

Eco-Art Therapy in Practice

Eco-Art Therapy in Practice is uplifting, optimistic, and empowering while outlining cost-effective, time efficient, and research-based steps on how to use nature in session to enhance client engagement and outcomes. Dr. Pike employs her background and credentials as a certified educational leader and board-certified art therapist to walk readers through establishing ecologically-based practices—such as growing art materials using hydroponics regardless of facility constraints. Each chapter is aligned with the continuing education requirements for art therapy board certification renewal to make its relevance clear and to orient the book for future training program integration. Appendices feature clinical directives in easy-to-follow, one-page protocols which encourage readers to consider client needs when applying methods, along with intake forms to bolster real-world application. This text will help clinicians and educators to employ eco-art therapy in practice, in turn empowering their clients and conveying an inclusive message of respect—respect for self, others, community, and the world.

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