Fifth Edition

the Creative Arts in Counseling

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To the good people of Decatur, Georgia, who nourished my curiosity and creativity growing up; especially to my former Decatur High School English teachers Ann Lewis and Weldon Jelks, who encouraged me to write; and to Walter McCurdy Jr. and Reid Crow at the First Baptist Church, who taught me with their stories and music.

also

To Jim Cotton, Robbin McEnturff, Mariam Cosper, and Laurie Smith at Adult and Child Developmental Specialists in Birmingham, Alabama, from whom I learned the art of good counseling.
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“Counseling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals” (D. M. Kaplan, Tarvydas, & Gladding, 2014, p. 366). In accomplishing its goals, counseling is a creative process, and counselors focus on helping clients make developmentally appropriate choices and changes. Effective counselors are aware of the multidimensional nature of the profession and choose from a wide variety of interventions when working with diverse populations. As a group, the creative arts is a sometimes overlooked aspect of counseling that can promote the best within the helping arena (Neilsen, King, & Baker, 2016). By its very nature, the arts foster different ways of experiencing the world and are enriching, stimulating, and therapeutic in their own right. When used in clinical situations, creative arts can help counselors and clients gain unique and universal perspectives on problems and possibilities.

In this fifth edition of The Creative Arts in Counseling, I concentrate on how the creative arts can be used independently and complementarily to enhance the counseling process on primary, secondary, and tertiary levels. Specifically, the following creative arts are examined:

- Music
- Dance and movement
- Imagery
- Visual arts
- Literature and writing
- Drama and psychodrama
- Play and humor
- Animal-assisted therapy, horticulture, and wilderness therapy

These arts share much in common. They are all process oriented, emotionally sensitive, socially directed, awareness focused, and ap-
pplicable in numerous forms for working with clients over the life
span. In addition, they enable people from diverse cultural back-
grounds to develop in ways that are enjoyable as well as personally
and socially enhancing.

Mental health providers such as counselors, social workers, psy-
chologists, creative arts therapists, marriage and family therapists,
psychiatric nurses, pastoral care specialists, and psychiatrists will find
the content of these pages useful because of both the research and
the pragmatic nature of the material covered. The material presented
here comes from a variety of educational and treatment-focused work
settings. Because of their systematic format, Chapters 2 through 9 may
be especially helpful because they present a great deal of information
in a relatively uniform manner. These chapters contain the following:

- Introductory background about the specific art form
- The premise behind using the art form discussed
- The general practice of using the art in counseling settings
- Unique use of the specific art with special populations, such as
  children, adolescents, adults, older adults, groups, families, and
  cultural minorities
- A summary
- Art-related exercises

Chapter 1 provides information on the history, rationale for, and
benefits of using artistic methods in general; Chapter 10 highlights
current trends in the use of the arts in counseling and includes ad-
ditional resources. Together these chapters are bookends to those in
between, enabling you to obtain a global view of the field, how it
developed, and where it is going. Chapter 11 illustrates creative exer-
cises in the different artistic domains covered in Chapters 2 through 9.

Creative Reflection boxes are distributed throughout the chapters
to give you an opportunity and the means to reflect on your own
creativity. They also, at times, demonstrate another way to incorporate
materials and prompt you to a further exploration of your thoughts
and feelings.

Overall, practitioners will find this book user friendly. Most of the
ideas discussed here have been extensively field tested by experienced
clinicians. By carefully reading this book, you will become better
informed as a professional and be able to enhance your skills and
effectiveness. The creative arts have much to offer the healing and
helping professions and the clients who use these services.

New to This Edition

An old maxim states that a new book should never be written when
an old book will suffice. That goes for revisions too. I could not agree
more, which explains the 6-year time span between this edition and the previous edition. I would love to say that the fourth edition of this work is still up to date, but alas, it is not. The fifth edition includes 149 new references, which are mixed liberally with more classic texts and articles. By blending recent with more established findings, the best scholarship in the field of using the creative arts in counseling has been maintained and expanded.

Second, more than a dozen Creative Reflections have been added to the five dozen in the fourth edition of the text. These additions offer you an opportunity to “slow down” in each chapter and think about how the material you are reading applies to your life both personally and professionally. Through such a means, you can get to know yourself better as a clinician and as a person.

Third, Chapter 9, “Animal-Assisted Therapy in Counseling, Therapeutic Horticulture, and Wilderness/Nature Therapy,” is new to this edition. Each of these approaches is examined in regard to its background, premises, general practices, and use with special populations. The chapter also includes a summary and related exercises.

Fourth, the subject index to this edition has been modified and updated to reflect the new content of the body of this work.

Fifth, all websites and addresses of creative arts therapy associations have been double checked and updated where needed. Some new ones have been added as well. Thus, you can easily access the latest research and conference information related to creative arts therapies.

Finally, 136 creative arts projects and exercises appear in Chapter 11. The creative arts are truly global and culturally relevant to counselors from multiple settings and backgrounds. This fact is reflected throughout this edition.

All of these changes have made the fifth edition of The Creative Arts in Counseling a thicker and more relevant text. This book is well organized, punctuated with examples, practical, and engaging while maintaining a scholarly base.

Enjoy!

—Samuel T. Gladding
Writing a book is similar to many other activities in life. Some say it is like having a baby and that the labor involved results in a newness that is breathtaking and well worth the time and nurture that went into the process. (My wife disagrees with this analogy and says being pregnant and then a mother is completely different. I imagine many other women would agree.) So I like to think of the process as similar to a good group experience. In productive groups, many people share valuable information and give you important feedback. In addition, groups usually occur over time. Psychoeducational and task groups help participants produce a product either directly or indirectly (and it is not a baby). Ultimately, the outcome is both an interpersonal and a personal experience. The group that has helped me formulate ideas, gather knowledge, and put together this fifth edition of The Creative Arts in Counseling contained some of the same individuals who helped me with the previous editions as well as a few new individuals.

First, I want to thank Carolyn Baker and the American Counseling Association Publications Committee for accepting my proposal for a fifth edition of this text. Carolyn kept me on task in a timely and professional manner. Next, I want to thank Dr. Richard Hayes for encouraging and supporting me to write this book initially. Without Richard’s advocacy, I doubt this work would have ever been written. I also want to thank the reviewers and editor of the first edition of this text, Drs. Howard S. Rosenblatt, Stephen G. Weinrach, JoAnna White, and Elaine Pirrone. They were honest and straightforward in their appraisal of the manuscript and offered constructive thoughts that made this work far better than it would have been otherwise. In addition, I want to express my appreciation to Wake Forest University graduate counseling students—Katie Anne Burt, Dan Barnhart,
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Michele Kielty, Debbie Newsome, Mary Beth Edens, Regan Reding, and Deborah Tyson, in particular—for contributing ideas and thoughts on counseling and the creative arts. Katie Anne, Dan, and Michele were especially helpful and industrious in locating the latest research on the creative arts and were meticulous proofreaders.

Finally, I am grateful to clients and colleagues over the years who have shared creative ideas with me and helped me to focus more on the importance of the arts in counseling. I especially appreciate the support of my wife, Claire, and our three children. They have humored me with jokes and goodwill while this book was in process. I am truly a fortunate individual to be surrounded with so much that is good, growth enhancing, and artistic.
Samuel T. Gladding is a professor in the Department of Counseling at Wake Forest University in Winston-Salem, North Carolina. His academic degrees are from Wake Forest (BA, MA Ed), Yale (MA), and the University of North Carolina at Greensboro (PhD).

Before assuming his current position, he held academic appointments at the University of Alabama at Birmingham and Fairfield University (Connecticut). He was also an instructor of psychology at a community college and director of children’s services at a mental health center, both of which are in Rockingham County, North Carolina. He is a Licensed Professional Counselor in North Carolina, a National Certified Counselor, a Certified Clinical Mental Health Counselor, and a former member of the North Carolina Board of Licensed Professional Counselors.

Dr. Gladding is the author of a number of publications on counseling, including *Becoming a Counselor: The Light, the Bright, and the Serious* (2009); *Counseling: A Comprehensive Profession* (2013); *Family Therapy: History, Theory, and Practice* (2015a); and *Groups: A Counseling Specialty* (2016). He is the former editor of the *Journal for Specialists in Group Work*. He has served as president of the American Counseling Association (ACA) as well as president of the American Association of State Counseling Boards (AASCB), the Association for Counselor Education and Supervision (ACES), the Association for Specialists in Group Work (ASGW), and Chi Sigma Iota (Counseling Academic and Professional Honor Society International). He has also chaired the American Counseling Association Foundation.

Dr. Gladding has received numerous honors. He is a Fellow in the ACA and the recipient of the ACA’s Gilbert and Kathleen Wrenn Award for a Humanitarian and Caring Person and the Arthur A. Hitchcock Distinguished Professional Service Award. He has also received the Chi Sigma Iota (CSI) Thomas J. Sweeney Professional
Leadership Award, and the Association for Humanistic Counseling (AHC) Joseph W. and Lucille U. Hollis Outstanding Publication Award. In addition, Dr. Gladding is the recipient of the ACES Outstanding Publication Award as well as the ACES Leadership Award. Furthermore, he received the Lifetime Achievement Award from the Association for Creativity in Counseling (ACC), and the Research Award from the International Association of Marriage and Family Counselors (IAMFC). He is also a Fellow in ASGW and received this association’s Eminent Career Award.

In 2008, the ACC named its Inspiration and Motivation award after Dr. Gladding. In 2015, ACA named its Unsung Heroes award after him.

Dr. Gladding has worked with counseling colleagues in Malaysia, Estonia, Australia, Singapore, Sweden, Austria, and South Africa and has been a Fulbright Specialist to Turkey and China. He is married to the former Claire Tillson and is the father of three adult children. He enjoys the arts, creativity, and humor on a daily basis.