



RX Color: Therapeutic Coloring Book for Adults (Paperback)

By Shyla T High

Jackpot Press, a Wyatt-MacKenzie Imprint, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Improving Cognitive Function Promoting Healing What is Art Therapy? Art therapy is the use of the creative process, in combination with psychotherapeutic techniques, to improve mental health. Art therapy utilizes art to enhance the physical and emotional well-being of individuals suffering from stress, traumatic experiences, behavioral issues, and physical and mental illness. Through art people learn to express themselves, increase their awareness of self, solve conflicts, and gain insight into their interpersonal problems. While art therapy is often seen as a free-form process in which a patient draws on creativity to produce abstract pieces, adult coloring books like the RxColor Therapeutic Coloring Book are becoming popular among therapists and patients alike. Designed specifically by a doctor for adults, RxColor Therapeutic Coloring Books offer a sense of structure in the artistic process, allowing for creativity while producing an aesthetically pleasing piece. Today art therapy is practiced in schools, senior communities, private practice, and education, wellness, rehabilitation, and community settings. Therapeutic coloring can be meditative and help quiet an anxious mind. People of all backgrounds and...



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