

Clinical Research and Evidence-based Practice

There is a growing body of evidence for the practice and efficacy of Art Therapy. The literature shows Art Therapy is a valuable intervention expanding the possibilities of working psychotherapeutically with client populations who may not be able to engage in more verbal oriented psychotherapies. It also shows that working with the art therapy process enables a connection to and processing of feeling states that reach beyond the limits of verbal communication. Dr Andrea Gilroy's book titled "Art Therapy, Research & Evidence-based Practice" (2006) provides a comprehensive overview of all the significant research into the efficacy of Art Therapy. She provides an overview of the evidence from the British and American art therapy literatures to date which we have summarized in the table below:

Adults	References	Outcomes
Art Therapy and Abuse and Trauma	Brooke (1995), Howard (1990), McClelland (1992, 1993), Morgan & Johnson (1995), Peacock (1991), Schaverien (1992, 1998), Waller (1992)	Several outcome studies demonstrate effectiveness of short-term group and individual Art Therapy. Decrease in anxiety and depression and symptoms of PTSD, improvements in self- esteem
Art Therapy and Addictions	Albert Puleo (1980), Dickman (1996), Francis (2003), Julliard (1995), Mahony & Waller (1992), Springham (1994, 1998, 1999)	Effective in helping clients acknowledge their addictions, facilitate change, reduce isolation. Art Therapy as an intervention is more tolerable to this client group than more verbal approaches.
Art Therapy and Dementia	Byers (1995, 1998), Falk (2002), Gregoire (1998), Doric-Henry (1997), Schexnadre (1993), Shepard (1998), Stewart (2004), Tyler (2002), Waller (2001, 2002), Weiss (1989), Wilks & Byers (1992), Yartzky (1996), Dennes & Gilchrist (2005)	Several outcome studies and a small Randomized Control Trial (RCT) have shown a reduction in depression, improved attentiveness, sociability, mental acuity, physical competence and calmness.
Art Therapy and Eating disorders	Levens (1995), Luzzatto (1994), Rehavia-Hanauer (2003), Rust (1994), Schaverien (1989, 1994), Waller (1994), Wood (1996),	Outcome studies show Art Therapy is a suitable form of treatment enabling negotiation and management of emotional and psychological issues
Art Therapy and Learning difficulties	Bowen & Rosal (1989), Dubowski (1984, 1990), Fox (1998), Kuczaj (1998), Lomas & Hallas (1998), Mackenzie (2000), Rees (1995), Stack (1998), Stott & Males (1984), Tipple (1992, 1993, 1994),	Outcome studies show: that long term group and individual work improve behavior difficulties and decrease feelings of helplessness: improved capacity for symbol formation and ability to complete developmental tasks.
Art Therapy and Offenders	Ackerman (1992), Eisdell (2005), Gussack (2004), Haagood (1994), Liebmann (1998), Tamminen (1998), Teasdale (1995, 1997, 2002), Riches (1994) Sarra (1998),	Outcome studies show that Art Therapy can address the antecedents to crime, improve communication, increase insight, change crimiogenic behaviours, decrease the likelihood of recidivism.
Art Therapy and Palliative care	Bell (1998), Bocking (2005), Coote (1998), Greece (2003), Hardy (2001), Luzzatto (2000, 2005), Luzzatto & Gabriel (1998, 2000), Pratt (2004),	RCT and outcome studies show that group and individual art therapy enables adjustment to

	Reynolds (2002), Rockwood & Graham-Pole (1997), Sibbett (2005), Schut (1996), Theorell (1998), Waller & Sibbert (2005), Weldt (2003), Wood (1998, 2002, 2005), Zammit (2001).	changes in health, body image, circumstances, behavior, improves self esteem, quality of life and maintains identity. Alleviation and psychological control of pain
Art Therapy and Depression	Ponteri (2001)	Study with group art therapy showed increased self esteem & improved relationships
Art Therapy and Personality Disorders	Dudley (2004), Greenwood (2000), Spring (2001), Teasdale (1995).	Studies show that Art Therapy can improve the management of highly charged emotional experiences. Ameliorating destructive tendencies
Art Therapy and Psychotic and related disorders	Greenwood & Layton (1987, 1991), Killick (1991, 1995, 1997, 2000), Killick & Greenwood (1995) Saotome (1998), Wood (1997, 1999).	RCT and outcome studies show improved ability to enter and maintain relationships, enable symbolization and develop mature defences. Reduced need to mental health services, engages clients in psychological interventions.

Children and Adolescents	References	Outcomes
	Ball (2002), Boronska (1995), Carr & Vandiver (2003), Case (1995, 2000, 2003, 2005), Chapman (2001), Chin (1980), Dalley (1993), Dolgin (1997), Henley (1994), Inanova (2004), Kymiss (1996), Malchiodi (1997, 1999), Meyerowitz Katz (2003), Onizo (1989), Orton (1994), Pleasant & Metcalf (1997), Pratt (1998), Prokoviev (1998), Rosal (1993) Rousseau (2003), Saunders & Saunders (2000), Stanley & Miller (1993), Tibbetts & Stone (1990), Welsby (1998), White & Allen (1971).	Outcome studies and RCTs have demonstrated positive outcomes in educational and mental health settings with the use of various art therapy approaches. Increased ability to symbolize, reduction in severity and frequency of symptoms, alleviation of stress, facilitation of communication and interaction.
Art Therapy and ADHD	Henley (1998, 1999), Murphy (2004), Safran (2002), Smitheman-Brown & Church (1996).	Outcome studies show positive changes in self esteem, self control and ability to function in a social environment
Art Therapy and Autistic Spectrum Disorders	Evans (1998), Evans & Dubowski (2001), Evans & Rutten-Sarins (1998), Henley (2001), Kornreich & Schimmel (1991), McGregor (1990), Tipple (2003).	Outcome studies show long term and individual art therapy is effective in promoting cognitive and emotional development, enabling relationships and lessening destructive behaviours.
Art Therapy and Child Sexual Abuse	Brown & Latimer (2001), Buckland & Murphy (2001), Haagood (2000), Murphy (1998), O'Brien (2004), Pifalo (2002).	Outcome studies identify effective use of art therapy with this client group enabling exploration and understanding of emotion and experience and reducing effects of trauma.

Other significant publications include:

Dalley, T., Rifkind, G. & Terry, K. (1993) *Three Voices of Art Therapy, client, image, therapist*. London: Routledge.

Edwards, D. (2004) *Art Therapy*. London: Sage

- Gilroy, A. & Lee, C. (1995) *Art & Music: Therapy & Research*. London: Routledge.
- Malchiodi, C. (1997) *Breaking the Silence: Art Therapy with children from violent homes*. Bristol, PA: Brunner Mazel
- Malchiodi, C. (1999) *Medical Art Therapy with Children*. London: Jessica Kingsley Publishers
- Malchiodi, C. (Ed) (2003) *Handbook of Art Therapy*. USA: Guildford Press.
- Payne, H. (Ed) (1993) *One River Many Currents: Handbook of Inquiry in the Arts Therapies*. London: Jessica Kingsley Publishers.
- Wadson, H. (2000) *Art Therapy Practice: Innovative Approaches with Diverse Populations*. New York: Wiley.

REFERENCES

- Ackerman, J. (1992) 'Art therapy intervention designed to increase the self-esteem of an incarcerated paedophile', *American Journal of Art Therapy*, 30:143-9.
- Albert-Puleo, N. (1980) 'Modern psychoanalytic art therapy and its application to drug abuse', *The Arts in Psychotherapy*, 13: 53-9.
- Ball, B. (2002) 'Moments of change in the art therapy process', *Arts in Psychotherapy*, 29:79-92
- Bell, S. (1998) 'Will the kitchen table do? Art therapy in the community', in M. Pratt, and M. Wood (eds), *Art Therapy in Palliative Care: The Creative Response*. London: Routledge.
- Bocking, M. (2005) 'A "don't know" story: art therapy in an NHS medical oncology department', in D. Waller and C. Sibbett (eds), *Art Therapy and Cancer Care*. Maidenhead: Open University Press.
- Boronska, T. (1995) 'The werewolf and the wrestling ring: exploring unconscious process through the use of metaphor', *Inscape*, 1: 19-25.
- Bowen, C. and Rosal, M. (1989) 'The use of art therapy to reduce the maladaptive behaviours of a mentally retarded adult', *Arts in Psychotherapy*, 16: 211-18.
- Brooke, S. (1995) 'Art therapy: an approach to working with sexual abuse survivors', *Arts in Psychotherapy*, 22 (5): 447-66.
- Brown, A. and Latimer, M. (2001) 'Between images and thoughts: an art psychotherapy group for sexually abused children', in J. Murphy (ed.), *Art Therapy with Young Survivors of Sexual Abuse: Lost for Words*. London: Routledge.
- Buckland, R. and Murphy, J. (2001) 'Jumping over it: group therapy with young girls', in J. Murphy (ed.), *Art Therapy with Young Survivors of Sexual Abuse: Lost for Words*. London: Routledge.
- Byers, A. (1995) 'Beyond marks: on working with elderly people with severe memory loss', *Inscape*, 1:13-18.
- Byers, A. (1998) 'Candles slowly burning', in S. Skaife and V. Huet (eds), *Art Psychotherapy Groups: Between Pictures and Words*. London: Routledge
- Carr, M. and Vandiver, T. (2003) 'Effects of instructional art projects on children's behavioural responses and creativity within an emergency shelter', *Art Therapy: Journal of the American Association of Art Therapists*, 20 (3): 157-62
- Case, C. (1995) 'Silence in progress: on being dumb, empty or silent in therapy', *Inscape*, 1 (1): 26-31.
- Case, C. (2000) 'Our lady of the queen: journeys around the maternal object', in A. Gilroy and G. McNeilly (eds), *The Changing Shape of Art Therapy: New Developments in Theory and Practice*. London: Jessica Kingsley.
- Case, C. (2003) 'Authenticity and survival: working with children in chaos', *Inscape*, 8 (1): 17-28.
- Chapman, L., Morabito, D., Ladakakos, C., Schreier, H. and Knudson, M. (2001) 'The effectiveness of art therapy interventions in reducing post traumatic stress disorder (PTSDs) symptoms in paediatric trauma patients', *Art Therapy: Journal of the American Association of Art Therapists*, 18 (2): 100-4.
- Chin, R., Chin, M., Palombo, P., Palombo, C., Bannaasch, G. and Cross, P. (1980) 'Project outreach: building social skills through art and video', *Arts in Psychotherapy*, 7:281-4
- Coote, J. (1998) 'Getting started: introducing the art therapy service and the individual's first experiences', in M. Pratt and M. Wood (eds), *Art Therapy in Palliative Care: The Creative Response*. London: Routledge.
- Dalley, T.; Rifkind, G. & Terry, K. (1993) *Three Voices of Art Therapy, client, image, therapist*. London: Routledge.
- Dalley, T. (1993) 'Art psychotherapy groups' in K. Dwivedi (ed.), *Group Work with Children and Adolescents" A Handbook*. London: Jessica Kingsley.
- Dennes, M. & Gilchrist, S. (2005) "Halfway Between Everything". Sydney: Bonza Street Press.
- Dickman, S, Dunn, J. and Wolf, A. (1996) 'The use of art therapy as a predictor of relapse in chemical dependency treatment', *Art Therapy journal of the American Association of Art Therapists*, 13 (4): 232-7

- Dolgin, S., Saner, E., Zaidel, F., and Zaiger, R. (1997) 'A structured group intervention for siblings of children with cancer', *Journal of Child and Adolescent Group Therapy*, 7;3-18
- Doric-Henry, L. (1997) 'Pottery as art therapy with elderly nursing home residents', *Art Therapy: Journal of the American Association of Art Therapists*, 14 (3): 163-71
- Dubowski, J. (1984) 'Alternative models for describing the development of children's graphic work: some implications for art therapy', in T. Dalley (ed.), *Art as Therapy: An Introduction to the Use of Art as a Therapeutic Technique*, London: Tavistock Publications.
- Dubowski, J. (1990) 'Art versus language (separate development during childhood)', in C. Case and T. Dalley (eds), *Working with Children in Art Therapy*. London: Routledge.
- Dudley, J. (2004) 'Art psychotherapy and the use of psychiatric diagnosis: assessment for art psychotherapy', *Inscape*, 9 (1): 14-25.
- Edwards, D. (2004) *Art Therapy*. London: Sage
- Eisdell, N. (2005) 'A Conversational Model of art therapy' *Psychology and Psychotherapy: Theory, Research and Practice* 78, 1-18
- Evans, K. (1998) 'Shaping experience and sharing meaning: art therapy for children with autism', *Inscape*, 3 (1): 17-25.
- Evans, K. and Dubowski, J. (2001) *Art Therapy with Children on the Autistic Spectrum: Beyond Words*. London: Jessica Kingsley.
- Evans, K. and Rutten-Saris, M. (1998) 'Shaping vitality affects: enriching communication', in D. Sandle (ed.). *Development and Diversity: New Applications in Art Therapy*. London: Free Association.
- Faulk, B (2002) 'A narrowed sense of space: an art therapy group with your Alzheimer's sufferers', in D. Waller (ed.), *Nameless Dread: Arts Therapies and Progressive Illness*. Hove: Brunner-Routledge
- Fox, L. (1998) 'Lost in space: the relevance of art therapy with clients who have autism or autistic features', in M. Reeds (ed.), *Drawing on Difference: Art Therapy with People Who Have Learning Difficulties*, London. Routledge.
- Francis, D. Kaiser, D. and Deaver, S. (2003) 'Representations of attachment security in the bird's nest drawings of a client with substance abuse disorders', *Art Therapy: Journal of the American Association of Art Therapists*, 20 (3): 125-37.
- Gilroy, A. & Lee, C. (1995) *Art & Music: Therapy & Research*. London: Routledge
- Gilroy, A. (2006) *Art Therapy, 'Research and Evidence-based Practice'*: London: Sage Publications
- Greece, M. (2003) 'Art therapy on a bone marrow transplant unit: the case study of a Vietnam veteran fighting myelofibrosis', *Arts in Psychotherapy*, 30: 229-38
- Greenwood, H. (2000) 'Captivity and terror in the therapeutic relationship', *Inscape*, 5 (2): 53-61.
- Greenwood, H. and Layton, G. (1991) 'Taking the piss', *Inscape*, Winter: 7-14. Greenwood, H. and Layton, G. (1987) 'An out-patient art therapy group', *Inscape*, Summer: 12-19.
- Gregoire, P. (1998) 'Imitation response and mimesis in dementia', *Art Therapy: Journal of the American Association of Art Therapists*, 15 (4): 261-4.
- Gussack, D. (2004) 'Art therapy with prison inmates: a pilot study', *Arts in Psychotherapy*, 31: 245-59.
- Hagood, M. (1994) 'Group art therapy with adolescent sex offenders', in M. Liebmann (ed.), *Art Therapy with Offenders*. London: Jessica Kingsley.
- Hagood, M. (2000) *The Use of Art in Counselling Child and Adolescent Survivors of Sexual Abuse*. London: Jessica Kingsley.
- Hardy, D. (2001) 'Creating through loss: an examination of how art therapists sustain their practice in palliative care', *Inscape*, 6 (1): 23-31.
- Henley, D. (1994) 'Art of annihilation: early onset schizophrenia and related disorders of childhood', *American journal of Art Therapy*, 32 (4): 99-107.
- Henley, D. (1998) 'Art therapy in a socialization program for children with Attention Deficit Hyperactivity Disorder', *American Journal of Art Therapy*, 37: 2-12,
- Henley, D. (1999) 'Facilitating socialization within a therapeutic camp setting for children with attention deficits utilizing the expressive therapies', *American Journal of Art Therapy*, 38: 40-50.
- Henley, D. (2001) 'Annihilation anxiety and fantasy in the art of children with Asperger's Syndrome and others on the autistic spectrum', *American journal of Art Therapy*, 39: 113-21.
- Howard, R. (1990) 'Art therapy as an isomorphic intervention in the treatment of a client with PTSD', *American Journal of Art Therapy*, 28: 79-86.
- Ivanova, A. (2004) 'Therapeutic art practices with orphan children in Bulgaria', *Art Therapy: Journal of the American Association of Art Therapists*, 21 (1): 13-17.
- Juilliard, K. (1995) 'Increasing chemically dependent patients' beliefs in step one through expressive therapy', *American Journal of Art Therapy*, 33: 110-19

- Killick, K. (1991) 'The practice of art therapy with patients in acute psychotic states', *Inscape*, Winter: 2-6.
- Killick, K. (1995) 'Working with psychotic patients in art therapy', in J. Ellwood (ed.), *Psychosis: Understanding and Treatment*. London: Jessica Kingsley.
- Killick, K. (1997) 'Unintegration and containment in acute psychosis', in K. Killick and J. Schaverien (eds), *Art, Psychotherapy and Psychosis*. London: Routledge.
- Killick, K. (2000) 'The art room as container in analytical art psychotherapy with patients in psychotic states', in A. Gilroy and G. McNeilly (eds), *The Changing Shape of Art Therapy*. London: Jessica Kingsley.
- Killick, K. and Greenwood, H. (1995) 'Research in art therapy with people who have psychotic illnesses', in A. Gilroy and C. Lee (eds), *Art and Music: Therapy and Research*. London: Routledge.
- Kornreich, T. and Schimmel, B. (1991) 'The world is attacked by great big snowflakes: art therapy with an autistic boy', *American Journal of Art Therapy*, 29: 77-84.
- Kuczaj, E. (1998) 'Learning to say "goodbye": loss and bereavement in learning difficulties and the role of art therapy', in M. Rees (ed.), *Drawing on Difference: Art Therapy with People Who Have Learning Difficulties*. London: Routledge.
- Kymiss, P., Christenson, E., Swanson, A. and Orlowski, P. (1996) 'Group treatment of adolescent inpatients: a pilot study using a structured art therapy approach', *Journal of Child and Adolescent Group Therapy*, 6: 45-52.
- Levens, M. (1995) *Eating Disorders and Magical Control of the Body*. London: Routledge.
- Liebmann, M. (1998) 'Art therapy with offenders on probation', in D. Sandle (ed.), *Development and Diversity: New Applications in Art Therapy*. London: Free Association.
- Lomas, H. and Hallas, P. (1998) 'It's a mystery: accounts of an art therapy group for people with learning difficulties', in M. Rees (ed.), *Drawing on Difference: Art Therapy with People Who Have Learning Difficulties*. London: Routledge.
- Luzzatto, P. (1994) 'Art therapy and anorexia. The mental double trap of the anorexic patient: the use of art therapy to facilitate psychic change', in D. Doktor (ed.), *Arts Therapies with Clients with Eating Disorders: Fragile Board*. London: Jessica Kingsley.
- Luzzatto, P. (2000) 'The creative journey: a model for short-term group art therapy with posttreatment cancer patients', *Art Therapy: journal of the American Art Therapy Association*, 17 (4): 265-9.
- Luzzatto, P. (2005) 'Musing with death in group art therapy with cancer patients', in D. Waller and C. Sibbett (eds), *Art Therapy and Cancer Care*. Maidenhead: Open University Press.
- Luzzatto, P. and Gabriel, B. (1998) 'Art psychotherapy', in Holland et al. (eds), *Psycho-Oncology*. New York: Oxford University Press.
- Luzzatto, P. and Gabriel, B. (2000) 'The creative journey: a model for short-term group art therapy with post-treatment cancer patients', *Art Therapy*, 17 (4): 265-9.
- Mackenzie, K., Chisholm, D. and Murray, G. (2000) 'Working with sex offenders who have a learning disability', *Inscape*, 5 (2): 62-9.
- McClelland, S. (1992) 'Brief art therapy in acute states', in D. Waller and A. Gilroy (eds), *Art Therapy: A Handbook*. Buckingham: Open University Press.
- McClelland, S. (1993) 'The art of science with clients: beginning collaborative inquiry in process work, art therapy and acute states', in H. Payne (ed.), *Handbook of Inquiry in the Arts Therapies: One River, Many Currents*. London: Jessica Kingsley.
- McGregor, I. (1990) 'Unusual drawing development in children: what does it reveal about children's art?', in C. Case and T. Dalley (eds), *Working with Children in Art Therapy*. London: Routledge.
- McNiff, S. (2000) *Art based Research* (2nd Edition). London: Jessica Kingsley Publishers
- Mahoney, J. and Waller, D. (1992) 'Art therapy in the treatment of alcohol and drug abuse; in D. Waller and A. Gilroy (eds), *Art Therapy, A Handbook*. Buckingham: Open University Press
- Malchiodi, C. (1997) *Breaking the Silence: Art Therapy with children from violent homes*. Bristol, PA: Brunner Mazel
- Malchiodi, C. (1999) *Medical Art Therapy with Children*. London: Jessica Kingsley Publishers
- Malchiodi, C. (Ed) (2003) *Handbook of Art Therapy*. USA: Guildford Press.
- Meyerowitz-Katz, J. (2003) 'Art materials and process; a place of meeting. Art psychotherapy with a four-year-old boy'. *Inscape*, 8(2): 60-9
- Morgan, C. and Johnson, D. (1995) 'Use of a drawing task in the treatment of nightmares in combat-related post-traumatic stress disorder' *Art Therapy Journal of the American Association of Art Therapists*, 12 (4): 244-7

- Murphy, J. (1998) 'Art therapy with sexually abused children and young people', *Inscape*, 3(1): 10-16
- Murphy, J. Paisley, D. and Pardoe, L. (2004) 'An art therapy group for impulsive children', *Inscape*, 9(2): 59-68
- O'Brien, F. (2004) "The making of mess in art therapy: attachment, trauma and the brain", *Inscape*, 9 (1); 2-13.
- Onizo, M. and Onizo, S. (1989) 'Art activities to improve the self-esteem among native Hawaiian children', *Journal of Humanistic Education and Development*, 27:167-76.
- Orton, M. (1994) 'A case study of an adolescent mother grieving the death of her child due to sudden infant death syndrome', *American journal of Art Therapy*, 33: 37-44.
- Payne, H. (Ed) (1993) *One River Many Currents: Handbook of Inquiry in the Arts Therapies*. London: Jessica Kingsley Publishers.
- Peacock, M. (1991) 'A personal construct approach to art therapy in the treatment of post sexual abuse trauma', *American Journal of Art Therapy*, 29:100-9.
- Pifalo, T. (2002) 'Pulling out the thorns: art therapy with sexually abused children and adolescents', *Art Therapist: Journal of the American Association of Art Therapists*, 19 (1):12-22.
- Pleasant-Metcalf, A. (1997) 'The use of art therapy to improve academic performance', *Art Therapy. Journal of the American Art Therapy Association*, 14 (1): 23-9.
- Ponteri, A. (2001) 'The effect of group art therapy on depressed mothers and their children', *Art Therapy: Journal of the American Art Therapy Association*, 18 (3): 148-57.
- Pratt, M. (2004) *Guidelines for the Arts Therapies and the Arts in Palliative Care Settings*. London: Hospice Information.
- Pratt, M. and Wood, M. (eds) (1998) *Art Therapy in Palliative Care: The Creative Response*. London: Routledge.
- Prokoviev, F. (1998) 'Adapting the art therapy group for children', in S. Skaife and V. Hue (eds), *Art Psychotherapy Groups: Between Pictures and Words*. London: Routledge
- Rehavia-Hanauer, D. (2003) 'Identifying conflicts of anorexia nervosa as manifested in the art therapy process', *Arts in Psychotherapy*, 30:137-49.
- Reynolds, F. (2002) 'Symbolic aspects of coping with chronic illness through textile arts', *Arts in Psychotherapy*, 29: 99-106
- Riches, C. (1994) 'The hidden therapy of a prison art education programme', in M. Liebmann (ed.), *Art Therapy with Offenders*. London: Jessica Kingsley.
- Rockwood, M. and Graham-Pole, J. (1997) "The use of the creative arts in an intensive care setting", in R. Rebollo Pratt and A. Tokuda (eds), *Arts Medicine*. Patterson Harbour, MI: Benton Printing.
- Rosal, M. (1993) 'Comparative group art therapy research to evaluate changes in locus of control in behaviourally disordered children', *Arts in Psychotherapy*, 20: 231-41
- Rousseau, C, Lacroix, L., Bagilishya, D. and Heusch, N. (2003) 'Working with myths: creative expression workshops for immigrant and refugee children in a school setting', *Art Therapy: Journal of the American Art Therapy Association*, 20 (1): 3-10.
- Rust, M.-J. (1994) 'Bringing "the man" into the group: art therapy groupwork with women with compulsive eating disorders', in D. Doktor (ed.), *Arts Therapies with Clients with Eating Disorders: fragile Board*, London: Jessica Kingsley
- Safran, D. (2002) *Art Therapy & AD/AH: diagnostic and therapeutic approaches*: London: Jessica Kingsley.
- Saotome, J. (1998) 'Long-stay art therapy groups', in S. Skaife and V. Huet (eds), *Art Psychotherapy Groups: Between Pictures and Words*, London: Routledge. Sarra, N. (1998) 'Connection and disconnection in the art therapy group: working with forensic patients in acute states on a locked ward', in S. Skaife and V. Huet (eds), *Art Psychotherapy Groups: Between Pictures and Words*. London: Routledge.
- Saunders, E. and Saunders, J. (2000) 'Evaluating the effectiveness of art therapy through quantitative outcomes-focused study', *Arts in Psychotherapy*, 27 (2): 99-106.
- Schaverien, J. (1989) 'Transference and the picture: art therapy in the treatment of anorexia', *Inscape*, Spring: 14-17.
- Schaverien, J. (1992) *The Revealing Image*. London: Routledge.
- Schaverien, J. (1994) "The picture as transactional object in the treatment of anorexia", in D. Doktor (ed.), *Arts Therapies with Clients with Eating Disorders: Fragile Board*. London: Jessica Kingsley.
- Schaverien, J. (1998) 'Inheritance: Jewish identity, art psychotherapy workshops and the legacy of the Holocaust', in D. Doktor (ed.), *Arts Therapists, Refugees and Migrants*. London: Jessica Kingsley.

- Schexnadre, C. (1993) 'Images from the past: the life review scrapbook technique with the elderly', in E. Virshup (ed.), *California Art Therapy Trends*. Chicago: Magnolia Street.
- Schut, H., de Keiser, J., van Bout, J. and Stroebe, M. (1996) 'Cross-modality grief program: description and assessment of a new program', *Journal of Clinical Psychology*, 52: 357-65.
- Sheppard, L., Rusted, J., Waller, D. and McNally, F. (1998) *Evaluating the Use of Art Therapy for Older People with Dementia*. Brighton: Alzheimer's Society.
- Sibbert, C. (2005b) 'Liminal embodiment: embodied and sensory experience in cancer care and art therapy', in D. Waller and C. Sibbert (eds), *Art Therapy and Cancer Care*. Maidenhead: Open University Press.
- Sibbert, C. (2005c) 'An art therapist's experience of having cancer: living and dying with the tiger', in D. Waller and C. Sibbert (eds), *Art Therapy and Cancer Care*. Maidenhead: Open University Press.
- Smitheman-Brown, V. and Church, R. (1996) 'Matidttla drawing facilitating creative growth with children with ADD or ADHD', *Art Therapy: Journal of the American Association of Art Therapists*, 13 (4): 252-62
- Spring, D. (2001) *Image & Mirage: Art Therapy with dissociative clients*. Springfield Ill: Charles C Thomas
- Springham, N. (1994) 'Research into patients' reactions to art therapy on a drug and alcohol programme', *Inscape*, 1: 36-40.
- Springham, N. (1998) 'The magpie's eye: patients' resistance to engagement in an art therapy group for drug and alcohol patients', in S. Skaife and V. Huet (eds), *Art Psychotherapy Groups: Between Pictures and Words*. London: Routledge.
- Springham, N. (1999) '"All things very lovely": art therapy in a drug and alcohol treatment programme', in D. Waller and J. Mahony (eds), *Treatment of Addiction: Current Issues for Arts Therapies*. London: Routledge..
- Stack, M. (1998) 'Humpty Dumpty's shell: working with autistic defence mechanisms in art therapy', in M. Rees (ed.), *Drawing on Difference: Art Therapy with People Who Have Learning Difficulties*. London: Routledge.
- Stanley, P. and Miller, M. (1993) 'Short-term art therapy with art adolescent male', *Arts in Psychotherapy*, 20: 397-402.
- Stewart, E. (2004) 'Art therapy and neuroscience blend: working with patients who have dementia', *Art Therapy: Journal of the American Art Therapy Association*, 21 (3): 148-55.
- Stott, J. and Males, B. (1984) 'Art therapy for people who are mentally handicapped', in T. Dalley (ed.), *Art as Therapy: An Introduction to the Use of Art as a Therapeutic Technique*. London: Tavistock Publications.
- Tamminen, K. (1998) 'Exploring the landscape within: art therapy in a forensic unit', in D. Sandle (ed.), *Development and Diversity: New Applications in Art Therapy*. London: Free Association.
- Teasdale, C. (1995) 'Reforming zeal or fatal attraction: why should art therapists work with violent offenders', *Inscape*, Winter: 2-9.
- Teasdale, C. (1997) 'Art therapy as a shared forensic investigation', *Inscape*, 2 (2): 32-40.
- Teasdale, C. (2002) *Guidelines for Arts Therapists Working in Prisons*, London, Department for Education and Skills.
- Theorell, T., Konarski, K., Westerlund, H., Burell, A.-M., Engstrom, R., Lagercrantz, A.-M., Teszary, J. and Timlin, K. (1998) 'Treatment of patients with chronic somatic symptoms by means of art psychotherapy: a process description', *Psychotherapy and Psychosomatics*, 67:50-6.
- Tibbetts, T. and Stone, B. (1990) 'Short-term art therapy with seriously emotionally disturbed children', *Arts in Psychotherapy*, 17 (2): 139-46.
- Tipple, R. (1992) 'Art therapy with people who have severe learning difficulties', in D. Waller and A. Gilroy (eds). *Art Therapy: A Handbook*. Buckingham: Open University Press.
- Tipple, R. (1993) 'Challenging assumptions: the importance of transference processes in work with people with learning difficulties', *Inscape*, Summer: 2-9.
- Tipple, R. (1994) 'Communication and interpretation in art therapy with people who have a learning disability', *Inscape*, 2: 31-5.
- Tipple, R. (2003) 'The interpretation of children's artwork in a paediatric disability setting', *Inscape*, 8 (2): 48-59.
- Tyler, J. (2002) 'Art therapy with older adults clinically diagnosed as having Alzheimer's disease and dementia', in D. Waller (ed.), *Nameless Dread: Arts Therapies and Progressive Illness*. London: Brunner-Routledge.
- Wadson, H. (2000) *Art Therapy Practice: Innovative Approaches with Diverse Populations*. New York: Wiley.

- Waller, C. (1992) 'Art therapy with adult female incest survivors', *Art Therapy: Journal of the American Association of Art Therapists*, 9 (3): 135-8.
- Waller, D. (1994) 'The power of food: some explorations and transcultural experiences in relation to eating disorders', in D. Doktor (ed.), *Arts Therapies with Clients with Eating Disorders: Fragile Board*. London: Jessica Kingsley.
- Waller, D. (2001) 'Research report: art therapy and dementia: an update on work in progress', *Inscape*, 6 (2): 67-8.
- Waller, D. (2002) 'Evaluating the use of art therapy for older people with dementia: a control group study', in D. Waller (ed.), *Nameless Dread: Arts Therapies and Progressive Illness*. London: Brunner-Routledge.
- Waller, D. and Sibbett, C. (2005) *Art Therapy and Cancer Care*. Maidenhead: Open University Press.
- Weiss, W., Schafer, D. and Berghorn, F. (1989) 'Art for institutionalised elderly', *Art Therapy: journal of the American Association of Art Therapists*, 6 (1): 10-17.
- Weldt, C. (2003) 'Patients responses to a drawing experience in a hemodialysis unit: a step towards healing', *Art Therapy: journal of the American Association of Art Therapists*, 20 (2): 92-9.
- Welsby, C. (1998) 'A part of the whole: art therapy in a girl's comprehensive school', *Inscape*, 3 (1): 33-40.
- White, K. and Allen, R. (1971) 'Art counselling in an educational setting: self-concept change among pre-adolescent boys', *Journal of School Psychology*, 9: 218-24.
- Wilks, R. and Byers, A. (1992) 'Art therapy with elderly people in statutory care', in D. Waller and A. Gilroy (eds), *Art Therapy: A Handbook*. Buckingham: Open University Press.
- Wood, C. (1997a) 'The history of art therapy and psychosis (1938-95)', in K. Killick and J. Schaverien (eds), *Art, Psychotherapy and Psychosis*. London: Routledge.
- Wood, C. (1997b) 'Facing fear with people who have a history of psychosis', *Inscape*, 2 (2): 41-8.
- Wood, C. (1999a) 'Class issues in therapy', in J. Campbell, F. Brooks, J. Jones and C. Ward (eds), *Art Therapy: Race and Culture*. London: Jessica Kingsley.
- Wood, M. (1996) 'Art therapy and eating disorders: theory and practice in Britain', *Inscape*, 1 (1): 13-19.
- Wood, M. (1998b) 'Art therapy in palliative care', in M. Pratt and M. Wood (eds), *Art Therapy in Palliative Care: The Creative Response*. London: Routledge.
- Wood, M. (2002) 'Researching art therapy practice with people suffering from AIDs-related dementia', *Arts in Psychotherapy*, 29: 207-19.
- Wood, M. (2005) 'Shoreline: the realities of working in cancer and palliative care', in D. Waller and C. Sibbett (eds), *Art Therapy and Cancer Care*. Maidenhead: Open University Press.
- Yaretzky, A., Levinson, M. and Kimichi, O. (1996) 'Clay as a therapeutic tool in group processing with the elderly', *American Journal of Art Therapy*, 34 (3): 75-82.
- Zammit, C. (2001) 'The art of healing: a journey through cancer: implications for art therapy', *Art Therapy: journal of the American Art Therapy Association*, 18 (1): 27-36.