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B. Kirkcaldy

Psychotherapy, Literature, and the Visual and Performing Arts

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Michael Eysenck

This book explores the relevance of literature and the performing and visual arts for effective clinical psychotherapy. There is a growing interest in the use of the arts in psychotherapy, in part due to an increasing awareness of the limitations in verbal communication and scepticism towards traditional forms of medical treatment. Gathering together perspectives from international practitioners this volume embraces the value of a range of mediums to psychotherapy, from film and photography to literature and narrative therapy. Based on theoretical studies, clinical expertise and experiential learning, authors offer detailed guidelines on the value of various art forms in practice.

Bruce Kirkcaldy is Director of the International Centre for the Study of Occupational and Mental Health and has published over 230 articles including and 11 books.

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