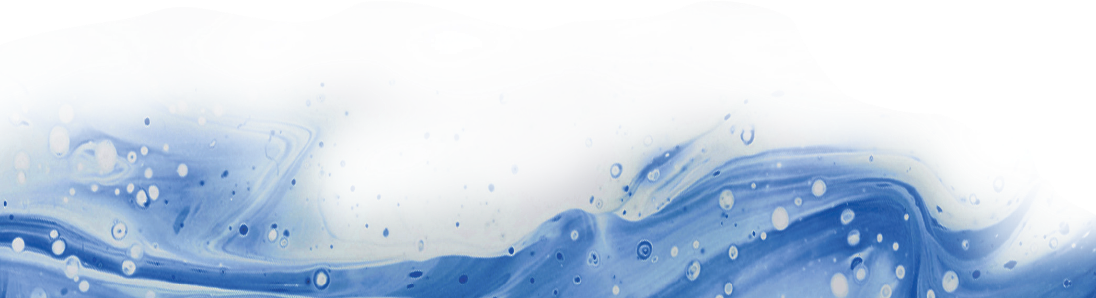
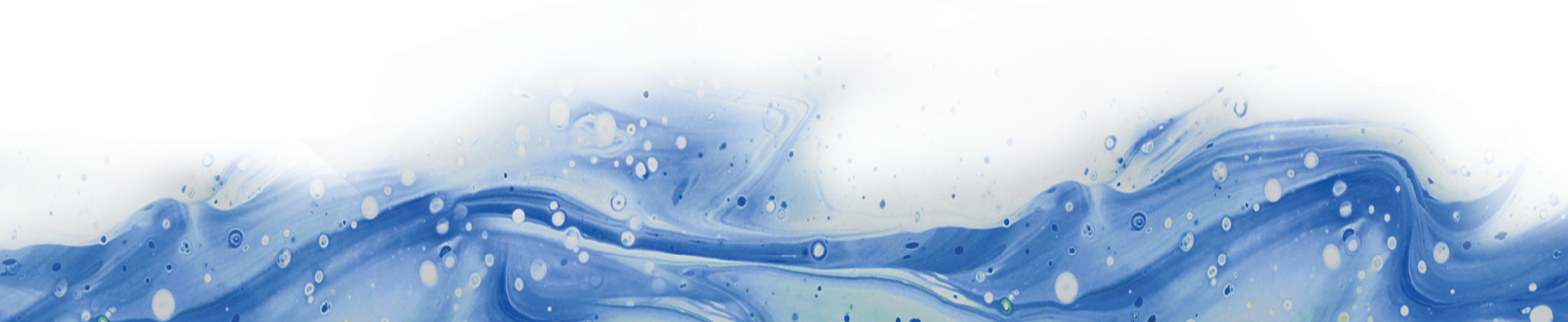
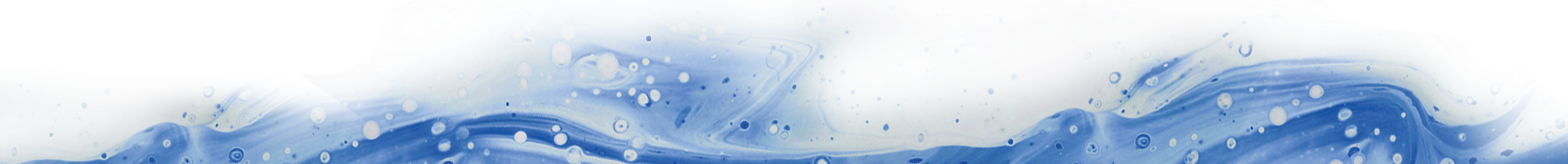
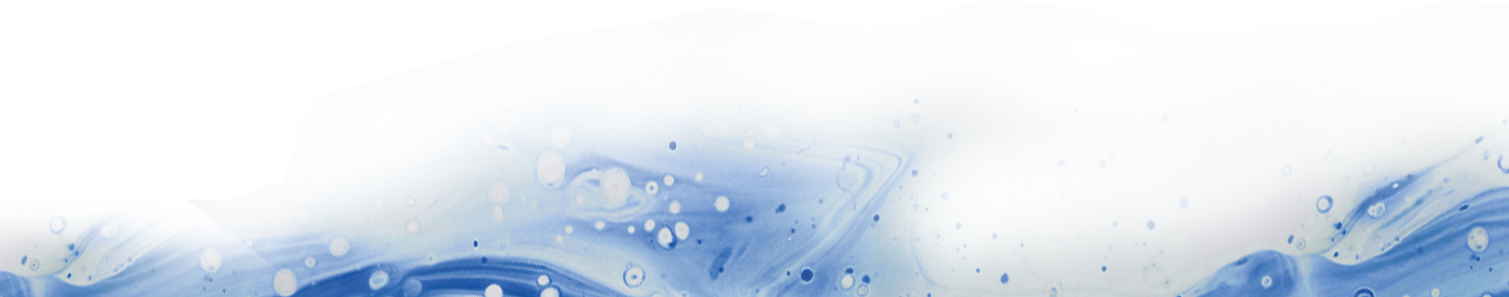
**ELISTAT PROJECT**

**Enriching the Lives of Seniors through the Art Therapy**

**2020-1-TR01-KA227-ADU-097696**

**Useful resources and references**



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| --- | --- | --- |
| **Category/ Topic** | **Link/ Reference** | **Languages** |
| Articles and practical guidance for general use and for specific types of difficulties | <https://arttherapyresources.com.au> | English, Arabic, Chinese, Dutch, French, German, Italian |
| Articles and practical guidance for general use and for specific types of difficulties | M. Corrado, D. Wolf, L. Bills (2022) – *Trauma triptych: inviting cross-disciplinary collaboration in art therapy, social work, and psychiatry* (International Journal of Art Therapy, 27(4), 169-181, <https://www.tandfonline.com/doi/full/10.1080/17454832.2022.2123011>) | English |
| Articles and practical guidance for general use and for specific types of difficulties | European Consortium for Arts Therapies Education (2021) – *SATTIE report PHASE 1: Promoting Excellence in Arts Therapies Education at a European level* (<https://www.ecarte.info/_files/ugd/a16ace_a31c84dcf8714b87ad194a981b5dee74.pdf>) | English |
| Articles and practical guidance for general use and for specific types of difficulties | D. Fancourt, K. Warran, H. Aughterson (2020) – *Evidence Summary for Policy: The role of arts in improving health & wellbeing. Report to the Department for Digital, Culture, Media & Sport. UK Gov*. (<https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/929773/DCMS_report_April_2020_finalx__1_.pdf>) | English |
| Articles and practical guidance for general use and for specific types of difficulties | D. Sesar (2023) – Art Therapy: Can Art Help Us Heal? (<https://www.thecollector.com/art-therapy-can-art-help-heal>) | English |
| Articles and practical guidance for general use and for specific types of difficulties | UK All-Party Parliamentary Group on Arts, Health and Wellbeing (2017) – Inquiry Report (<https://www.culturehealthandwellbeing.org.uk/appg-inquiry/Publications/Creative_Health_Inquiry_Report_2017_-_Second_Edition.pdf>) | English |
| Articles and practical guidance for general use and for specific types of difficulties | 100 Art Therapy Exercises, Shelley Klammer: <https://intuitivecreativity.typepad.com/expressiveartinspirations/100-art-therapy-exercises.html> | English |
| Articles and practical guidance for general use and for specific types of difficulties | 100 Art Therapy Ideas & Art Therapy Exercises: <https://artistro.com/blogs/news/100-art-therapy-exercises-your-path-to-harmony-from-artistro> | English |
| Articles and practical guidance for general use and for specific types of difficulties | 100 Art Therapy Ideas and Prompts: <https://www.alternativetomeds.com/blog/art-therapy-ideas> | English |
| Articles and practical guidance for general use and for specific types of difficulties | Elderly crafts: 15 fun projects senior citizens can easily make: <https://loaids.com/elderly-crafts> | English |
| Articles and practical guidance for general use and for specific types of difficulties | Nash, J. (2022) – Expressive Arts Therapy: 15 Creative Activities and Techniques: <https://positivepsychology.com/expressive-arts-therapy/#techniques> | English |
| Books about expressive arts therapy | Sally Atkins, Melia Snyder (2018) – *Nature-based Expressive Arts Therapy* (London: Jessica Kingsley Publishers) | English |
| Books about expressive arts therapy | A. de Botton (2021) – *Drawing as Therapy: Know Yourself Through Art* (The School of Life) | English |
| Books about expressive arts therapy | Susan I. Buchalter (2009) – *Art Therapy Techniques and Applications* (London: Jessica Kingsley Publishers) | English |
| Books about expressive arts therapy | Susan I. Buchalter (2011) – *Art Therapy and Creative Coping Techniques for Older Adults* (London: Jessica Kingsley Publications) | English |
| Books about expressive arts therapy | Susan I. Buchalter (2017) – 250 Brief, Creative & Practical Art Therapy Techniques: A Guide for Clinicians and Clients (London: Jessica Kingsley Publications) | English |
| Books about expressive arts therapy | J. Campbell et al. (1999) – *Art Therapy Race and Culture* (London: Jessica Kingsley Publishers) | English |
| Books about expressive arts therapy | T. Crocker, S.M. Carr (2021) – Clay Work and Body Image in Art Therapy: Using Metaphor and Symbolism to Heal (Routledge) | English |
| Books about expressive arts therapy | C. Case, T. Dalley (2014) – *Handbook of Art Therapy* (London/ New York: Routledge) | English |
| Books about expressive arts therapy | C. Elbrecht (2012) – Trauma Healing at the Clay Field: A Sensorimotor Art Therapy Approach (London: Jessica Kingsley Publications) | English |
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| Books about expressive arts therapy | D. Henley (2002) – Clayworks in Art Therapy: Plying the Sacred Circle (London: Jessica Kingsley Publishers) | English |
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| Books about expressive arts therapy | S. Hogan (2016) – *Art Therapy Theories: A Critical Introduction* (London/ New York: Routledge) | English |
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| Books about expressive arts therapy | J. L. King (2016) – *Art Therapy, Trauma, and Neuroscience: Theoretical and Practical Perspectives* (New York: Routledge) | English |
| Books about expressive arts therapy | R. Knishinsky (2022) – Healing with Clay: A Practical Guide to Earth's Oldest Natural Remedy ( Healing Arts Press) | English |
| Books about expressive arts therapy | Paolo J. Knill, Stephen K. Levine, Ellen G. Levine (2005) – *Principles and Practice of Expressive Arts Therapy: Toward a Therapeutic Aesthetics* (London: Jessica Kingsley Publishers) | English |
| Books about expressive arts therapy | L. Leone (2020) – *Craft in Art Therapy: Diverse Approaches to the Transformative Power of Craft Materials and Methods* (Routledge) | English |
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| Books about expressive arts therapy | Cathy A. Malchiodi (2020) – *Trauma and Expressive Arts Therapy: Brain, Body, and Imagination in the Healing Process* (Guilford Publications) | English |
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| Books about expressive arts therapy | C.H. Moon (2010) – *Materials & Media in Art Therapy* (Routledge) | English |
| Books about expressive arts therapy | S. McNicol, L. Brewster (2019) – *Bibliotherapy* (Facet Publishing) | English |
| Books about expressive arts therapy | E. Partridge (2019) – *Art Therapy with Older Adults* (London: Jessica Kingsley Publishers) | English |
| Books about expressive arts therapy | L. Scobie (2017) – *365 Days of Art: A Creative Exercise for Every Day of the Year* (Hardie Grant) | English |
| Books about expressive arts therapy | D.E. Waller (2014) – *Becoming a Profession: History of Art Therapy 1940-1982* (Psychology Revivals) (London/ New York: Routledge) | English |
| Books about expressive arts therapy | D.E. Waller (2014) – *Group Interactive Art Therapy* (London/ New York: Routledge) | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Body Awareness/ Sensorial Activities** | <https://www.thirstyforart.com/blog/mindful-body-scan-art-therapy> | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Body Awareness/ Sensorial Activities** | <https://digitalcommons.lesley.edu/cgi/viewcontent.cgi?article=1661&context=expressive_theses> | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Body Awareness/ Sensorial Activities** | <https://www.arttherapynj.com/post/increasing-body-awareness-body-outline-in-art-therapy> | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Body Awareness/ Sensorial Activities** | <https://www.mentalhelp.net/stress/emotional-impact/> | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Body Awareness/ Sensorial Activities** | <https://innergrowththerapy.com/how-art-therapy-uses-the-5-senses-and-helps-to-reconnect-to-the-body/> | English |
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| Articles and practical guidance for specific art therapy techniques and tools – **Creating Puppets and Masks** | Bianca Roberts (2023) – *The power of puppet therapy helping many aged care residents stay forever young*:  <https://agedcarenews.com.au/2023/01/24/the-power-of-puppet-therapy-helping-many-aged-care-residents-stay-forever-young/> | English |
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| Articles and practical guidance for specific art therapy techniques and tools – **Creating Puppets and Masks** | How to make Paper Puppets | Easy Puppet Making Ideas | Craft: <https://www.youtube.com/watch?v=MQDR5Glz-7E> | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Creating Puppets and Masks** | How to make a Hand Puppet:  <https://www.wikihow.com/Make-a-Hand-Puppet> | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Creating Puppets and Masks** | How to Build a Quality Puppet:  <https://www.instructables.com/How-to-Build-a-Quality-Puppet/> | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Creating Puppets and Masks** | <https://www.thirstyforart.com/blog/mask-art-therapy-activity> | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Creating Puppets and Masks** | <https://www.twinkl.com.tr/resource/my-inner-self-and-outer-self-portrait-activity-us-he-4> | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Creating Puppets and Masks** | <https://www.uua.org/re/tapestry/children/windows/session1/143351.shtml> | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Creating Puppets and Masks** | <https://ermer.weebly.com/inner-vs-outer-self.html> | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Music Therapy** | <https://whmusictherapy.com/2011/07/how-are-you-a-song-about-feelings/> | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Music Therapy** | <https://thriveworks.com/blog/music-therapy-encanto-can-help-process-emotions/> | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Origami** | Art Therapy American Association, The Art of Origami: An Art Therapist Explains its History and Use in Trauma Work: <https://arttherapy.org/blog-origami-toshiko-kobayashi/> | English |
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| Articles and practical guidance for specific art therapy techniques and tools – **Origami** | Easy origami for beginners: 27 projects to get you started: <https://www.gathered.how/papercraft/easy-origami-for-beginners/> | English |
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| Articles and practical guidance for specific art therapy techniques and tools – **Painting** | <https://www.linkedin.com/pulse/plein-air-painting-therapy-sarah-pollock?trk=pulse-article_more-articles_related-content-card> | English |
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| Articles and practical guidance for specific art therapy techniques and tools – **Painting** | <https://www.youtube.com/watch?v=pW55JsM3xOo> | English |
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| Articles and practical guidance for specific art therapy techniques and tools – **Painting** | Therapy Art Worksheets: <https://www.therapistaid.com/therapy-worksheets/art/none> | English |
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| Articles and practical guidance for specific art therapy techniques and tools – **Painting** | S. Mastandrea, S. Fagioli, V. Biasi (2019) – Art and Psychological Well-Being: Linking the Brain to the Aesthetic Emotion. (Frontiers in Psychology, <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00739/full>) | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Poetry** | <https://youngwritersproject.org> | English |
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| Articles and practical guidance for specific art therapy techniques and tools – **Poetry** | <https://kingdompen.org/the-hidden-art-of-blackout-poetry/> | English |
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| Articles and practical guidance for specific art therapy techniques and tools – **Poetry** | Websites & Organizations of Interest on Poetry Therapy and Bibliotherapy: from the National Association for Poetry Therapy website: <https://poetrytherapy.org/Organizations-of-Interest> | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Poetry** | M. Wexler (2014) – *A poetry program for the very elderly. Narrative perspective on one therapeutic model* (Journal of Poetry Therapy, 27(1), 35-46, <https://www.tandfonline.com/doi/full/10.1080/08893675.2014.871811>) | English |
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| Articles and practical guidance for specific art therapy techniques and tools – **People and Relationships** | 6 ways that art therapy can help people with memory loss:  <https://lesley.edu/article/6-ways-that-art-therapy-can-help-people-with-memory-loss> | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Regression/ Brain Stimulation** | <https://stats.stackexchange.com/questions/246302/left-hand-right-hand-side-nomenclature-in-regression-models> | English |
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| Articles and practical guidance for specific art therapy techniques and tools – **Soap** | April Brown (2018) – *Beginner's Guide Natural Soap Making: How to make an all-natural mild and carefully crafted handmade soap* | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Soap** | Handmade glycerine soap: <https://www.youtube.com/watch?v=bxVNyh4ylIc> | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Soap** | How to Make All-Natural Soap: <https://www.greenmatters.com/p/how-to-make-all-natural-soap-homemade> | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Soap** | How to make glycerin soap: <https://www.youtube.com/watch?v=3nwgm5GRDrQ> | English |
| Articles and practical guidance for specific art therapy techniques and tools – **Soap** | The Benefits of Handmade Soap Made With Natural Ingredients: <https://botanicalpaperworks.com/blog/benefits-of-handmade-soap/> | English |
| Professional associations – American Art Therapy Association | <https://arttherapy.org> | English |
| Professional associations – British Association of Art Therapists | <https://www.baat.org> | English |
| Professional associations – Culture, Health and Wellbeing Alliance | <https://www.culturehealthandwellbeing.org.uk> | English |
| Arts and crafts store online – it provides tools and materials, but also tutorials and ideas | <https://www.hobbyland.eu> | English, Italian, German, French, Spanish |