



# **Empowering Children through Art and Expression: Culturally Sensitive Ways of Healing Trauma and Grief**

*Bruce St. Thomas*

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Empowering Children through Art and Expression examines the successful use of arts and expressive therapies with children, and in particular those whose lives have been disrupted by forced relocation with their families to a different culture or community. The book explores how children express and resolve unspoken feelings about traumatic experiences in play and other creative activities, based on their observations of peer support groups, outreach programs and through individuals' own accounts. The authors argue that such activities in a safe context can be both a means of expressing trauma and a coping strategy for children to overcome it. This book combines personal and professional perspectives, using case examples as well as the authors' own childhood experiences, to demonstrate practical strategies for use with children, from drama and storytelling to sculpting with clay. It also equips the reader with knowledge of the theory behind these intervention techniques. This book will be a valuable resource for professionals working with traumatized children who have experienced loss, grief, relocation and other kinds of trauma

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