



Creative Arts in Counseling and Mental Health

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Drawing on new paradigms and evidence-based discoveries in neuroscience, narrative psychology, and creativity theory, **Creative Arts in Counseling and Mental Health** by Philip Neilsen, Robert King, and Felicity Baker explores the beneficial role of expressive arts within a recovery perspective. A framework of practice principles for the visual arts, creative writing, music, drama, dance, and digital storytelling is addressed across a number of settings and populations, providing readers with an accessible overview of techniques taught in counseling programs in the U.S. and abroad.

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