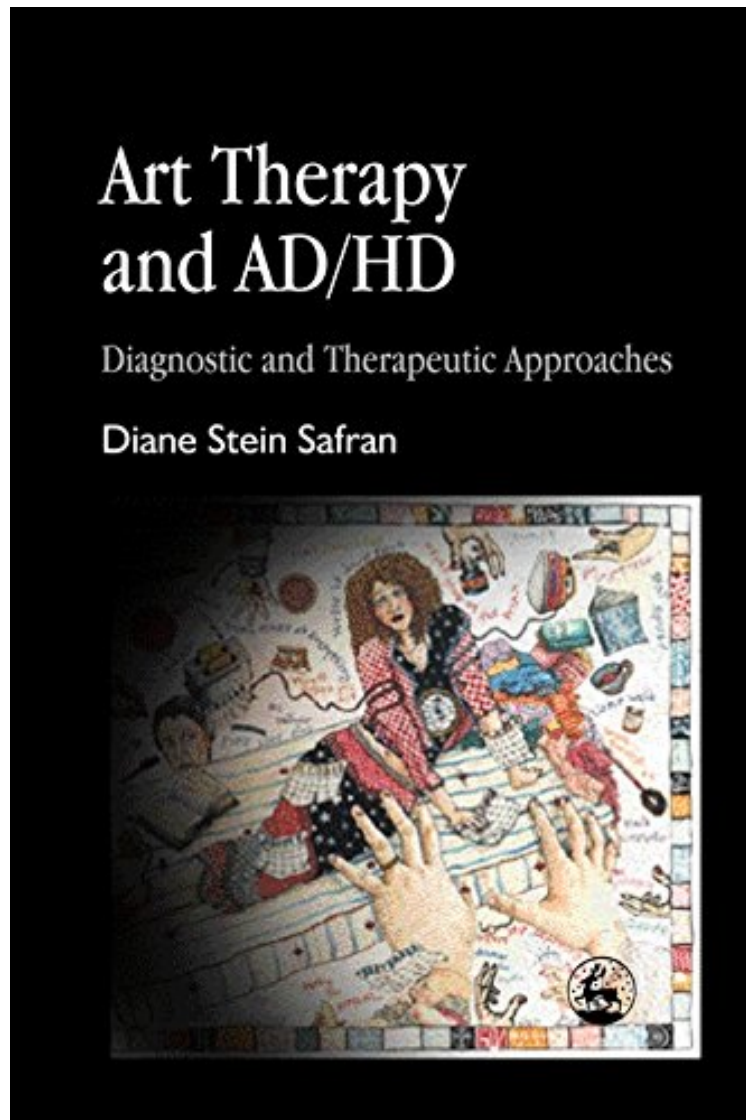


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Art Therapy and AD/HD: Diagnostic and Therapeutic Approaches

Diane Safran

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Diane Safran : Art Therapy and AD/HD: Diagnostic and Therapeutic Approaches before purchasing it in order to gauge whether or not it would be worth my time, and all praised Art Therapy and AD/HD: Diagnostic and Therapeutic Approaches:

2 of 2 people found the following review helpful. Reader from West Bloomfield, Michigan By A Customer This book was very helpful. It was easy to read for the layman and the use of the art and context was well balanced. I have a daughter with ADD and this book helped explain why she sometimes acts the way she does and the dynamics of the family living with her. Every family who lives with ADD would benefit from this book. I am donating a copy to my local high school, I hope others will do the same. 4 of 4 people found the following review helpful. Awakening and

Supporting AD and HD at any Age By Irving Herman This book should fall into the hands of professionals and families whose lives have been affected by contact with this illness. The methodology of art therapy is an insight not only to expose repressed feelings as well as helping to define the perspectives of those with antisocial behavior patterns. The clarity of this easily read book and the dedication of the author's efforts should give impetus to new hope for those who have struggled with this neurological problem. This reviewer's first hand encounters with the symptoms of AD and HD, hyperactivity, distractibility and impulsivity which evoked only a loving empathy found the contents of the book a hope-filled horizon. By teaching and giving vent through physical expression in art forms many more senses are engaged leading to awakenings, the author encourages, thereby moving all concerned to more pragmatic and redeeming stages of self regard and social responsibility. Ms. Safran's studies and conclusions may well repave many paths filled with frustrations and heartbreak for families while providing a seemingly simple method to self discovery for the AD and HD affected.....at any age.

7 of 7 people found the following review helpful. Art Therapy: A must with ADHD By Dr. Myra Levick In this book, Diane Safran clearly demonstrates her knowledge and skill as a highly qualified art therapist. More importantly, in this work she brilliantly demonstrates the efficacy of this discipline in diagnosing and treating this disorder. What is most impressive is her sensitivity to and the awareness of the pervasive impact this disorder has on the whole family. Regardless of whether the patient is a child or an adult, once the diagnosis is made, Safran and her team are prepared to address individual, family and environmental issues impacting on future progress of the patient. The text is well written, the format easy to follow and the case studies and illustrations excellent. As a pioneer in the field of art therapy education, I recommend this book not only to those teachers and mental health professionals working with ADHD populations, but to students in all fields of mental health who need to be informed about the value of this discipline as an adjunct to their practice and as a significant modality that may be a treatment of choice.

Attention Deficit/Hyperactivity Disorder is increasingly being diagnosed in people of all ages, and this book demonstrates how art therapy can not only assist with diagnosis, but also provides a valuable means of helping to improve skills such as concentration and focus, boost self-esteem, and cope with impulsivity. Educational social skills art groups can help with understanding of AD/HD in addition to teaching strategies to relieve the symptoms. Art therapy is also important for alleviating feelings of isolation and confusion that may come with the diagnosis, and, as an ongoing process, it can be a useful tool for checking clients' progress from the initial assessment onwards. In the first part of her book, the author explores ways of using art therapy and of setting up art therapy groups. Her advice and practical suggestions will be useful to anyone with an interest in AD/HD. The later chapters offer therapists more detailed guidance on therapy sessions with clients with AD/HD. Practical and informative, and based on the author's long experience with art therapy and AD/HD, this will be a valuable book for therapists, mental health professionals, and people who live or work with AD/HD.