

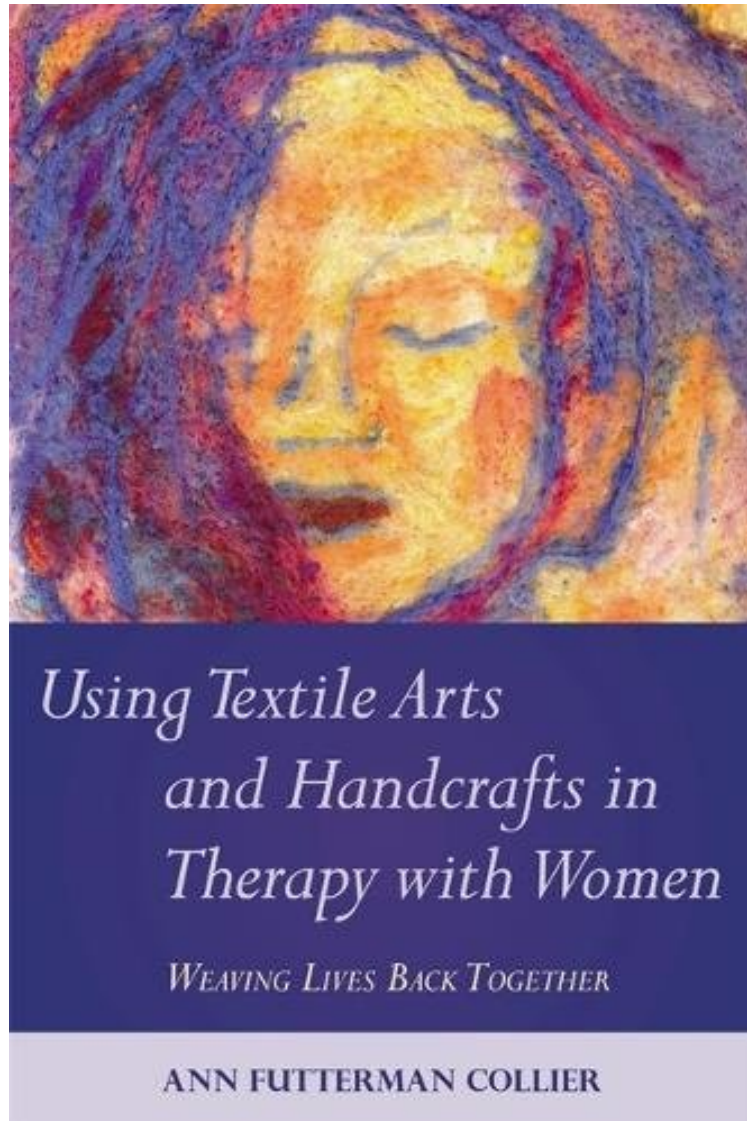
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Ann Futterman Collier

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[Download pdf] Using Textile Arts and Handcrafts in Therapy with Women: Weaving Lives Back Together

Using Textile Arts and Handcrafts in Therapy with Women: Weaving Lives Back Together

Ann Futterman Collier : Using Textile Arts and Handcrafts in Therapy with Women: Weaving Lives Back Together before purchasing it in order to gauge whether or not it would be worth my time, and all praised Using Textile Arts and Handcrafts in Therapy with Women: Weaving Lives Back Together:

0 of 0 people found the following review helpful. Great book for art therapistsBy Anne ScullyExcellent book for art therapists using textiles and felting .1 of 3 people found the following review helpful. Passionate about the topicBy Jodie HealyIt is an exciting topic. Some more images would be enjoyable. The list of questions to ask adds a practical

element6 of 6 people found the following review helpful. FANTASTIC!By Paula WhiteThis book is long overdue. So many books have been about the benefits of fiber arts with an emphasis on knitting or crochet without thinking about the fact that many fiber artists, like me, knit, crochet, weave, quilt and also have participated in art installations with art quilts. I am a fifth generation quilter. I also have a history of sexual assault as a child and domestic violence as an adult. I've had nearly fifteen to twenty years individual and group therapy as well as participated in alternative therapies, such as yoga, qi gong, meditation, journaling, exercising and EMDR. I have found that working with fiber arts helped me greatly between counseling appointments. Fiber arts helped to alleviate my anxiety, build my self confidence in my abilities as I learned new techniques and helped me to come up with creative and productive solutions to any issues I experienced. Still, I have asked myself often have I done all that I can do to help myself. I was so pleased to find that I had done many of the recommendations Ann Futterman Collier suggested in her book. I also read many of the books featured in the references section, but I was also pleased to find some articles and books I didn't know about. I can't wait to check them out. I felt camaraderie with the women profiled within the book. It is good to know that there are others out there who share my enthusiasm for fiber arts. If you work with fiber arts, you will love this book. If you have a history of trauma, you will find this book and the joy of fiber arts to be a God send. I highly recommend it!

Art-making with fabrics and fibers is a natural and creative method of self-expression and can enrich the healing process. This book is a complete guide to using textiles in therapy with female clients. Reviewing the role of textile-based handcrafts in the lives of women today, and integrating the life issues they face with the therapeutic making of fiber art, the book covers everything from the psychology of this therapeutic approach to how to carry it out effectively with a wide range of clients. Specific techniques and suggestions for practice are provided, alongside chapters on expressive writing, guided imagery, and cross-cultural applications of therapy. This innovative book will be a useful tool for therapists, students, artists looking to build on self-exploration, and anybody else interested in the therapeutic benefits that art-making with textiles can bring about.

This is a delightful book, written with love, wisdom and enthusiasm. It would probably appeal most to women therapists who already work creatively with their clients but would also be of interest to mental health practitioners and to the many women who work with textiles as an occupation or hobby, who might like to learn more about its therapeutic possibilities. -- Therapy Today For a male psychiatrist Using Textile Handcrafts in Therapy with Women presents a unique cross-cultural journey into unfamiliar feminine territory, ably guided by Futterman Collier who weaves Jungian psychology, contemporary mental health practice and the media of textile arts in a style that is both entertaining and enlightening. -- Peter Aitken, Consultant Liaison Psychiatrist, Royal Devon Exeter Hospital and Director of Research Development, Devon Partnership NHS Trust, UK 'The author has chosen the medium of fiber as a path to encourage her clients to discover and create meaning out of what often appears as senseless and traumatic. She encourages people, whether they are helping professionals or clients, to not hold themselves back through some expectation of having to be artistic but rather to explore and, through some of the guidelines she has developed over her numerous years of practice and careful observations, regain a liberating sense of self-esteem and integrity. -- Sheila Hicks, artist, and daughter Itaka Martignoni, gestalt-therapist 'In this book, Ann has woven her two natural callings as a psychologist and fiber artist. She has created the likings of a Brook's Bouquet where the weft yarn (psychology) is wrapped around by several warps (creative art making) to draw them together. The result is a weaving that is layered with textile art metaphors that inspire the reader to use the creative process for self-renewal. The golden thread that is interwoven throughout the book is the call to listen to your creative spirit and enjoy where the textile journey takes you. -- Kathy Gotshall, Director of the Master of Arts in Art Therapy Program and Assistant Professor, Graduate Art Therapy, Saint Mary-of-the-Woods College, Indiana 'By writing this book, Ann Futterman Collier has encouraged therapists to understand and use their skills to enrich women's lives, by expanding their horizons, and giving them tools to cope with their journey through life while exploring textile mediums. I heartily endorse this endeavor. -- Anne Field, international teacher, weaver, spinner and writer, Christchurch, New Zealand This is a delightful book, written with love, wisdom and enthusiasm. It would probably appeal most to women therapists who already work creatively with their clients but would also be of interest to mental health practitioners and to the many women who work with textiles as an occupation or hobby, who might like to learn more about its therapeutic possibilities. (Therapy Today)For a male psychiatrist Using Textile Handcrafts in Therapy with Women presents a unique cross-cultural journey into unfamiliar feminine territory, ably guided by Futterman Collier who weaves Jungian psychology, contemporary mental health practice and the media of textile arts in a style that is both entertaining and enlightening. (Peter Aitken, Consultant Liaison Psychiatrist, Royal Devon Exeter Hospital and Director of Research Development, Devon Partnership NHS Trust, UK)'The author has chosen the medium of fiber as a path to encourage her clients to discover and create meaning out of what often appears as senseless and traumatic. She encourages people, whether they are helping professionals or clients, to not hold themselves back through some expectation of having to be artistic but rather to explore and, through some of the guidelines she has developed over her numerous

years of practice and careful observations, regain a liberating sense of self-esteem and integrity. (Sheila Hicks, artist, and daughter Itaka Martignoni, gestalt-therapist)'In this book, Ann has woven her two natural callings as a psychologist and fiber artist. She has created the likings of a Brook's Bouquet where the weft yarn (psychology) is wrapped around by several warps (creative art making) to draw them together. The result is a weaving that is layered with textile art metaphors that inspire the reader to use the creative process for self-renewal. The golden thread that is interwoven throughout the book is the call to listen to your creative spirit and enjoy where the textile journey takes you. (Kathy Gotshall, Director of the Master of Arts in Art Therapy Program and Assistant Professor, Graduate Art Therapy, Saint Mary-of-the-Woods College, Indiana)'By writing this book, Ann Futterman Collier has encouraged therapists to understand and use their skills to enrich women's lives, by expanding their horizons, and giving them tools to cope with their journey through life while exploring textile mediums. I heartily endorse this endeavor. (Anne Field, international teacher, weaver, spinner and writer, Christchurch, New Zealand)About the AuthorAnn Futterman Collier is a licensed Clinical Psychologist with many years experience of working with textile arts and therapy. She is an Assistant Professor at Northern Arizona University, teaching undergraduate and graduate courses in abnormal psychology, counseling techniques, health psychology, and art therapy theory; she also conducts research on how art-making can be used to promote well-being and mood repair. Ann resides in Flagstaff, Arizona.