Contents

	Foreword	13
	Acknowledgments	14
	Introduction	15
PART I	MINDFULNESS AND THE ARTS THERAPIES: OVERVIEW AND ROOTS	
Chapter 1	Mindfulness, Psychotherapy, and the Arts Therapies Laury Rappaport, Ph.D., REAT, ATR-BC, MFT, Founder and Director Focusing and Expressive Arts Institute; Integrative Psychotherapist, Sutter Health Institute for Health and Healing, and Faculty, Sonoma State University and Debra Kalmanowitz, MA, RATh, University of Hong Kong	24
PART II	CULTIVATING MINDFUL AWARENESS AND PRESENCE THROUGH THE EXPRESSIVE ARTS	
Chapter 2	The Role of Witnessing and Immersion in the Moment of Arts Therapy Experience	38
Chapter 3	Intention and Witness: Tools for Mindfulness in Art and Writing	51
PART III	INTEGRATING MINDFULNESS WITH THE ARTS THERAF	PIES
Chapter 4	Mindfulness-Based Art Therapy: Applications for Healing	
	with Cancer	64
Chapter 5	Mind-Body Awareness in Art Therapy with Chronic Pain Syndrome Jürgen Fritsche, University of Munich LMU, Academy of Fine Arts Munich: Graduate Program in Art Therapy, Munich Schwabing Hospital, Bavarian AIDS Foundation; Munich, Germany	81
Chapter 6	Mindfulness and Dance/Movement Therapy for Treating Trauma Jennifer Frank Tantia, Ph.D., BC-DMT, LCAT, Adjunct Faculty, Adelphi	95
	University; Private Practice; Research Advisor, Pratt Institute	

Chapter 7	Mindfulness and Drama Therapy: Insight Improvisation and the Transformation of Anger	107
Chapter 8	Music, Imagery, and Mindfulness in Substance Dependency Carolyn Van Dort, Post-Graduate Degree, Music Therapy; Guided Imagery and Music, Teacher, Music and Imagery, University of Melbourne, and Denise Grocke, Ph.D., RMT, MT-BC, FAMI, Professor of Music Therapy, University of Melbourne	117
Chapter 9	Poetry Therapy, Creativity and the Practice of Mindfulness John Fox, CPT, Adjunct Faculty John F. Kennedy University, California Institute of Integral Studies	129
Chapter 10	The Silent Creative Retreat for People with Cancer: The Assisi Model for Professionals	142
Chapter 11	•	
	Therapies in a Hospital-Based Community Outreach Program	155
Chapter 12	Mindfulness-Based Expressive Therapy for People with Severe and Persistent Mental Illness	168
PART IV	MINDFULNESS-BASED ARTS THERAPIES APPROACHES	
Chapter 13	Authentic Movement and Mindfulness: Embodied Awareness and the Healing Nature of the Expressive Arts	182
Chapter 14	Focusing-Oriented Arts Therapy: Cultivating Mindfulness and Compassion, and Accessing Inner Wisdom	193
Chapter 15	Hakomi and Art Therapy	208
Chapter 16	Mindfulness and Person-Centered Expressive Arts Therapy Fiona Chang, RSW, REAT, M Soc Sc, President, Expressive Arts Therapy Association of Hong Kong, Regional Co-chair, International Expressive Arts Therapy Association; Honorary Lecturer, University of Hong Kong	219

Chapter 17	Creative Mindfulness: Dialectical Behavioral Therapy and Expressive Arts Therapy	235
Chapter 18	Mindfulness and Focusing-Oriented Arts Therapy with Children and Adolescents	248
PART V	MINDFULNESS AND THE ARTS THERAPIES IN EDUCATION AND TRAINING	
Chapter 19	Mindful Considerations for Training Art Therapists: Inner Friendship—Outer Professionalism	264
Chapter 20	Relational Mindfulness and Relational Movement in Training Dance/Movement Therapists	276
PART VI	NEUROSCIENCE, MINDFULNESS, AND THE ARTS THERAPIES	
Chapter 21	Perspectives from Clinical Neuroscience: Mindfulness and the Therapeutic Use of the Arts	288
Appendix 1	Resources	316
	Basic Mindfulness Exercises	316 322
Appendix 2	CONTRIBUTOR LIST AND BIOGRAPHIES	324
	Subject Index	333
	Author Index	338