

The arts therapies: a revolution in healthcare

Phil Jones, *The Arts Therapies: A Revolution in Healthcare* | Polly Bowler, Rachael Hood, Eleanor Keiller, Helen O'Loughlin, Katherine Rothman | 2022, Book review |
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Reviewed by Zdeněk Vilímek

The book “The Arts Therapies: A Revolution in Healthcare” by Phil Jones, published in 2020 by Routledge, is a comprehensive guide to the different disciplines of arts therapies and their current practices and thinking. One of the few books that collects all the art therapies in one volume and illustrates each of them in practice.

In the book, Jones boldly links art, dance, drama, and music therapies, and demonstrates their interrelatedness and diversity with remarkable vignettes from clinical practice. The book is aimed at arts therapists, health professionals, and all those who wish to learn more about the field. Phil Jones has a refreshing, inspiring and much needed international perspective. This book has learned scholarship and an exciting sense of openness to collaboration, with a generosity of breadth and belief in the value of interdisciplinary dialogue. The book provides a clear analysis of the relationship between client, therapist, and art form, and explores the core processes in arts therapies from the triangular relationship to the active witness. Each chapter draws on a variety of perspectives and accounts to develop understandings of the relations between theory, research and practice, offering perspectives on areas such as the client-therapist-art form relationship or on outcomes and efficacy to help articulate and understand what the arts therapies can offer specific client groups. This new edition features ‘Focus on Research’ highlights from music therapy, art therapy, dramatherapy and dance movement therapy, which offer interviews with researchers in China, Africa, South America, Australia, Europe and North America, exploring significant pieces of enquiry undertaken within recent years.

Chapter 1 offers an introduction to The Arts Therapies. It provides the remit of the book: to explore the arts therapies as a continuation, a development of ideas and ways of working which have had different forms and manifestations over centuries. It introduces the five different parts of the text and how they will reveal how the arts therapies have emerged in many parts of the world. Part II of the book reviews

the different definitions of the arts therapies. Part III offers insights into different understandings and accounts of how the relationship between arts and therapy has developed. It considers international histories and developments revealing how, in a number of countries, art, music, drama and dance movement therapy have become recognised as formal disciplines and professions within existing health and care provision. Part IV examines the connections between the arts and discoveries and ideas emerging from sciences such as psychology, the fields of psychoanalysis, psychotherapy and education. Part V focuses on different aspects of the client–therapist relationship and how arts processes and art forms create new opportunities and reveal new aspects of this relationship. It reviews innovative approaches to the arts as therapy and to new opportunities for clients. Chapter 2 considers how the arts therapies are defined and understood in different parts of the world. It explores many of the themes that can be found in most definitions: art forms are linked to approaches to healing, with some of the intended outcomes stated. Chapter 3 reviews definitions of art therapy. It considers how the aims of art therapy have been articulated in different national contexts. Chapter 4 concerns definitions of music therapy and explores how this broad range of activity is reflected in different definitions, from Nordoff Robbins, to developmental music therapy and psychodynamic music therapy. Chapter 5 concerns definitions of dramatherapy. Themes will include the active, physically participatory nature of drama as therapy: containing improvisation, spontaneity, imagination, empathy, playfulness, intuitiveness, emotional sensitivity and role-play. Chapter 6 concerns definitions of dance movement therapy and reviews different emphasises in definition and aims, considering dance movement’s capacity to enable links between thought, feelings and actions, inner and outer reality or physical, emotional and cognitive change. Chapter 7 explores the relationship between the different arts therapies, as well as that between the arts therapies and the arts-in-health movement. It reviews debates such as whether the art forms and processes should be divided into separate services and professions with distinct identities and ways of working. Chapter 8 addresses different understandings of the emergence of the arts, healing and therapy. It illustrates the ways in which many accounts of the origins of the arts therapies draw on two kinds of history. Chapter 9 explores how, in many different cultures, practices such as artists working in hospitals, teachers using the arts with children, cultural practitioners engaging with groups and individuals in community contexts, or occupational therapists and psychiatrists using arts activities within their work were developing in ways that led to the named, identified discipline and profession of the arts therapies. Chapter 10 considers the arts therapies from the perspective of debates about the relationships between the arts and sciences. It explores how, by drawing energy from the apparently oppositional worlds of art and science, the arts therapies are still developing and understanding the nature of the changes they offer to clients. Chapter 11 considers how the nature of arts processes

have an impact on the development and formation of the arts therapies. It considers the variety of arts experiences within practice and whether the particular arts modality, drama, for example, or dance, makes a difference to the experience of the client and therapist. Chapter 12 reviews the ways concepts of the unconscious have been central to some approaches within the arts therapies: their thinking and their methodology. This chapter explores the notion of the unconscious in relation to the arts therapies and to their concepts of change. Chapter 13 explores the interaction between fields such as play, psychology and education in the development and current practice of the arts therapies. It considers how play is connected to the therapeutic potentials of the arts. Chapter 14 considers how the opportunities that artistic expression and arts processes create within a therapeutic space and within a therapeutic relationship offer unique possibilities for clients. Chapter 15 examines commonalities and diversities within the arts therapies in terms of the ways client, therapist and arts process relate. It suggests that within the arts therapies the client and the therapist are in a particular kind of 'transaction' together: the client playing an active role through the arts in whether change occurs. Chapter 16 looks at the arts therapist in different ways, in order to try to develop further understanding of their role. It explores the ways that the arts therapist brings the function and role of the artist to the therapeutic encounter. Chapter 17 addresses debates about how 'efficacy' in the arts therapies is understood and researched. It draws on enquiry from a number of countries to consider how clients, therapists and organisations evaluate and communicate the outcomes of the arts therapies.

Overall, *The Arts Therapies: A Revolution in Healthcare* provides a comprehensive overview of the various arts therapies and their application in healthcare settings. Jones emphasizes the importance of creativity, imagination, and the therapeutic relationship in the healing process, highlighting the potential of the arts therapies to promote health and well-being.

This comprehensive overview will be an essential text for students and practitioners of the arts therapies. It is international in scope, fully up-to-date with innovations in the field and will be relevant to new practitioners and those looking to deepen their understanding.

Mgr. Zdeněk Vilímek
Department of Special Education Studies
Faculty of Education
Palacky University in Olomouc
Žižkovo náměstí 5
771 40 Olomouc
Czech Republic
e-mail: zdenek.vilimek@upol.cz