



# **Che cosa sono le arti-terapie (Le bussole) (Italian Edition)**

*Roberto Caterina*

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Negli ultimi tempi vi è stata una sempre maggiore richiesta di interventi basati sulle arti-terapie, tesi a valorizzare le capacità creative che ogni persona ha a propria disposizione e che può con successo utilizzare nel rapporto con gli altri e nella comunicazione dei propri affetti. Ma cosa sono esattamente le arti-terapie? In base a quali principi operano e come è possibile verificarne l'efficacia terapeutica e la validità metodologica? Il libro, rispondendo a tali quesiti, spiega come gli interventi terapeutici che si avvalgono della musica, del disegno, della danza, del teatro, della poesia, condotti da figure professionali qualificate e in un contesto operativo affidabile, possano essere un prezioso strumento di aiuto per superare disagi psichici e sociali.

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