



# Using Drawings in Assessment and Therapy: A Guide for Mental Health Professionals

By Gerald D. Oster, Patricia Gould Crone

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This highly practical book provides useful drawing directives to clinicians involved in the assessment and treatment of individuals, families, and groups in both inpatient and outpatient settings. The authors present many case histories to show how the various aspects of drawing techniques can be integrated and applied in clinical practice. "Using Drawings in Assessment and Therapy" is vividly illustrated with over 90 drawings, which are used to describe how the therapeutic interaction can be enhanced by adding this method to the clinician's repertoire.

This second edition condenses and synthesizes a variety of drawing directives that aid clinicians in the assessment process and in therapy. It also features updated literature reviews, with new case studies and accompanying art work. All therapists who are involved or interested in art therapy will gain a wealth of information, insight, and practical tips from this thorough volume.

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- Sales Rank: #554650 in Books
- Published on: 2004-10-06
- Released on: 2004-08-26
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .79" w x 7.00" l, 1.37 pounds
- Binding: Paperback
- 352 pages

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### Editorial Review

#### Review

*'Using Drawings in Assessment and Therapy provides a comprehensive and practical overview of a variety of drawing methods used in evaluation and treatment. This revised edition cogently explains how simple drawing tasks assist and enhance work with children, adults, families, and groups and is a welcome addition to every clinician's library. Richly illustrated with case examples, this book covers everything mental health professionals need to use drawings in intervention and to facilitate meaningful communication and insight in their clients.'* - *Cathy A. Malchiodi, ATR, CPAT, LPCC, author of Understanding Children's Drawings and Handbook of Art Therapy*

*'Using Drawings in Assessment and Therapy is an excellent educational and insightful book. I was impacted by vivid case descriptions, enriched by assessment guidelines and delighted with the visual images that made this text a highly stimulating and valuable resource. I strongly recommend this book to all mental health professionals who want to enhance their work by introducing drawings into their therapy sessions.'* - *Marcie Brooks, M.A., LPCC practices and resides in Santa Fe, New Mexico.*

#### About the Author

GERALD OSTER is a psychologist in private practice in Maryland, where he specializes in individual and family therapy. A past Clinical Associate Professor of Psychiatry at the University of Maryland Medical School, he provides consultations and assessments for Montgomery General Hospital and the Expressive Therapy Center. In more than 20 years of practice, he has worked in state hospitals, outpatient clinics and residential treatment centers. His previous books include *Using Drawings in Assessment and Therapy*, *Difficult Moments in Child Therapy* and *Helping Your Depressed Teenager: A Guide for Parents and Caregivers*.

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