



The Artist as Therapist (Arts Therapies)

Arthur Robbins

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In this classic text Art Robbins explores the role of the art therapist in integrating aesthetics and psychodynamics into the therapeutic process. He argues that psychological phenomena have their aesthetic counterparts, and that incorporating these elements facilitates the therapeutic process. The artist in the therapist responds to the patient's use of colour, space, form and energy; the therapist uses his or her artist's reaction to ascertain the psychodynamics of the piece. Drawing on his extensive experience as a psychoanalyst, psychologist, art therapist and sculptor, Robbins weaves together object relations theory and principles of art to create a more cohesive understanding of therapeutic treatment. Now reissued by Jessica Kingsley Publishers, *The Artist as Therapist* integrates art and psychology and has profound implications for all those working in these fields.

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