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Ellen G. Levine is Co-Founder and Faculty member of ISIS-Canada, a Senior Staff Social Worker at the Hincks-Dellcrest Centre for Children's Mental Health, and a core faculty member of the European Graduate School, Switzerland. She has been working with children and parents in a clinical setting with the arts and play for over 30 years and is co-author of *Art in Action: Expressive Arts Therapy and Social Change* and *Principles and Practice of Expressive Arts Therapy: Toward a Therapeutic Aesthetics*, both published by Jessica Kingsley Publishers. She lives in Toronto, Canada.

Play and Art in Child Psychotherapy

An Expressive Arts Therapy Approach


Ellen G. Levine

Ellen G. Levine draws on her extensive experience in clinical settings to present a series of case studies that demonstrate how art-making and imaginary play can provide a space for children to metabolize their experiences. Each study is followed by an arts-based research discussion of the themes that emerged in the clinical sessions and the basic principles that were followed in the work with the child or family. The model of expressive arts therapy is used to explore the questions that arise from the cases, which range from issues of war trauma, to anger, grief, and the impact of mental illness in the family.

This comprehensive guide to the use of play and art in working with children and parents will be of interest to students and practitioners in the fields of expressive arts therapy and psychotherapy, in addition to anyone working with children in disciplines such as psychology, social work and psychiatry.

'This superbly crafted book is a gem! It is Levine's gift to the profession, culled from her many years of experience as a therapist, artist, educator, and researcher. Through her engaging, accessible style of writing, she brings to life an aesthetic approach to therapy and research that is profoundly respectful of children and families, and that honors the potential of the arts to access individual and collective resilience.'

- Cathy Moon, Professor and Chair, Art Therapy Department, School of the Art Institute of Chicago, author of *Studio Art Therapy* and editor of *Materials and Media in Art Therapy*

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