



# Expressive Therapies Continuum: A Framework for Using Art in Therapy

By Lisa D. Hinz

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## Expressive Therapies Continuum: A Framework for Using Art in Therapy

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*Expressive Therapies Continuum* is distinctive in its application as a foundational theory in the field of art therapy. First developed by Vija Lusebrink, this theory can be used by persons of any theoretical orientation, and has the ability to unite art therapists of varying backgrounds. The information contained in this book demonstrates how the Expressive Therapies Continuum provides a framework for the organization of assessment information, the formulation of treatment goals, and the planning of art therapy interventions. It provides rich clinical detail and many case examples that enliven the text and promote student engagement and learning.

Hinz divides material into three parts. The first describes the historical roots of the Expressive Therapies Continuum and pays homage to contributions from the fields of art and psychology. The seven component parts of the ETC are examined in the second part, and the last part of the book is dedicated to assessment and clinical applications. This book's easy-to-use format and effectiveness in teaching history and application make it an essential reference for therapists and students.

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### Editorial Review

#### Review

*"To commemorate the 30th anniversary of the Expressive Therapies Continuum (ETC; Kagin & Lusebrink, 1978), Lisa Hinz offers an essential overview of this significant paradigm. The ideas presented herein illuminate and clarify this complex model of using visual media in therapy. The value of the ETC is illustrated through careful deconstruction of each aspect of the model and the use of case vignettes. Dr. Hinz' work will assist students and therapists alike to employ the ETC in art therapy practice."* - **Marcia L. Rosal, PhD, ATR-BC**, Professor and Director of the Art Therapy Program at Florida State University

*"Expressive Therapies Continuum is an impressive work that is carefully researched, organized, and well-written. It is highly recommended for people in all creative arts therapies fields and contains useful information on historical perspectives and foundations, case studies, and clinical applications."* - **Stephanie L. Brooke, PhD, NCC**, Psychology Mentor and Facilitator at Capella University

#### About the Author

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