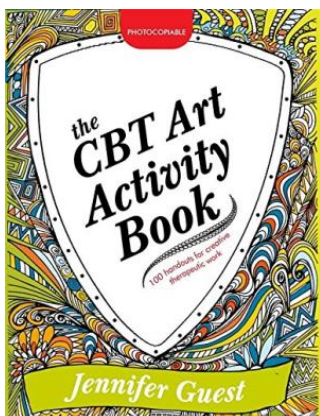


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THE CBT ART ACTIVITY BOOK: 100 ILLUSTRATED HANDOUTS FOR CREATIVE THERAPEUTIC WORK



Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, The CBT Art Activity Book: 100 Illustrated Handouts for Creative Therapeutic Work, Jennifer Guest, Explore complex emotions and enhance self-awareness with these 100 ready-to-use creative activities. The intricate, attractive designs are illustrated in the popular zentangle style and are suitable for adults and young people, in individual or group work. The worksheets use cognitive behavioural therapy (CBT) and art as therapy to address outcomes including improved self-esteem, emotional wellbeing, anger management,...

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