



# Art-thérapie: Principes, méthodes et outils pratiques (French Edition)

*Anne-Marie Dubois*

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L'art-thérapie connaît un engouement sans cesse croissant au sein des institutions de soins. Les ateliers à médiations artistiques se multiplient, et la demande des patients augmente considérablement dans de nombreux pays. Les techniques thérapeutiques de l'art-thérapie sont utilisées dans de nombreux domaines (psychiatrique, éducatif, social, etc.). Cette diversité rend complexes la définition et la pratique de l'art-thérapie, mais aussi la formation des arts-thérapeutes. L'art-thérapie est pourtant un outil spécifique d'aide et de soin qu'il est indispensable de pouvoir cerner et décrire.

Cet ouvrage fournit **tous les repères nécessaires à la compréhension et à la pratique de l'art-thérapie**. Il expose dans un premier temps les fondements historiques, conceptuels et théoriques de l'art-thérapie, avant de présenter les différents types de médiation (arts plastiques, modelage, écriture, musique, théâtre et danse). La participation de spécialistes et les **cas cliniques** développés permettent de saisir les spécificités de chaque discipline. Enfin, l'ouvrage offre toutes les indications nécessaires à la pratique concrète de l'art-thérapie, selon la structure psychique et les symptômes du patient.

Ce livre est destiné aux thérapeutes désireux de constituer un atelier d'art-thérapie et à toute personne intéressée par les psychothérapies à médiation artistique (psychologues, paramédicaux, éducateurs, etc.).

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