

November 2016



AAPT “BOARD BLAST”—Members Only!

FEATURING COMMENTS FROM

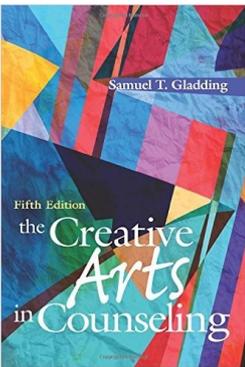
Dr. James L. Jackson, Jr., LPC-S, Registered Play Therapist-Supervisor

BOOK RECOMMENDATION

FOR: Counselors/Therapists and Supervisors

TITLE: The Creative Arts in Counseling

AUTHOR: Samuel T. Gladding, Ph.D.



BRIEF DESCRIPTION: by Amazon.com

This latest edition of *The Creative Arts in Counseling* is a powerful, evidence-based examination of how creative expression can be used in counseling with diverse clients of various ages and backgrounds. It is the only comprehensive book that covers the clinical application of all of the major creative arts, including music, dance/movement, imagery, visual arts, writing/literature, drama, play and humor, and new to this edition animal assisted therapy, therapeutic horticulture, and nature/wilderness experiences. Each chapter contains a wide variety of practical exercises that clinicians, instructors, and students can incorporate immediately into their work, as well as creative reflections for personal and professional self-evaluation. AMAZON.COM COST: \$57.95



IMPACT ON MY PRACTICE:

In my work with children, adolescents, and adults in private practice as well as teaching and supervising, I am struck by how people of all ages are instinctively drawn to creative materials and activities for therapeutic and developmental work. I am particularly delighted when clients themselves initiate such work, sometimes bringing their own creative products they have developed during the time in-between scheduled sessions. Gladding’s book explores an amazing range of activities and provides context and connections with evidence-based practice for working with the creative modalities that clients, students, and supervisees may choose as their reflective and expressive modalities in the ways they know are right for them.

FAVORITE QUOTE:

If we don’t know we don’t know, we think we know. If we don’t know we know, we think we don’t know.

FAVORITE ACTIVITY

Play-doh

I am sure that all of you have amazing experiences with this medium for creative therapeutic work! Play-doh is an indispensable tool in my therapist's and teacher's toolbox. In doing in-home therapy as well as office-based therapy, materials that are portable are a must, and this takes up so little space and has such therapeutic potential that I can't imagine a session without this available. Some examples of how my clients, students, and supervisees have used Play-doh include:

- Trauma narratives
- Family "sculpting" in a more literal sense
- Grounding work (in class or session)
- Metaphorical representations of themes including existential, developmental, etc.
- Processing strong emotions
- Externalization (in narrative work)
- And, of course, creative therapeutic play!

I keep an inexpensive version of this medium in my classroom; Dollar Tree has a pack of 8 small cans for only a dollar. In addition to incorporating Play-doh into class activities focused on content and/or process, students love having this available as a means to be present, regulate, and engage in self-care during class.

HERE ARE SAMPLES OF RESPONSES TO THE ACTIVITY:

Samples of Students' Gifts and Talents

