



Art Therapy, Research and Evidence-based Practice

Andrea Gilroy

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'This book brings makes a major contribution to the field of art therapy by reviewing, in an accessible and informed manner, the issues around the development of research-informed practice. The author offers an overview of different traditions of inquiry that will be of value to practitioners as well as those actually involved in carrying out research' - *John McLeod, Tayside Institute for Health Studies, University of Abertay Dundee*

'This impressive book is lively, inspiring and innovative. Andrea Gilroy's energetic enthusiasm for her subject is infectious. She breathes life into the topics of research and EBP. This rich exploration combines a rigorous investigation of the existing literature with intelligent, original and practical suggestions. A thorough, informative approach that challenges existing thinking. This is a must for art therapists - at last a book that places art at the centre of our evidence in a convincingly argued, accessible and rewarding read' - *Professor Joy Schaverien PhD*

Art Therapy is under increasing pressure to become more "evidence-based". As a result, practitioners now need to get to grips with what constitutes "evidence", how to apply research in appropriate ways and also how to contribute to the body of evidence through their own research and other related activities.

Written specifically for art therapy practitioners and students, **Art Therapy, Research & Evidence Based Practice**:

- " traces the background to EBP
- " critically reviews the existing art therapy research
- " explains the research process
- " links research with the development of clinical guidelines, and
- " describes the knowledge and skills needed to demonstrate efficacy.

Drawing on her own experience as a researcher, practitioner and lecturer, Andrea Gilroy looks at the implications of EBP for art therapy and examines common concerns about the threat it may pose to the future provision of art therapy within public services.

Art Therapy, Research Evidence-Based Practice addresses issues which are critical to the future development and even the survival of art therapy. Combining insightful analysis with practical guidance and examples, this is an ideal resource for practitioners and for those in training.

Andrea Gilroy is Programme Area Director for Arts Psychotherapies at Goldsmiths College, London.

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