



# Symbolic Images in Art as Therapy

*Rita Simon*

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Rita Simon

## Symbolic Images in Art as Therapy Rita Simon

In this absorbing account of her work with children and adults, individuals and groups, Rita Simon shows how the symbolic image and the style in which it is presented is often related to a particular stage in the integration of painful experiences. As the image and the style change, so does the individual who discovers previously untapped sources of creativity and inner strength. Richly documented with case studies and over 80 illustrations, *Symbolic Images in Art as Therapy* highlights the contribution both art and the art of the therapist can make in working to ease the effects of bereavement, depression, abuse, physical handicap or any other cause of mental distress.

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