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'This book is not only extremely timely; it is also very well written, edited, and full of vivid illustrations. I am truly delighted to be able to recommend it to art therapists on both sides of the pond. Interest in this area is growing rapidly, as our recognition of the intimate relationship between psyche and soma is at last leading to the provision of creative avenues of expression for those living through bodily traumas over which they have little control, but with which they must cope.'

**- Judith A. Rubin, PhD, licensed psychologist, psychoanalyst, art therapist, author, faculty member of Psychiatry Department of the University of Pittsburgh and the Pittsburgh Psychoanalytic Center**

# Art Therapy with Physical Conditions

Edited by Marian Liebmann  
and Sally Weston


As the emotional components of physical illnesses become more recognised, there is a renewed interest in the potential of art therapy to help patients come to terms with injury, pain and terminal and life-long conditions.

A wide range of experienced art therapists describe their work and its benefits to a variety of groups including those with cancer, debilitating conditions such as myalgic encephalopathy (M.E.) and ulcerative colitis. Physical conditions in combination with other factors such as homelessness or learning disabilities, and children with life-long and chronic conditions are also covered. The book includes discussion of spiritual and philosophical issues when mortality is faced, life change and adjustment issues, practical considerations and which models of practice art therapists find most helpful with various groups.

This will be essential reading for arts therapists and students, as well as for professionals with an interest in psychological issues and wellbeing for patients with physical illness or long term conditions, such as psychotherapists and counsellors, complementary therapists, doctors, nurses and other healthcare professionals.

Sally Weston was a community worker in various development and campaigning posts in London and Yorkshire before training as an art therapist in 1991. She has worked as an art therapist in the NHS, in adult mental health in Bradford and for the past 17 years in neurological rehabilitation. In addition she has run art therapy groups for people with dementia, MIND members, adult students with learning disabilities, and children in primary and secondary schools.

Marian Liebmann has worked in art therapy with offenders, with women's groups and community groups, and more recently in the Inner City Mental Health Team in Bristol, UK, where she has developed work on anger issues. She has also worked as an art therapist at Penny Brohn Cancer Care. She lectures on art therapy at several universities in the UK and Ireland. She also works in restorative justice, mediation and conflict resolution, and has run Art, Conflict and Anger workshops in many countries. In 2013 Marian was awarded an OBE for services to social justice through art therapy and mediation. She has written and edited several art therapy books published by Jessica Kingsley Publishers.

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