



The CBT Art Activity Book: 100 illustrated handouts for creative therapeutic work

By Jennifer Guest

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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, coping with change and loss, problem solving and future planning. The colouring pages are designed for relaxing stress management and feature a complete illustrated alphabet and series of striking mandala designs.

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Editorial Review

Review

I look forward to using activity pages from *The CBT Art Activity Book* - the detail and content of each page is ideal for the kind of art journaling and creative expression activities I do with my clients. The use of cognitive behavioral therapy within the handouts is a bonus! -- Bonnie Thomas, LCSW Child and Family Counselor and author of 'How to Get Kids Offline, Outdoors, and Connected to Nature: 200+ Activities to Encourage Self Esteem, Mindfulness, and Wellbeing' A little treasure inspired by cognitive behavioural psychotherapy ideas and creative principles. Beautiful and easy to use worksheets, which will compliment a clinician's tool kit. Especially helpful for brief interventions with emphasis on emotional exploration. -- Themis Kyriakidou, MA ATh, MSc FPC, Art Psychotherapist I am neither a CBT therapist nor an artist - and yet it feels like this book was produced with me in mind. A synthesis of informative text and inspirational designs that leave me excited about new possibilities in my work with a whole range of people I'm working with - young people, adults and families. This book will appeal, and be extremely useful to counsellors and therapists from a broad spectrum of theoretical orientations, and is by no means limited to those who describe themselves as 'CBT therapists' or as being 'artistic.' Bravo Jennifer, this is a wonderful resource for enhancing and deepening the therapeutic encounter. -- Paul Stockwell, UKCP Registered Family and Systemic Psychotherapist and Clinical Supervisor What a brilliant resource for therapists working with young people! The worksheet designs are immediately engaging and aesthetically suited to young people. Each section starts with brief helpful and accessible information for the counsellor. I am sure that this is what young people want - an opportunity to have conversations with adults on their own terms, choosing a word, a question, a pattern to work into. An important addition for the counselling field. Adults will want to use it too! -- Dr Gail Simon, Principal Lecturer in Systemic Practice, University of Bedfordshire The author sums up the core principle of CBT therapy in a very readable, clear and concise way... Guest's lovely, intricately patterned backgrounds and frames are reminiscent of the current spate of adult colouring books and allow the sheets to appeal to different age groups... One of the things I love about this book is that the author's drawings invite the user to "have a go", "make their mark" and not worry whether they are "artistic" or not... I have certainly enjoyed using this book myself, as well as inviting clients to use it to help them explore their own thoughts, and would happily recommend it to other therapists. -- Trisha Packer, counsellor and supervisor BACP Children & Young People

Review

I look forward to using activity pages from *The CBT Art Activity Book* - the detail and content of each page is ideal for the kind of art journaling and creative expression activities I do with my clients. The use of cognitive behavioral therapy within the handouts is a bonus! (Bonnie Thomas, LCSW Child and Family Counselor and author of 'How to Get Kids Offline, Outdoors, and Connected to Nature: 200+ Activities to Encourage Self Esteem, Mindfulness, and Wellbeing')

A little treasure inspired by cognitive behavioural psychotherapy ideas and creative principles. Beautiful and easy to use worksheets, which will compliment a clinician's tool kit. Especially helpful for brief interventions with emphasis on emotional exploration. (Themis Kyriakidou, MA ATh, MSc FPC, Art Psychotherapist)

I am neither a CBT therapist nor an artist - and yet it feels like this book was produced with me in mind. A synthesis of informative text and inspirational designs that leave me excited about new possibilities in my work with a whole range of people I'm working with - young people, adults and families. This book will appeal, and be extremely useful to counsellors and therapists from a broad spectrum of theoretical

orientations, and is by no means limited to those who describe themselves as 'CBT therapists' or as being 'artistic.' Bravo Jennifer, this is a wonderful resource for enhancing and deepening the therapeutic encounter. (Paul Stockwell, UKCP Registered Family and Systemic Psychotherapist and Clinical Supervisor)

What a brilliant resource for therapists working with young people! The worksheet designs are immediately engaging and aesthetically suited to young people. Each section starts with brief helpful and accessible information for the counsellor. I am sure that this is what young people want - an opportunity to have conversations with adults on their own terms, choosing a word, a question, a pattern to work into. An important addition for the counselling field. Adults will want to use it too! (Dr Gail Simon, Principal Lecturer in Systemic Practice, University of Bedfordshire)

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About the Author

Jennifer Guest has worked in clinical therapeutic practice as a counsellor for 14 years, working with adults, couples and young people in a variety of counselling centres and schools in the North of England. Jennifer is an Accredited Member of the British Association of Counsellors and Psychotherapists and has an honours degree in Art and Design. Currently she works for Relate, a charity that provides counselling services, and has her own private practice based in Yorkshire.

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