. Horovitz, 2017-09-01 In this exceptional new third edition the author has retained the intent to animate the spiritual dimension that exists within all of us and embrace its resource for growth and change Tapping into a person's belief system and spiritual dimension provides clinicians with information that can impact both assessment and treatment By drawing on sources in the literature of religion psychodynamics systems theory sociology art and ethics the author lays a foundation for discovering and measuring clients spiritual sensibilities and search for personal meaning of their relationship to God Chapter 1 discusses the evolution of the book and how the author embarked upon the inclusion of the spiritual dimension in assessment and treatment Chapter 2 reviews the literature that encircles art therapy mental health and spirituality and explores its impact Chapter 3 examines the Belief Art Therapy Assessment BATA Chapter 4 highlights the interviews and use of the BATA with clergy while Chapter 5 explores its use with a normal adult artist population Chapter 6 looks at spiritual art therapy with emotionally disturbed children and youth in residential treatment Chapter 7 offers a case vignette of spiritual art therapy with a suicidal anorectic bulimic Chapter 8 discusses phototherapy applications regarding the issue of mourning and loss Academic and clinical applications are presented Chapter 9 explores humankind's search for inner and outer meaning after the tragedy of September 11 The final chapter offers an extensive discussion on the pathway for life and the body in treatment The role of yoga and art therapy including the importance of moving forward into life with greater resiliency and independence is examined An excellent resource for increased knowledge and sensitivity the book is designed for art therapists mental health workers social workers educational therapists pastoral counselors psychologists psychiatrists and other creative arts therapists [SPIRITUAL ART THERAPY](#) Ellen G. Horovitz, 2002-01-01 In this book therapists are urged to take into account the existence of spiritual aspects of personality both in terms of making proper assessments and more focused treatment plans for people under their care Although addressing itself chiefly to art therapists the thrust of the text is an attempt to sensitize all clinical practitioners to the spiritual dimensions of therapy By drawing on sources in the literature of religion psychodynamics systems theory sociology art and ethics the author lays a foundation for discovering and measuring clients spiritual sensibilities and search for personal meaning of their relationship to God Chapter 1 discusses the evolution of the book and how the author embarked upon the inclusion of the spiritual dimension in assessment and treatment Chapter 2 reviews the literature that encircles art therapy mental health and spirituality and explores its impact Chapter 3 examines the Belief Art Therapy Assessment BATA Chapter 4 highlights the interviews and use of the BATA with clergy while Chapter 5 explores its use with a normal adult artist population Chapter 6 looks at spiritual art therapy with emotionally disturbed children and youth in residential treatment Chapter 7 offers a case vignette of spiritual art therapy with a suicidal anorectic bulimic Chapter 8 summarizes the author's position and theosophy while Chapter 9 examines the use of phototherapy as a means to investigate mourning and

loss issues The final chapter explores humankind's search for inner and outer meaning after the tragedy of September 11 In addition to art therapists this unique book will be useful to mental health workers social workers educational therapists pastoral counselors psychologists psychiatrists and other creative arts therapists **Spiritual Art Therapy** Ellen G. Horovitz-Darby, 1994

**Singing The Psyche--Uniting Thought and Feeling Through the Voice** Anne M. Brownell, Deirdre A. Brownell, Gina Holloway Mulder, 2023-10-16 This book is about the use of vocal sound melody and rhythm to increase one's sense of self and presence with others and how to facilitate this process We discover how the ten vocal principles and four non vocal principles of Voice Movement Therapy work together uniting in a single purpose to facilitate a more embodied flexible durable and versatile voice Singing the Psyche Uniting Thought and Feeling Through the Voice provides a basic understanding of Voice Movement Therapy and how it uses both spontaneous vocalization and the creation and performance of song integrated with active body movement to increase expressive and communicative skills First hand practitioner experiences offer a compelling and fascinating account of how our voices hold a core intelligence that can transform our lives from constriction to freedom and from trauma to compassionate understanding Perfect for anyone dedicated to unlocking the therapeutic power of the voice this book is an invaluable tool for therapists counselors singing teachers speech and drama instructors and speech language pathologists It's also a must have for academic institutions offering creative arts therapies courses music and drama conservatories and parents and organizations supporting children with special needs and hidden disabilities What people say As an artist and writer I and my friends in many different disciplines are well acquainted with creative blocks both in art and in life When a friend suggested that I may be interested in reviewing a book on Voice Movement Therapy I said Well OK expecting to read an informative but unexciting tome To my delight this book clearly explains the basic principles of VMT in the first chapter then presents five chapters of case studies by VMT practitioners who work with human situations worldwide read like stories It is a great read and so interesting that I called a musician friend and read one of the stories aloud Jo Walters Visual Artist and Writer MA MFA University of California Berkeley This comprehensive volume will enhance therapists educators caregivers and parents understanding of the intricacies of using our voices for expression and communication Through practical guidelines woven together with current interdisciplinary practices theory and research Anne Brownell and colleagues creatively decode the language of vocal expression Susan Loman MA NCC KMP Profiler former Director Dance Movement Therapy Program Dept of Applied Psychology Antioch New England Graduate School

**DBT-Informed Art Therapy in Practice** Susan M. Clark, 2021-06-21 Responding to growing interest in DBT informed art therapy this edited guide focuses specifically on how these interventions can treat a variety of client groups Combining the structure and skill development of DBT with the creativity and non verbal communication of art therapy can be a significant advantage in treating patients who are resistant to talking therapy This book includes international contributors who cover work with a wide variety of populations such as those with suicidal

behaviours eating disorders and personality disorders Divided in two parts Part I focuses purely on DBT informed art therapy whilst Part II brings in multi modal DBT informed approaches such as poetry and movement but all with visual art as a component

*Introduction to Art Therapy* Judith A. Rubin, 2009-08-05 Thoroughly updated to reflect the changing landscape of art therapy and the needs of those who use it Introduction to Art Therapy Sources and Resources is a groundbreaking and useful addition to any collection

*The Art Therapists' Primer* Ellen G. Horovitz, 2020-07-01 Doctor Ellen G Horovitz shares over 40 years of experience as she transliterates evidence based art therapy into medical terminology This revised and updated Third Edition spells out the how to s behind producing art therapy assessments process notes significant sessions objectives and modalities termination summaries and internet based assessments into translatable documentation designed to dovetail within an interdisciplinary medical model In addition this third edition emphasizes information on how to use psychological applications and art therapy based assessments to ensure best practices and efficacy of patient care This step by step methodology fashions these reports placing art therapy on equal footing with all mental health clinicians and generates records which serve as points of departure for practitioners This text is designed as a teaching tool that lays the foundation to enhance pertinent skills that are important to patient practice including the armament to write up clinically based reports that serve as a model for the field Additionally the practitioner is offered sample formats legends and abbreviations of clinical and psychiatric terms guidelines for recordable events instructions of writing up objectives modalities and treatment goals as well as training on composing progress versus process notes The Appendices provides a wealth of information and forms to use in one s clinical practice This must have reference manual amasses information that will serve as a companion guide for every art therapist to formulate clinical reports and it will aid patients toward their trajectory of wellness recovery and above all health

**Art Therapy as Witness** Ellen G. Horovitz, 2005 As well it can be used as a supervisory book in the classroom And perchance if there is a lone therapist who prefers to walk this path singularly it can serve as a companion guide

**A Guide to Art Therapy Materials, Methods, and Applications** Ellen G. Horovitz, 2017-08-09 Written by a well respected author and practitioner in the field of art therapy A Guide to Art Therapy Materials Methods and Applications is an innovative comprehensive text that guides readers in how to use basic to advanced art materials and methods in a wide range of clinical settings Through the lens of both developmental stages and assessment the book offers practical step by step instructions to incorporate these materials and methods into therapeutic work with clients of all ages and populations In addition to such classic tools as drawing paints pastels and clay coverage of materials and special topics extends beyond the existing literature to include glass knitting quilting wood burning felting digital applications phototherapy byproducts and more Unlike previous guides this book specifies population benefits and contraindications for each material and technique This research based guide for using art materials in a safe and effective manner will be a welcome resource for students seasoned art therapists and mental health counselors

**Head and Heart**

Ellen Horovitz, 2021-06-24 Envisioned as a resource for yoga teachers and all mental health and health professionals Head and Heart is intended for all health professionals who focus on mental health and or wellbeing and want to broaden their understanding of how yoga and creative art therapy interventions can influence mental health approaches best practices and efficacy of treatment those who assist the therapeutic healing processes who aspire to incorporate both yoga and creative art therapy interventions into their practice yoga therapy practitioners teachers and creative art therapists teachers who wish to deepen their knowledge of integrating yoga and creative art approaches into yoga mental health and well being Western psychological processes compared to the Klesas V ittis Kosas Gu as Do as Nadi System Cakras and the Yamas and Niyamas make this book accessible even to those unfamiliar with yogic philosophy and psychology Clearing exercises warm up techniques yogic breathing for mood management modifications and sequencing of poses assessments for the mind and body digital and telehealth applications yoga prop usage and co morbid clinical cases children adolescents and adults are presented throughout as a guide for the reader Practical reflection exercises are offered in the Introductory chapter and chapters 3 6 These suggested practices summarize and reiterate the clinical material for the reader and afford expansion toward oneself and or one s clinical caseload No matter what form it takes to move towards a creative opening the reader will find that this book will aid you in moving yourself and your patients into the exploration of art yoga and well being This interoceptive research going within facilitates an expansion towards self and others and ensures that expansion whether making art practising yoga or working with disease May this book move you and your patients toward that trajectory of sattva and well being

The Modern History of Art Therapy in the United States Maxine Borowsky Junge, 2010 Over the years art therapy pioneers have contributed towards the informal and formal beginnings of this fascinating and innovative profession The development of the art therapy profession concerns a special breed of person who discovered the profound and unique power of the integration of art and psychology and had the energy and drive to create the new field Important movements and milestones are highlighted including the dilemmas and crucial events of art therapy OCOs evolution Unique features include the early days and influence the United States at the time of the formation of the art therapy profession Florence Cane and the Walden School Margaret Naumberg OCOs theory of psychodynamic art therapy Edith Kramer OCOs theory of art as therapy the Menninger Foundation art therapy in Ohio and the Buckeye Art Therapy Association Elinor Ulman and the first art therapy journal Hanna Yaxa Kwiatkowska and the invention of family art therapy a brief history of art therapy in Great Britain and Canada the 1960s and their influence on the development of art therapy Myra Levick and the establishment of the American Art Therapy Association the pioneer art therapists and their qualities and patterns the definition and expansion of art therapy the development of master OCOs level art therapy art therapists of color and influence the history of humanistic psychology and art therapy the expressive arts therapy Jungian art therapy and the art therapists that began in the 1970s Chronologies and study questions for discussion appear at the end of most chapters Finally the book

presents issues essential to the field today such as art therapy registration certification and licensing art therapy assessment procedures research multiculturalism and art therapy as an international phenomenon This text will be of primary interest to art therapists and students to art educators and historians and to those interested in how mental health disciplines evolve

**WORKING WITH IMAGES: THE ART OF ART THERAPISTS** Bruce L. Moon, 2002-01-01 Working With Images The Art of Art Therapists is an effort to give voice to the artist aspect of our identity as art therapists This book is about how the artists work how they learned to do it why they do it This book will give you glimpses of the memories and perhaps the scars of the artists Be honored The artists in this book know that it is good to make art and they make good art Through their work they demonstrate their faith in the product and the process For some of them art making is their anchor in the turbulent world of helping professions For some images come in response to their clients For all of them making art deepens and enriches their lives Working With Images The Art of Art Therapists is a presentation of artworks and contextual essays by professional art therapists This book is foreworded by Don Siedien and includes an introduction that addresses the structure rationale and intent of this book The introduction is followed by the artist therapists contributions Each art therapist s selected artworks are presented on one full page in the text Immediately following the art piece s is a brief biographical sketch a photo of the art therapist and his or her artist s statement From the very beginning of the art therapist profession in the United States there has been steady discussion of the relative importance of the artist aspect of art therapies professional identity In the thirty years that the American Art Therapy Association has been in existence there have been few other topics that have generated as much interest and debate at the annual national conference Over the past several years there has been growing interest in re igniting our artistic passions and welcoming them back into our professional identity This movement has been evidenced by a number of conference papers and workshops and professional journal articles focused on examining the integration of the artist and the therapist aspects of our work Working With Images The Art of Art Therapists presents art therapists as committed and serious fine artists This book will be a significant contribution to the literature and identity of the art therapy profession

Visually Speaking Ellen G. Horovitz, 2007 Deafness may or may not be considered a disability by those afflicted with auditory loss but it is indeed a physical difference that has resulted in a language system From language springs culture and Deaf language is indeed a cultivation that celebrates such ethnology As a result most of the authors in this book recognize that discernment when referring to the Deaf culture and their unique pictorial sign language Sign language vibrates through space as a three dimensional language system which arcs in past present and future just by mere body positioning and facial expression This enchanting language crosses culture and is indeed classified codified and uniquely its own system Because of the complexity of this pictorial system from a developmental cognitive and emotional standpoint invited contributions from some of the foremost authorities on Deafness pepper these readings As many of the contributors note there has been an antiquated prejudice against Deaf culture and a reluctance to treat those who are

Deaf in an appropriate fashion The authors in this volume have refuted the mistaken conviction that Deaf individuals lack creativity intelligence or the insight to be helped through psychotherapy and or mental health services One of the most wonderful things about this book is that finally the Deaf are being recognized as the full human beings they have always been who deserve full access to all of our resources Celebrating the unique strengths of Deaf individuals while rejecting the focus on their weaknesses is sprinkled throughout the pages of this book Indeed this offers a vantage point that is both optimistic and realistic And best of all there are chapters which will sensitize inform and inspire Doctor Ellen G Horovitz has done a service to anyone who offers art therapy to the Deaf Through promoting healthier art therapy for the hearing impaired those who are assisted will be able to live fuller more rewarding creative lifestyles

**Art-based Research** Shaun McNiff, 1998

Art therapy and all of the other creative arts therapies have promoted themselves as ways of expressing what cannot be conveyed in conventional language Why is it that creative arts therapists fail to apply this line of thinking to research In this exciting and innovative book Shaun McNiff one of the field's pioneering educators and authors breaks new ground in defining and inspiring art based research He illustrates how practitioner researchers can become involved in art based inquiries during their educational studies and throughout their careers and shows how new types of research can be created that resonate with the artistic process Clearly and cogently expressed the theoretical arguments are illustrated by numerous case examples and the final part of the book provides a wealth of ideas and thought provoking questions for research This challenging book will prove invaluable to creative art therapy educators students and clinicians who wish to approach artistic inquiry as a way of conducting research It will also find a receptive audience within the larger research community where there is a rising commitment to expanding the theory and practice of research Integrating artistic and scientific procedures in many novel ways this book offers fresh and productive visions of what research can be

**A LEAP OF FAITH** Ellen G. Horovitz, 1999-01-01

In this new book A Leap of Faith The Call to Art Horovitz examines the diverse and convergent roles of the therapist as artist writer mother teacher and clinician This new book questions what is essential in art therapy and engages authentic positioning in and out of the therapeutic office This return to art or the call to art changed the author's identity and efficacy as a therapist Artwork fiction and clinical work transform as insight occurs The casework throughout the book provides models for integrating the assessment and intuitive features of art therapy educator and clinician Horovitz own work and that of her clients is shared without guile In this book the myth of clinician neutrality is broken and instead the author's focus is on bringing one's conscious self to work in order to become more authentic with oneself and one's clients This state of elemental play perpetuates that connection with the patient as another human being on the trajectory towards wellness The fundamental process of art making that guides personal and professional life is described as elemental play Play is seen as the intrinsic element of the art making process that offers directions for resolution of conflicts the evolution of personal growth and ultimately soulution This concept of an artistic soulution offers the necessary elements of healing and



transformation For any reader whether trained in art therapy or not A Leap of Faith The Call to Art validates the transcendent aspects of art creativity and play

**Creative Arts Therapies and Clients with Eating Disorders** Annie Heiderscheit, 2015-11-21 Drawing on the expertise of leading creative arts therapists from around the world this book provides a comprehensive examination of the role of the creative arts in the treatment of clients with eating disorders EDs The book explores how art dance and movement drama music and poetry therapies have fostered insights growth and recovery for patients across ED diagnoses anorexia nervosa bulimia nervosa binge eating disorder and compulsive overeating disorder and comorbid diagnoses It illustrates how each creative arts modality is implemented in the ED treatment process and covers a variety of treatment levels residential inpatient intensive outpatient and outpatient Each chapter is enriched with case illustrations to provide a greater depth of understanding of how the methods are used in clinical practice This book is an incomparable overview of the value and diverse uses of the creative arts in the treatment of EDs and it will be of interest to all arts therapists psychodrama therapists family therapists as well as students of these disciplines

*Spiritual Competence For Mental Health Professionals: A Culturally Inclusive Perspective* Jacqueline Wallen, 2022-05-25 *Spiritual Competence for Mental Health Professionals* takes a holistic developmental approach toward spirituality in psychotherapy and counseling This means that it considers an understanding of spiritual development to be as germane to mental health practice as an understanding of physical cognitive emotional and social development and that it views spirituality as shaped by developmental processes Common spiritual issues at each stage in the individual and family life course are discussed Tools for understanding one's own and one's clients spiritual orientations and goals along with interventions and practices that foster spiritual growth in the client and the practitioner are presented Reflection and discussion topics are provided at the end of each chapter Ultimately this book aims to help mental health practitioners educators and students to change their approach from meet the client where they are spiritually to meet the client where they are spiritually and help them develop further

*Yoga Therapy* Ellen G. Horovitz, Staffan Elgelid, 2015-03-27 *Yoga Therapy Theory and Practice* is a vital guidebook for any clinician or scholar looking to integrate yoga into the medical and mental health fields Chapters are written by expert yoga therapy practitioners and offer theoretical historical and practice based instruction on cutting edge topics such as application of yoga therapy to anger management and the intersection of yoga therapy and epigenetics many chapters also include Q A self inquiries Readers will find that *Yoga Therapy* is the perfect guide for practitioners looking for new techniques as well as those hoping to begin from scratch with yoga therapy

**Awakening the Creative Spirit** Christine Valters Paintner, Betsey Beckman, 2010-02 The resource is designed to help spiritual directors and others use expressive arts in the context of spiritual direction It is the latest book in the unique SDI series designed for professional spiritual directors but also useful for clergy therapists and Christian formation specialists The *Spiritual Directors International Series* This book is part of a special series produced by Morehouse Publishing in cooperation with *Spiritual Directors International SDI* a

global network of some 6 000 spiritual directors and members

### **Spirituality and Art Therapy** Mimi

Farrelly-Hansen, 2001-03-15 The book is an exciting exploration of the different ways in which the spiritual forms an essential life enhancing component of a well rounded therapeutic approach The contributors explain how their own spiritual and creative influences interact finding expression in the use of art as a healing agent with specific populations

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### **FAQs About Spiritual Art Therapy An Alternate Path Books**

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