

***Just Released and Just in Time for The Holiday's ...***

*A Great Gift Idea for the Counselor Educator, the Practicing Professional, the Student ... and You!*

**"It's the Perfect Marriage of Art and Science ... Creative, Imaginative, Easy to Implement, Step by Step Healing!"**

## **The Creative Arts in Counseling**

**By**

**Samuel T. Gladding, PhD.**

Dr. Gladding has done it again! It's been six, long years since the release of his immensely popular *Counseling as an Art*.

Now Dr. Gladding has updated that seminal work, with new chapters, new insights, more exercises, expanded references and resources – *making this fourth edition a must read for counseling professionals and students looking for a new, fresh and exciting approach to counseling.*

This enjoyable, illuminating and fast read is easy to understand – and its techniques are equally easy to implement! Its hands-on wisdom can be used to counsel, help and heal clients from every cultural and ethnic background. Children and adults, male and female, will all benefit from Dr. Gladding's 30 years of experience teaching "creative arts" counseling.

**Educators especially will want to use this book as a supplementary text; it's suitable for both the undergraduate and post-graduate student.**

**Stimulating and Therapeutic!**

Within these 294-pages, you will gain a unique and novel perspective on how to approach emotional and behavioral problems using the creative arts.

You will discover methodologies and solutions that are enjoyable as well as personally and socially enhancing.

*By their very nature, the arts foster profoundly enriching and ennobling ways of experiencing the world.*

You'll read about the history, rationale for, and myriad benefits of using artistic methods to heal – and you'll also read about the latest counseling trends that employ the creative arts.

Plus, throughout the book, you'll find 64 “creative reflection” boxes. These are simple activities designed specifically for you – to help you discover your own creativity, which you can then apply to your professional and personal life.

In addition ... there are 117 creative exercises and activities, divided among the 7 creative arts examined in the book. These 117 exercises can be immediately used in your counseling practice to help your clients find positive and healing expression – a way to unblock their minds and set them free from negative or self-destructive behavior!

### **The 7 Creative Arts Examined in this Book are:**

1. Music
2. Dance and movement
3. Imagery
4. Visual arts
5. Literature and writing
6. Drama and psychodrama
7. Play and humor

### **Counseling, by its Very Nature, is a Creative Endeavor!**

Counseling is a profession focused on making human experiences constructive, meaningful, and enjoyable both on a preventive and remedial level.

And though the arts have great healing potential, they are limited in what they can successfully accomplish unless you, the counseling practitioner, know how to use them.

That is why this book is essential reading for practicing professionals, educators and students.

Involvement in the arts helps individuals recover from traumatic experiences and the stress of daily living – but without knowing how to use the creative arts as a healing tool, its practical benefits will remain elusive.

### **Since Ancient Times the Creative Arts were Used to Help Prevent Distress and Remediate Internal and External Strife!**

- The ancient Egyptians encouraged the mentally ill to pursue artistic interests and attend concerts and dances. The idea was that through such activities, feelings could be released and persons made whole again.
- The ancient Greeks employed drama and music as a means to help the disturbed achieve catharsis, relieve themselves of pent-up emotions, and return to balanced lives.
- The Greek philosophers Plato and Aristotle often talked about the effects of music and its importance to the health of the whole person.
- The early Hebrews used music and lyrical verse to help develop integrated and healthy relationships. When individuals were emotionally volatile, King Saul for example, music calmed them down.
- The ancient Roman philosophers encouraged the use of the arts to achieve health and happiness. Lucretius, Cicero, and Seneca all spoke of the healing power of discourse. "Poetry," Lucretius said, "could disperse the terrors of the soul."
- In African, Native American, and Asian cultures, music, dance, painting, and literature were used as healing forces. African music's strong, driving rhythms and choral singing helped bind communities together.
- Sigmund Freud, who first probed the influence of the unconscious through the exploration of dreams and humor, found the fiction of Dostoyevsky, Sophocles, Shakespeare, and the sculpture of Michelangelo and Leonardo da Vinci to be the inspiration for his theories!

**The Creative arts helps to draw people out of self-consciousness and into self-awareness by having them express themselves in a symbolic manner.**

Artists from Picasso to Stevie Wonder have talked about the universal language of artistic expression and the ability of the arts to convey information in a simple but direct way.

*The creative arts are seen as neutral, even fun – and therefore are not resisted – and that makes your job that much easier and rewarding!*

## **A Home Run!**

“Inspirational and amazingly comprehensive, *The Creative Arts in Counseling* offers a truly exceptional array of creative interventions and innovative strategies for practicing counselors working in diverse counseling settings. It is artfully written, provides myriad vivid examples, and is a genuine treasure. A pioneer in the field of creativity in counseling, and a noted and respected professional leader, Dr. Gladding has hit a home run!”

—*Thelma Duffey, PhD*  
*Professor and Chair, University of Texas at San Antonio*

## **Inspiring!**

“This book is a unique and comprehensive resource for counselors and counselor educators alike that illustrates how the arts can be used to enrich the counseling process. It will enhance counselors’ skills in integrating the creative arts in counseling and is a basic requirement for students in our expressive arts program.”

—*Sally S. Atkins, EdD, REAT, REACE*  
*Appalachian State University*

**Order "The Creative Arts in Counseling" Today!**

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***Becoming a Counselor: The Light, the Bright, and the Serious, 2<sup>nd</sup> Edition***

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### **About Dr. Samuel T. Gladding**

Professor Gladding is the chair of the Department of Counseling at Wake Forest University in Winston-Salem, NC.

His academic degrees are from Wake Forest (BA, MA Ed), Yale (MA), and the University of North Carolina at Greensboro (PhD).

He is a Licensed Professional Counselor in North Carolina, a National Certified Counselor, a Certified Clinical Mental Health Counselor, and a member of the North Carolina Board of Licensed Professional Counselors.

He is the former editor of the *Journal for Specialists in Group Work*. He has served as president of ACA, as well as president of the American Association of State Counseling Boards, the Association for Counselor Education and Supervision (ACES), the Association for Specialists in Group Work (ASGW), and Chi Sigma Iota (Counseling Academic and Professional Honor Society International). He has also chaired the ACA Foundation.

Dr. Gladding is the recipient of the Association for Creativity in Counseling Lifetime Achievement Award, the Association for Spiritual, Ethical, and Religious Values in Counseling Humanitarian Award, and the International Association of Marriage and Family Counselors Research Award. He is also a Fellow in ASGW and received this association's Eminent Career Award.

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