



# **The Healing Flow: Artistic Expression in Therapy: Creative Arts and the Process of Healing: An Image/Word Approach Inquiry**

*Martina Schnetz*

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## **The Healing Flow: Artistic Expression in Therapy: Creative Arts and the Process of Healing: An Image/Word Approach Inquiry** Martina Schnetz

Drawing on her extensive experience as a creative arts therapist, Martina Schnetz puts forward a new approach to the process of art in healing. She explores the dialogue between the internal world, external images, and words, shaping a new vocabulary for creative arts therapists. The Healing Flow: Artistic Expression in Therapy is a theoretical and experiential account of the author's work with survivors of childhood trauma and post traumatic stress. Case studies are presented in this model. Through providing deeper insight into the creative processes, participants recover meaningful patterns in their lives, and restore connectedness between themselves and the world.

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