



# **Permission to Play: Express Your Heart with Art: How to Use Expressive Arts Therapy Personally and Professionally**

*Sherry Joy Collier MFT*

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## **Permission to Play: Express Your Heart with Art: How to Use Expressive Arts Therapy Personally and Professionally** Sherry Joy Collier MFT

This is a "how-to" book for individuals who want to learn how to use Expressive Arts Therapy personally and professionally. Professionals will find specific exercises provided in this book which can be used in a clinical setting. Using expressive art in a therapeutic setting is a powerfully healing tool for our clients who may need to do more than talk about their challenges. Learn to use clay sculpting, drawing with pastels, painting, writing, and creating mixed media projects to express the deeper parts of the self. For individuals who want to use Expressive Arts Therapy as a part of their personal growth journey, this book will provide an excellent introduction to the expressive arts experience. Express your heart with art and experience a deep, organic healing transformation in your heart and mind.

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