Nina W. Brown



Creative Activities for Group Therapy

SECOND EDITION



b 16706948 0 12578575 1 22687518

Creative Activities for Group Therapy

Second edition

Nina W. Brown





Contents

	Preface Acknowledgments	viii x
1	Introduction	1
2	Procedures and Process for Use of Creative Activities	22
3	Group Leader Facilitation Attributes and Skills	44
4	Art Activities: Drawing and Collage	67
5	Writing Activities: Essays, Lists, Journals, Poetry, and Cinquains	92
6	Physical Movement: Dance, Physical Exercise, Performance	119
7	Imagery, Mindfulness, and Music	138
8	Stories, Memories, Photos, Visual Journals, Flats, and Books	161
9	Creative Activities for Some Restrictive and Virtual Settings	177
10	Creative Activities for Diverse Conditions	200
11	Applications for Fostering Group Dynamics	225
	Index	948