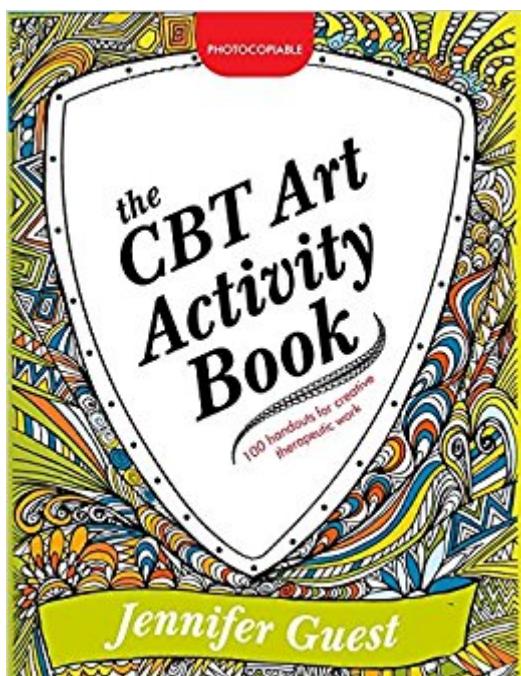


The book was found

# The CBT Art Activity Book: 100 Illustrated Handouts For Creative Therapeutic Work



## **Synopsis**

Explore complex emotions and enhance self-awareness with these 100 ready-to-use creative activities. The intricate, attractive designs are illustrated in the popular zentangle style and are suitable for adults and young people, in individual or group work. The worksheets use cognitive behavioural therapy (CBT) and art as therapy to address outcomes including improved self-esteem, emotional wellbeing, anger management, coping with change and loss, problem solving and future planning. The colouring pages are designed for relaxing stress management and feature a complete illustrated alphabet and series of striking mandala designs. They are also available to download online.

## **Book Information**

Paperback: 136 pages

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Product Dimensions: 8.5 x 0.3 x 11 inches

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Average Customer Review: 3.9 out of 5 stars 44 customer reviews

Best Sellers Rank: #17,230 in Books (See Top 100 in Books) #76 in Books > Medical Books > Psychology > Counseling #82 in Books > Education & Teaching > Studying & Workbooks > Workbooks #85 in Books > Textbooks > Education > Counseling

## **Customer Reviews**

I look forward to using activity pages from The CBT Art Activity Book - the detail and content of each page is ideal for the kind of art journaling and creative expression activities I do with my clients. The use of cognitive behavioral therapy within the handouts is a bonus! -- Bonnie Thomas, LCSW Child and Family Counselor and author of 'How to Get Kids Offline, Outdoors, and Connected to Nature: 200+ Activities to Encourage Self Esteem, Mindfulness, and Wellbeing' A little treasure inspired by cognitive behavioural psychotherapy ideas and creative principles. Beautiful and easy to use worksheets, which will compliment a clinician's tool kit. Especially helpful for brief interventions with emphasis on emotional exploration. -- Themis Kyriakidou, MA ATh, MSc FPC, Art Psychotherapist I am neither a CBT therapist nor an artist - and yet it feels like this book was produced with me in mind. A synthesis of informative text and inspirational designs that leave me excited about new

possibilities in my work with a whole range of people I'm working with - young people, adults and families. This book will appeal, and be extremely useful to counsellors and therapists from a broad spectrum of theoretical orientations, and is by no means limited to those who describe themselves as 'CBT therapists' or as being 'artistic.' Bravo Jennifer, this is a wonderful resource for enhancing and deepening the therapeutic encounter. -- Paul Stockwell, UKCP Registered Family and Systemic Psychotherapist and Clinical Supervisor What a brilliant resource for therapists working with young people! The worksheet designs are immediately engaging and aesthetically suited to young people. Each section starts with brief helpful and accessible information for the counsellor. I am sure that this is what young people want - an opportunity to have conversations with adults on their own terms, choosing a word, a question, a pattern to work into. An important addition for the counselling field. Adults will want to use it too! -- Dr Gail Simon, Principal Lecturer in Systemic Practice, University of Bedfordshire The author sums up the core principle of CBT therapy in a very readable, clear and concise way... Guest's lovely, intricately patterned backgrounds and frames are reminiscent of the current spate of adult colouring books and allow the sheets to appeal to different age groups... One of the things I love about this book is that the author's drawings invite the user to "have a go", "make their mark" and not worry whether they are "artistic" or not... I have certainly enjoyed using this book myself, as well as inviting clients to use it to help them explore their own thoughts, and would happily recommend it to other therapists. -- Trisha Packer, counsellor and supervisor \* BACP Children & Young People \*

I look forward to using activity pages from The CBT Art Activity Book - the detail and content of each page is ideal for the kind of art journaling and creative expression activities I do with my clients. The use of cognitive behavioral therapy within the handouts is a bonus! (Bonnie Thomas, LCSW Child and Family Counselor and author of 'How to Get Kids Offline, Outdoors, and Connected to Nature: 200+ Activities to Encourage Self Esteem, Mindfulness, and Wellbeing') A little treasure inspired by cognitive behavioural psychotherapy ideas and creative principles. Beautiful and easy to use worksheets, which will compliment a clinician's tool kit. Especially helpful for brief interventions with emphasis on emotional exploration. (Themis Kyriakidou, MA ATh, MSc FPC, Art Psychotherapist) I am neither a CBT therapist nor an artist - and yet it feels like this book was produced with me in mind. A synthesis of informative text and inspirational designs that leave me excited about new possibilities in my work with a whole range of people I'm working with - young people, adults and families. This book will appeal, and be extremely useful to counsellors and therapists from a broad spectrum of theoretical orientations, and is by no means limited to those who describe themselves

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There are definitely some useful exercises in this book, but half of the book contains coloring sheets. Wish I had known that before ordering. I can get mandalas for free online. The other coloring sheets are nicely designed letters of the alphabet-one per page, but I'm not sure how I will use those. They don't seem very CBT-oriented, which is what I was seeking in purchasing this book. The first half of the book is great. The second half was a waste of my money.

Love the book! Great coloring pictures and simple activities. I'd recommend for K-middle school. It's a little simplistic for older teens or adults.

This has some fun and creative prompts to use with clients, or even yourself. Being a graduate student in Art Therapy, I've shown this to my classmates, and professors, and they were too impressed. Though I will agree with previous raters that though it boasts being "photocopiable" it is difficult to do so without breaking the binding.

I'm so happy to have this workbook to use with students in my counseling sessions. It can be a challenge finding resources that have SOLID handouts to help kids work through problems. These

will really enhance your toolkit. I HIGHLY recommend!

I just started to use the book and it has some great activities. Very strength-based. I gave it a four because I thought it could have done without the mandalas. I have stacks of mandalas. Sorry, that's just me.

Great for my children and teens

Love this for facilitating mental health groups... makes it easy for everyone to participate regardless of how comfortable they are with reading and writing

Love this CBT tool

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