

# EXPRESSIVE ARTS INTERVENTIONS FOR SCHOOL COUNSELORS



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# **Expressive Arts Interventions For School Counselors**

**Joseph Scarce** 

#### **Expressive Arts Interventions For School Counselors:**

Expressive Arts Interventions for School Counselors Suzanne Degges-White, Bonnie R. Colon, 2014-11-21 Presents 100 interventions using creative and expressive arts counseling techniques in school settings Expressive arts therapies are a rich resource for use with children and adolescents who are often unresponsive to traditional talk therapy and highly useful to school counselors who must overcome cultural language and ability barriers that are increasingly present in diverse and multicultural school settings This is the first book written specifically for school counselors about using creative and expressive arts counseling techniques in school settings It presents over 100 interventions using art drama music writing dance and movement that school counselors can easily incorporate into their practices with individual students and groups and in classroom settings These creative interventions based on the American School Counselor Association ASCA National Model framework support the key student domains of academic career and personal social development The text also meets the important demand for accountability in school counseling by providing guidelines for evaluating the effectiveness of each intervention Addressing such issues as emotional expression social skills development managing anger aggression developing self esteem working well with diverse peers career exploration and academic skill development the book is organized by specific types of expressive arts therapies and how they can be used to support different domains in the ASCA model Each intervention outlines the presenting concerns for which it is most useful appropriate grade levels required materials preparation needed step by step instructions modifications for special needs students and an outcome assessment plan A handy quick reference chart helps readers to quickly locate appropriate interventions for specific concerns Ideal for the school counselor social worker or psychologist who may not have specific training in arts therapies this book can also help trained arts therapists who will be working in a school setting to select appropriate interventions Key Features Presents over 100 creative and expressive arts interventions that can be easily incorporated into school counseling practice Addresses all relevant ASCA National Model domains academic career and personal social Provides easy to follow preparation and delivery directions and outcome evaluation methods for each intervention Includes modifications for special needs populations Offers a handy quick reference chart matching interventions to appropriate concerns Integrating the Expressive Arts Into Counseling Practice, Second Edition Suzanne Degges-White, Nancy L. Davis, 2017-09-28 When I used it I felt it was a very valuable resource linking work with the arts to the theoretical foundations of counseling Sally S Atkins EdD Professor Emerita Founding Director of Expressive Arts Appalachian State They Students like the activities since it helps them learn more about the counseling theory which was discussed in the Theories of Counseling class It provides more application Some activities are pretty detailed and class time does not allow for much practice But we discuss how this could be used in therapy sessions groups The book is short and very pointed in its information and use We like it Judy A Schmidt EdD CRC LPCA University of North Carolina at Chapel Hill Expanded and revised to reflect a broader understanding

of the complementary approach to the rapeutic treatment this is the only text to integrate expressive arts counseling techniques with major theories of counseling and psychology Substantial changes to the second edition include new chapters that address Neuroscience and Counseling Trauma Informed Counseling Animal Assisted Therapy Mindfulness and Counseling and Family Counseling along with a greater emphasis on cultural and diversity considerations throughout The book is updated with over 30 new interventions including animal assisted and videographic interventions and new information about the neuroscientific foundations of expressive arts therapies Updated references in each chapter and a suite of Instructor's Materials also add to value of the second edition. The text integrates expressive arts therapies with 12 commonly used treatment modalities Each chapter reviews a particular theory and describes how expressive and creative techniques can support and be easily integrated within that orientation Over 90 field tested step by step interventions created by leading practitioners offer students and clinicians techniques that can be put to use immediately New to the Second Edition New chapters address Neuroscience and Counseling Trauma Informed Counseling Animal Assisted Therapy Mindfulness and Counseling and Family Counseling and the Expressive Arts Cultural and diversity considerations in each chapter Updated with new references Over 30 new interventions including videography Instructor's materials Key Features Integrates expressive arts counseling techniques with 12 major theories of counseling and psychology Presents over 90 expressive art interventions in easy step by step format Includes art writing bibliotherapy drama music movement dance puppetry and sand play Discusses appropriate populations settings and diagnoses for each intervention Includes interventions that can be put to use immediately Expressive Arts Interventions for School Counselors Suzanne Degges-White, Bonnie R. Colon, 2014-11-21 Presents 100 interventions using creative and expressive arts counseling techniques in school settings Expressive arts therapies are a rich resource for use with children and adolescents who are often unresponsive to traditional talk therapy and highly useful to school counselors who must overcome cultural language and ability barriers that are increasingly present in diverse and multicultural school settings This is the first book written specifically for school counselors about using creative and expressive arts counseling techniques in school settings It presents over 100 interventions using art drama music writing dance and movement that school counselors can easily incorporate into their practices with individual students and groups and in classroom settings These creative interventions based on the American School Counselor Association ASCA National Model framework support the key student domains of academic career and personal social development The text also meets the important demand for accountability in school counseling by providing guidelines for evaluating the effectiveness of each intervention Addressing such issues as emotional expression social skills development managing anger aggression developing self esteem working well with diverse peers career exploration and academic skill development the book is organized by specific types of expressive arts therapies and how they can be used to support different domains in the ASCA model Each intervention outlines the presenting concerns for

which it is most useful appropriate grade levels required materials preparation needed step by step instructions modifications for special needs students and an outcome assessment plan A handy quick reference chart helps readers to quickly locate appropriate interventions for specific concerns Ideal for the school counselor social worker or psychologist who may not have specific training in arts therapies this book can also help trained arts therapists who will be working in a school setting to select appropriate interventions Key Features Presents over 100 creative and expressive arts interventions that can be easily incorporated into school counseling practice Addresses all relevant ASCA National Model domains academic career and personal social Provides easy to follow preparation and delivery directions and outcome evaluation methods for each intervention Includes modifications for special needs populations Offers a handy quick reference chart matching interventions to appropriate concerns **Integrating the Expressive Arts into Counseling Practice** Suzanne Degges-White, Nancy L. Davis, 2010-10-27 Once in a while a book comes along that is both unique and invaluable By reading and studying this work practitioners can enrich the lives of their clients and their own effectiveness It translates theory into practice and transforms mainstream counseling approaches into extremely useful devices for modifying the way clients and counselors function in therapy Samuel T Gladding PhD Department of Counseling Wake Forest University From the Foreword While traditional talk therapies remain at the foundation of counseling the use of expressive and creative arts in conjunction with these methods can often deepen the healing process as well as expedite diagnosis treatment and prevention Integrating the Expressive Arts into Counseling Practice is designed to provide readers with an understanding of the ways in which expressive arts counseling techniques can be productively integrated into the leading counseling modalities Accessible to students and practitioners alike it presents field tested expressive arts interventions within the context of the most commonly taught theoretical orientations including Cognitive Behavioral Therapy Solution Focused Brief Therapy Gestalt Theory Adlerian Theory Choice Theory Existential Theory Feminist Theory Person Centered Theory Narrative Therapy and Integrative Theory These chapters include the work of over 40 contributors including expert practitioners and faculty who offer detailed descriptions of their own successful expressive arts interventions Key Features Presents over 50 expressive art interventions in an easy step by step format Describes interventions within a framework of 10 commonly used treatment modalities Explains the connection between theory and intervention Includes art writing drama music movement dance puppetry and sandplay activities Discusses appropriate populations settings and diagnoses with which to use each intervention Foundations of School Counseling Cher N. Edwards, Mary Amanda Graham, 2022-10-31 Interweaves the perspectives of school counseling educators with those of practitioners in the trenches This foundational text for school counselors in training is the only book to have chapters coauthored by counselor educators and practicing school counselors It delivers easily accessible information based on a scholarly foundation of best practice recommendations from the field and research based data driven content including school counseling interventions issues for professional practice and a toolkit of

helpful resources The book is distinguished by its in depth examination of the day to day role of the school counselor in elementary middle and high school settings often a different reality than the recommended practice by the ASCA National Model along with a commitment to cultural competency and social justice throughout Providing a platform for the contributions of historically underrepresented voices the text links theory and practice to provide readers with tangible and concrete strategies to implement It covers the nuts and bolts of school counseling interventions including individual group classroom guidance and crisis intervention Each chapter begins with a K 12 student testimony to highlight the impact of school counseling interventions and to promote a better understanding of student needs This strengths based text also examines a variety of contemporary topics that strongly affect students including an entire chapter on LGBTQIA issues and coverage of Anti Racism policies and Virtual Counseling Additional features include Voices from the Field and Practical Applications that demonstrate real scenarios in practice Instructor's will also have access to the Instructor's Manual Test Bank and chapter based PowerPoint presentations Key Features Merges the perspectives of counselor educators with the frontline experiences of practicing school counselors Examines in depth the day to day responsibilities of the school counselor Grounded in a scholarly foundation of research based best practice recommendations Delivers student testimony about how school counseling has affected them Includes illustrative case studies and challenging discussion questions Details school counseling interventions and other practical applications Embraces a commitment to cultural competency and social justice throughout Art Therapy and Career Counseling Barbara Parker-Bell, Debra Osborn, 2022-12-30 Art Therapy and Career Counseling is a comprehensive career development guide that offers creative approaches for understanding assessing and supporting ethical career development strategies This book expands on traditional approaches by adding a robust art therapy lens to topics such as career development theories relational approaches career resource identification multicultural concerns and ethical practices Additionally research and practice findings of art therapists counselors psychologists educators and students are utilized as sources for career centered art based strategies Art therapy educators art therapists counselors and psychologists will appreciate creative approaches to teaching and applying career development through the lifespan Directive Play Therapy Elsa Soto Leggett, Jennifer N. Boswell, 2016-10-26 Structured therapist led approaches to play therapy are becoming increasingly popular due to their time limited nature and efficacy for such specific disorders as trauma and attachment issues This is the first book to provide comprehensive coverage of numerous directive play therapy techniques and interventions that are empirically validated and can be adapted for use in clinical school group and family settings Designed for both students and practitioners the text addresses the theoretical bases for these approaches and provides in depth practical guidance for their use The book describes how directive play therapies differ from nondirective therapies and illustrates best practices in using directive techniques It examines such diverse approaches as cognitive behavioral solution focused sensorimotor and the use of creative arts in play therapy Each approach is covered

in terms of its theoretical foundation research basis specific techniques for practice and a case example The text describes how to adapt directive play therapy techniques for use in various contexts such as with families in groups and in schools Helpful templates for treatment planning and case documentation are also included making the book a valuable resource for both training courses and practicing professionals in play therapy clinical mental health counseling child counseling school counseling child and family social work marriage and family therapy and clinical child psychology Key Features Delivers step by step guidance for using directive play therapy techniques the first book to do so Addresses theoretical basis research support and practical techniques for a diverse range of therapies Covers varied settings and contexts including school clinical group and family settings Includes case studies Provides templates for treatment planning and case documentation

Postmodern Perspectives on Contemporary Counseling Issues Mark Scholl, James Hansen, 2018-04-05 In Postmodern Perspectives on Contemporary Counseling Issues the effective treatment of issues such as trauma addiction eating disorders unemployment and couples counseling are illustrated with numerous case examples Rich descriptions of the implementation of postmodern approaches and techniques make this text ideal for counselors psychotherapists and other helping professionals Counseling Children and Adolescents Jolie Ziomek-Daigle, 2025-03-07 Expansive and practical Counseling Children and Adolescents offers graduate students the information they need to prepare for work in both school and clinical mental health settings two CACREP specialty areas This text includes not only content related to developmental and counseling theories but also information on evidence based practices across the continuum of care diagnosis and treatment of youth and current trends such as integrated care mindfulness telehealth and neuroscience Unique to this book are sections on both the instructional and behavioral Response to Intervention RtI model and Positive Behavioral Interventions and Supports PBIS examples of evidence based practices used across settings such as Student Success Skills Check Connect and trauma focused CBT and a review of common mental health related disorders most often seen in youth and treatment recommendations Ethical and legal implications are infused throughout the book as are CACREP learning outcomes The new edition uses a trauma informed and anti racist lens and fills a gap in counselor preparation programs A testbank is available to instructors at www routledge com 9781032532455 **Art Therapy in Response to Natural** Disasters, Mass Violence, and Crises Joseph Scarce, 2021-12-21 With contributions from a range of expert voices within the field this book explores the use of art therapy as a response to traumatic events Offering rare insight into ways in which art therapists have responded to recent crises this is a unique resource for art therapists looking to coordinate interventions for large scale disaster and resulting trauma Chapters address a range of environmental and manmade disasters around the world including hurricanes typhoons wildfires mass shootings and forced migration highlighting the impact of an art therapy approach in dealing with widespread trauma Covering both community and individual cases it provides an in depth view into the challenges of working in these settings including the effects on the therapist themselves and offers practical information

on how to coordinate fund and maintain responses in these environments. The first book to focus on disaster response in art therapy this will be an invaluable contribution to the field in an increasingly vital area **Integrating Play Techniques in** Comprehensive School Counseling Programs Jennifer Curry, Laura Fazio-Griffith, 2013-05-01 Play therapy interventions are critical elements of providing responsive services within the context of comprehensive school counseling programs However many school counselors are not trained in the use of play therapy techniques during their graduate training programs as Play Therapy is not a required course based on standards set by the Council for Accreditation of Counseling and Related Education Programs CACREP 2009 Indeed while there are over 400 school counseling programs in the U S there are only 11 certified play therapy training centers Even more critically school counselors may not know which play therapy approaches and interventions are evidenced based for specific childhood concerns e g selective mutism social skills deficits parent deployment Play therapy is a structured theoretically based approach to counseling that builds on the normal communicative and learning processes of children as they may not have developed the complexities of language to accurately express their concerns Carmichael 2006 Gil 1991 Landreth 2002 O Connor yet many school counselors are unprepared to provide these vital resources. The focus of this book is on various play techniques and the application of various play therapy theories i e Child Centered Play Therapy Solution Focused Play Therapy Cognitive Behavioral Play Therapy within comprehensive school counseling programs addressing various childhood concerns prevention and intervention Each chapter offers vignettes a literature review of a specific childhood concern e g homelessness separation anxiety pragmatic interventions for the school environment and a case study to demonstrate application of techniques A Graphic Guide to Art Therapy Amy E. Huxtable, Libby Schmanke, Gaelynn P. Wolf Bordonaro, 2021-09-21 What are the core concepts of art therapy What can you learn from a drawing of a bird's nest a collage or some scribbles Why become an art therapist and how do you do it What happens in the therapy room In the style of a graphic novel A Graphic Guide to Art Therapy answers these questions and more Art therapy and its key concepts theory and practice are introduced through illustrations and text Beginning with an overview of art therapy as both a practice and a career it shows the routes to becoming an art therapist and what the role entails The essential approaches frameworks techniques and assessment styles of art therapy are visualised and discussed making this book the perfect companion on your journey as an art therapist Un-Silencing Youth Trauma Laurie A. Garo, Bettie Ray Butler, Chance W. Lewis, 2022-03-01 Urban violence poverty and racial injustice are ongoing sources of traumatic stress that affect the physical emotional and cognitive development and well being of millions of children each year Growing attention is therefore directed toward the study of child trauma and incorporation of trauma sensitive practices within schools Currently such practices focus on social and emotional learning for all children with some in school therapeutic approaches and outside referrals for serious trauma There is inadequate attention to racial injustice as an adverse childhood experience ACE confronting Black males among other youth of color Although there are guidelines for

trauma sensitive approaches few are culturally responsive And it is now critical that educators consider the traumatic impacts of a dual pandemic covid 19 and racism on children and their education This timely book thus serves to inform and inspire transformative healing and empowerment among traumatized children and youth in pandemic post pandemic school and after school settings The reader will learn about trauma through actual experiences Researchers and practitioners present approaches to healing that can be adapted to local situations and settings The book consists of four parts Youth Voices on Traumatic Experience Trauma focused Research Culturally Responsive and Trauma Sensitive Practices and Where do we go from Here Suggestions for Next Steps Each part contains a set of themed chapters and closes with a youth authored poetic expression The book is especially designed for those working in urban education However anyone whose work is related to traumatized children and youth will find the book informative especially in a post pandemic educational environment Techniques and Interventions for Play Therapy and Clinical Supervision Fazio-Griffith, Laura Jean, Marino, Reshelle, 2020-09-25 The use of techniques and interventions for play therapy during the supervision process for graduate and post graduate counselors provides a host of benefits for the counseling student post graduate intern and supervisor The counselor in training is able to experientially integrate theory with practice through the use of different modalities that provide reflection and insight into their work with clients Additionally the use of techniques and interventions for play therapy allows a secure and strong supervisory relationship which allows the counselor in training to explore personal and professional goals verbalize and conceptualize client issues goals and effective interventions and develop counselor client relationships that allow the client to progress during the therapeutic process However play therapy techniques and interventions are not often incorporated into the supervision process unless the clinician is a registered play therapist being supervised by a registered play therapist supervisor Techniques and Interventions for Play Therapy and Clinical Supervision is a critical reference source that provides an opportunity for all clinicians to incorporate play therapy techniques and expressive art interventions into the process of supervision It presents techniques and methods that allow for more effective supervision for counselors in training which allows for more effective service delivery to clients Highlighting topics that include play techniques in supervision cognitive behavioral play therapy and trauma this book is ideal for individuals in a university clinical school agency etc setting who provide supervision for counselors in training including graduate students and postgraduate students The book is an excellent supplement for clinical courses at universities with counseling programs and play therapy programs as well as universities with graduate social work and psychology programs that have play therapy courses and provide play therapy supervision **Child and Adolescent Counseling** Brenda Jones, Beth Durodoye, 2021-05-14 I am impressed with the layout the writing and the integrative nature of this volume It should have a long shelf life for it is extremely comprehensive and will be relevant for years to come Samuel T Gladding PhD LPMHC CCMHC NCC Professor of Counseling Wake Forest University Fellow in the American Counseling Association Past

President of the American Counseling Association This the first text to fully integrate the developmental systemic multicultural and relational elements of child and adolescent counseling This unique approach emphasizes the powerful interconnections supporting effective child and adolescent counseling with creative and time efficient methods Supported by CACREP standards competencies and outcomes this book features best practice strategies and techniques to aid counselors in training who will be assisting children adolescents and their families in developing transformative coping methods while navigating contemporary issues This textbook is distinguished by its broad and holistic focus as a means of increasing counseling efficacy and applies to a range of the rapeutic modalities. The text advocates for a multisensory approach using creative props expressive arts and interactive activities that helps to foster change by harnessing the learning styles best suited to individual children and adolescents Based in theory yet highly practical time efficient real world counseling methods are illustrated through case studies vignettes and verbatim counseling sessions that are tailored to the needs of today's child and adolescent counselor. The book presents a comprehensive toolkit to foster engagement and assist the future counselor in grasping key concepts Pedagogical aids include learning objectives key terms learning activities case studies points to remember chapter summaries and questions for further study Abundant instructor resources include sample syllabi an instructor's manual with experiential activities and assessment rubrics additional chapter discussion questions and resources a test bank and PowerPoint slides Purchase includes digital access for use on most mobile devices or computers Key Features Grounded in a unique integrated approach encompassing developmental systemic multicultural and relational elements and innovative and time efficient practices Applies to a range of therapeutic modalities including school marriage couples and family clinical mental health clinical rehabilitation counseling and more Illustrates time efficient counseling methods through case studies vignettes and examples from actual client and counselors in training sessions Highlights contemporary issues including incarcerated parents sexual minorities military influences and same sex parents Infused with CACREP standards competencies and outcomes to help with accreditation and prepare students for exams Edited and authored by educators and authors with a wealth of professional expertise Includes learning objectives key terms charts tables and figure questions for further study and chapter summaries Introduction to the Counseling Profession David Capuzzi, 2013-06-07 Introduction to the Counseling Profession is a comprehensive overview of the history and foundational concepts of counseling offering the most current and relevant breadth of coverage available Students will gain insight into the myriad issues that surround not only the process of counseling and its many populations but also the personal dynamics that have an impact on this process The contributed author format provides state of the art information from experts in their respective fields while maintaining a consistent structure and message This edition has been brought in line with the 2009 Council for the Accreditation of Counseling and Related Educational Programs CACREP standards and includes chapters on each of the CACREP specializations Topics rarely treated in other introductory texts are addressed such as research and

writing in counseling technology and counseling and self care and growth This edition includes new pedagogical features such as sidebars and more case studies to expand on key topics as well as new chapters on Cross Cultural Counseling Self Care and Self Growth Individual Counseling Diagnosis and Treatment Planning Addictions Counseling Student Affairs and College Counseling A collection of supplemental resources are available online to benefit both instructors and students Instructors will find PowerPoint slides and test banks to aid in conducting their courses and students can access chapter summaries exercises and other tools to supplement their review of the material in the text These materials can be accessed at http www routledgementalhealth com cw Capuzzi Counseling Children and Adolescents Sondra Smith-Adcock, Catherine Tucker, 2023-03-28 Counseling Children and Adolescents Second Edition reviews the most relevant theoretical approaches for counseling children CBT emotion focused therapy play therapy systems theory and developmental theories and focuses on connecting key theories to application via case studies. The book has an integrated framework that focuses on development and diversity In addition a unique aspect of this text is its focus on neuroscience the developing brain and the impact of early childhood trauma on development Updates to the second edition include new coverage of the multicultural ethical decision model intersectionality implicit bias the impact of the COVID 19 pandemic and new research Partners in Play Terry Kottman, Kristin Meany-Walen, 2016-01-08 Play therapy expert Terry Kottman and her and citations colleague Kristin Meany Walen provide a comprehensive update to this spirited and fun text on integrating Adlerian techniques into play therapy Clinicians school counselors and students will find this to be the definitive guide for using Adlerian strategies with children to foster positive growth and effective communication with their parents and teachers After an introduction to the basics of the approach and the concepts of Individual Psychology the stages of Adlerian play therapy are outlined through step by step instructions detailed treatment plans an ongoing case study and numerous vignettes In addition to presenting up to date information on trends in play therapy this latest edition emphasizes the current climate of evidence based treatment and includes a new chapter on conducting research in play therapy Appendixes contain useful worksheets checklists and resources that can be easily integrated into practice Additional resources related to this book can be found in the ACA Online Bookstore at www counseling org publications bookstore and supplementary material Here Requests for digital versions from ACA can be found on www wiley com To purchase print copies please visit the ACA website Reproduction requests for material from books published by ACA should be directed to publications counseling org The **Creative Arts in Counseling** Samuel T. Gladding, 2021-03-23 The Creative Arts in Counseling presents an evidence based exploration of how expressive therapies can be used effectively with clients of all ages and backgrounds After an introduction to the history and benefits of using the arts in counseling Dr Gladding discusses the therapeutic use of music dance movement imagery visual arts writing literature drama humor play animal assisted therapy and horticulture nature and wilderness therapies Text features include a new section on incorporating the creative arts in telebehavioral counseling two

part chapter overviews 96 creative reflections for self discovery 145 exercises for use in session and a listing of creative arts and art therapies websites Requests for digital versions from ACA can be found on www wiley com To purchase print copies please visit the ACA website here Reproduction requests for material from books published by ACA should be directed to permissions counseling org A Guide to Practicum and Internship for School Counselors-in-Training Aaron H.

Oberman, Jeannine R. Studer, 2020-09-28 The ideal resource for school counseling field experiences the updated and expanded third edition of A Guide to Practicum and Internship for School Counselors in Training covers all aspects of the practicum and internship experience from the initial contact with supervisors to detailed descriptions of students different roles Readers will gain an awareness of school culture and the understanding needed to develop an individualized philosophy of school counseling Each chapter contains activities case studies worksheets and images to facilitate understanding and all material is consistent with both the Council for Accreditation of Counseling and Related Educational Programs CACREP 2016 Common Core and School Counselor Entry Level Specialty Areas and the school counselor standards identified by the American School Counselor Association ASCA Specific focus is given to strategies for implementing the ASCA National Model 4th edition as a part of clinical experiences This text can be used by faculty students and supervisors alike to support and enhance the school counseling knowledge base used to meet the needs of all students

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Expressive Arts Interventions For School Counselors** 

In a global inundated with displays and the cacophony of quick connection, the profound power and emotional resonance of verbal artistry often fade in to obscurity, eclipsed by the regular onslaught of sound and distractions. However, located within the musical pages of **Expressive Arts Interventions For School Counselors**, a fascinating work of literary beauty that impulses with natural emotions, lies an wonderful trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that enchanting opus books readers on a psychological odyssey, lightly exposing the latent possible and profound influence stuck within the elaborate internet of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is central themes, dissect their charming publishing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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# **Expressive Arts Interventions For School Counselors Introduction**

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