



# Presence and Process in Expressive Arts Work: At the Edge of Wonder

*Sally Atkins, Herbert Eberhart*

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What are the basic attitudes, values, and practices that are essential for effective work with the expressive arts? This book explores the answer to that question.

The authors examine in depth the concepts of 'presence' - a way of 'being' - and 'process' - an open and trusting way of working - in the professional helping relationship and in the making of art. They introduce readers to the premise of the 'uniqueness of persons' that underpins these ideas, and look at how to realize them in practice. Diverse experiences are also shared of using the arts in group and individual work in a variety of settings, from team building and education to counseling, psychotherapy and supervision.

This book is a comprehensive, foundational guide for all practitioners who use the expressive arts as a way of facilitating learning, growth, healing, and change, including expressive arts therapists and students, counsellors, coaches, and other helping professionals. With its clear structure and straight forward style, the book is appropriate also for beginners in these professional fields.

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