



Raising Self-Esteem in Adults: An Eclectic Approach with Art Therapy, CBT and DBT Based Techniques

By Susan Buchalter

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Self-esteem is the building block of therapy and wellness and is crucial in overcoming depression and anxiety and in leading a fulfilling, functional life.

Filled with hundreds of practical activities to help clients build their self-esteem as they become increasingly mindful and self-aware, this book contains a rich assortment of approaches from art therapy, dialectical behavioral and cognitive behavioral therapy. The innovative and established methods examined in the book are based on sound, evidence-based techniques, illustrated with real client experiences, to help therapists gain a greater understanding of how the approaches take effect.

This is an essential resource of activities for all art therapists, as well as counsellors, psychologists, other mental health professionals and social workers interested in using art therapy techniques in their work. It is appropriate for use with a wide variety of clients and patients, including those suffering from depression, anxiety, bipolar disorder and schizophrenia.

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Editorial Review

Review

Susan Buchalter's book offers art therapists a broad range of practical exercises and techniques for enhancing self-esteem in adults. Practitioners may find this book a useful resource, particularly when applied alongside more directive approaches such as CBT and DBT. --Debbie Michaels, HCPC Registered Art Psychotherapist and Associate Lecturer, Art Therapy Northern Programme

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About the Author

Susan I. Buchalter is a Senior Clinical Therapist and Art Therapist at The University Medical Center at Princeton and has a private practice in Lawrenceville, New Jersey. She is a board certified art therapist, licensed professional counsellor, and certified group psychotherapist and has over 30 years' experience leading art therapy and psychotherapy groups. Susan is the author of four other books: A Practical Art therapy, Art Therapy Techniques and Applications, Art Therapy and Creative Coping Techniques for Older Adults and Mandala Symbolism and Techniques: Innovative Approaches for Professionals, all published by JKP.

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