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Trust the process and press on ~~Intersection
between the Arts, Shaun McNiff, 2021
ATC Shaun McNiff~~ Art Therapy
Presentation Shaun McNiff Updated link
due to technical difficulties ABR, Shaun
McNiff, 9th Annual Congress of
Qualitative Inquiry, U of Illinois, 5 13
June Book Club: art recommendations How

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to make mini Circle Weavings \u0026
transform them into Compassion Circles

Under Squam Rock by Shaun McNiff

What I thought art Therapy would be like
vs. What is actually likeMy Art Therapy

Books and Other Favorites Social

Emotional Learning in the Classroom:

Kindergarten Vlog

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Healing Trauma with the Expressive Arts

How art therapy is used to treat trauma

~~How Does Art Therapy Heal the Soul? |~~

~~The Science of Happiness~~ Pros and Cons

of Being an Art Therapist Can art amend

history? | Titus Kaphar ~~Art Therapy for~~

~~Autism~~

Art Therapy Activity for Letting Go ~~How~~

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~~to Become an Art Therapist in 2019 (5
steps)~~ Say Something -based on Peter H.
Reynolds book about self expression.
Perfect for distance learning What is Art
Therapy? ~~Increasing Diversity in Clinical
Trials panel discussion from
New York BIO's Patient Engagement
Summit~~ Art Therapy- Art Therapists as

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Artists Opening Keynote: Can Research
Look, Sound, and Feel Like Art?

Transpersonal Approaches to Expressive
Arts Week 2 ~~Art is Life is Art~~ Lisa

Murphy + Rusty Keeler: Risky Play

BOOK TOUR #2 ~~Scribble Art and~~

~~Therapy~~ Music, Philosophy \u0026 More

016 - Expressive Arts and Healing [Amy

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Suggests ways of letting the natural
movement of intelligence take its course
when creating art, music, poetry, or dance

Whether in painting, poetry, performance,

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music, dance, or life, there is an intelligence working in every situation. This force is the primary carrier of creation. If we trust it and follow its natural movement, it will astound us with its ability to find a way through problems—and even make creative use of our mistakes and failures. There is a magic

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to this process that cannot be controlled by the ego. Somehow it always finds the way to the place where you need to be, and a destination you never could have known in advance. When everything seems as if it is hopeless and going nowhere . . . trust the process.

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The field of art therapy is discovering that artistic expression can be a powerful means of personal transformation and emotional and spiritual healing. In this book, Shaun McNiff, a leader in expressive arts therapy for more than three decades, reflects on a wide spectrum of activities aimed at reviving art's traditional

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healing function. In chapters ranging from "Liberating Creativity" and "The Practice of Creativity in the Workplace" to "From Shamanism to Art Therapy," he illuminates some of the most progressive views in the rapidly expanding field of art therapy: □ The "practice of imagination" as a powerful force for transformation □ A

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challenge to literal-minded psychological interpretations of artworks ("black colors indicate depression") and the principle that even disturbing images have inherent healing properties □ The role of the therapist in promoting an environment conducive to free expression and therapeutic energies □ The healing effects

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of group work, with people creating alongside one another and interacting in the studio □ "Total expression," combining arts such as movement, storytelling, and drumming with painting and drawing

"Whenever illness is associated with loss of soul," writes Shaun McNiff, "the arts

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emerge spontaneously as remedies, soul medicine." The medicine of the artist, like that of the shaman, arises from his or her relationship to "familiar" — the themes, methods, and materials that interact with the artist through the creative process. Art as Medicine demonstrates how the imagination heals and renews itself

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through this natural process. The author describes his pioneering methods of art therapy—including interpretation through performance and storytelling, creative collaboration, and dialoguing with images—and the ways in which they can revitalize both psychotherapy and art itself.

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He's spent a career helping people access their creative potential, and now Shaun McNiff is sharing the secrets he's learned from observing his own creative process as well as that of others—both those who identify as artists and those who don't. The result is nothing less than a master

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class in creativity by one of the great creative theorists—and practitioners—of our time. "This is intended as a practical text," Shaun says, "a creativity primer, striving to capture the essential things that have been of use to me and others." The wealth of instruction he provides here in these essential things will be indispensable to

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artists of all stripes, as well as to all who strive to express themselves with honesty and authenticity using any of the media life makes available.

Art therapy and all of the other creative arts therapies have promoted themselves as ways of expressing what cannot be

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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-

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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

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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

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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.

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An expert in art therapy offers this
[wonderful] guide [for anyone, artistic or
not, who is interested in using art to know
more about himself or herself] (Library
Journal) Making art[giving form to the
images that arise in our mind's eye, our

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dreams, and our everyday lives—is a form of spiritual practice through which knowledge of ourselves can ripen into wisdom. This book offers encouragement for everyone to explore art-making in this spirit of self-discovery—plus practical instructions on material, methods, and activities, such as ways to: □ Discover a

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personal myth or story □ Recognize
patterns and themes in one's life □ Identify
and release painful memories □ Combine
journaling and image making □ Practice
the ancient skill of active imagination □
Connect with others through sharing one's
art works Interwoven with this guidance is
the intimate story of the author's own

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journey as a student, art therapist, teacher, wife, mother, and artist—and, most of all, as a woman who discovered a profound and healing connection with her soul through making art.

In 1981, the author first published the groundbreaking, classic text, *The Arts and*

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Psychotherapy. This book is a rework of the original text. This new work integrates theory with practice, drawing upon concrete examples and case studies. It details the emergence of a multidisciplinary approach to working with people everywhere and offers glimpses into clinical work with children,

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adolescents and adults.

Practical self-help for artists who want to free their creativity. Art from Intuition offers artists everywhere a unique system for freeing their own creative intuition, the sixth sense that directs an artist's drive and work. By letting go of the self-criticism,

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doubt, and insecurity that discourage artmaking, artists will be able to soar to new heights of creativity. More than 60 practical exercises take the reader from the most basic intuitive art to more sophisticated techniques. Each exercise, supported by step-by-step instructions, is accessible to artists at every level, and the

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exercises can be done in any order. After each chapter, readers are encouraged to follow up by evaluating their drawings or paintings to see how they reflect their own personal goals. Works of art by students and contemporary artists exemplify how exciting and how productive a freer, more intuitive approach to making art can be.

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