



# **Creativity as Co-Therapist: The Practitioner's Guide to the Art of Psychotherapy**

*Lisa Mitchell*

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## **Creativity as Co-Therapist: The Practitioner's Guide to the Art of Psychotherapy** Lisa Mitchell

In *Creativity as Co-Therapist*, experienced psychotherapist and creativity expert, Lisa Mitchell, bridges the gap between theoretical knowledge and therapeutic application by teaching psychotherapists of all backgrounds to see therapy as their art form. Readers are guided through the five stages of the creative process to help them understand the complexities of approaching their work creatively and to effectively identify areas in which they tend to get stuck when working with clients. Along the way workbook assignments, case studies, personal stories, and hands-on art directives will inspire the reader to think outside the box and build the creative muscles that hold the key to enlivening their work.

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