

BRAIN ART EXERCISE

INTRODUCTION:

Some of the best art exercises for developing your brain are developed from three primary categories:

- Emotions
- Memory
- Sensory perception

Effective art exercises in these categories might help develop personal insight or lead us to understand the connections between our behaviour and our thoughts or emotions. Other art exercises can connect with our sensory connections to connect our external physical and inner emotional systems.

ART EXERCISE:

NEUROSCIENCE

CONNECTING THROUGH ART THERAPY

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- pom poms, felt...
- As your client... they will be... are considered... explore the... might choose what actions are considered self-compassion.
- Touching each item as they create the collage may also help your client experience a relaxing feeling.
- Once your client has created their collage comprised of 'soft' items, ask them to indulge in the physical sensations that occur from touching their collage. They may choose to run their hands over the collection of items or feel the items on their face.
- This collage piece can initiate a conversation about self-compassion and developing a toolkit of activities and thoughts to encourage self-compassion.



ART THERAPY RESOURCES

Art Therapy And Clinical Neuroscience

Eileen Prendiville, Justine Howard



Art Therapy And Clinical Neuroscience:

Art Therapy And Clinical Neuroscience Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Art Therapy And Clinical Neuroscience**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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