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The Creative Therapist: The Art of Awakening a Session

Bradford Keeney

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In *The Creative Therapist*, Bradford Keeney makes the case that "creativity is the most essential aspect of vibrant, meaningful, and successful therapy." No matter what therapeutic orientation one practices, it must be awakened by creativity in order for the session to come alive. This book presents a theoretical framework that provides an understanding of how to go outside habituated ways of therapy in order to bring forth new and innovative possibilities. A basic structure for creative therapy, based on the outline of a three-part theatrical play, is also set forth. With these frameworks, practical guidelines detail how to initiate and implement creative contributions to any therapeutic situation.

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