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Gower, James A.

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Art Therapy: Perspectives of South African Psychologists

James A Gower

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Supervisor:
Dr Hermanean Laauwen
University of the Witwatersrand
South Africa

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"Talk therapists work to listen, as well as to hear;
art therapists seek to see, as well as to look.
To see and to feel the beauty in the self as well as in the world
can be the gift of truly transformative therapy,
which may be uniquely possible through art".

(Rubin, 1999)