



Supporting Resources

Trauma-informed care: Therapies and approaches to improve your practice

September 2023

Please note: The resources included in this document were accurate at the time of publication – 20 September 2023.

Websites

Australian Childhood Foundation – Professional community has a range of online activities and resources available at <https://professionals.childhood.org.au/training-development/>

HEAL- is an award-winning mental health service, employing expressive therapies to support the wellbeing and trauma recovery of children, young people and communities from refugee and culturally diverse backgrounds healqld.com.au

Australian, New Zealand and Asia Creative Arts Therapies Professional Association (ANZACATA)- is the peak professional body representing creative arts therapists in Australia, New Zealand and the Asia/Pacific region. <https://www.anzacata.org>

Allied Health Professions Australia (Art Therapy) <https://ahpa.com.au/allied-health-professions/art-therapy/>

Articles

Darr-Hope, H. Fear No Art: Trust and Blind Contour Drawing. <https://www.healingicons.org/fear-no-art-trust-blind-contour-drawing/>

Dobud W. Towards an Evidence-Informed Adventure Therapy: Implementing Feedback-Informed Treatment in the Field. *J Evid Inf Soc Work.* 2017 May-Jun;14(3):172-182. doi: 10.1080/23761407.2017.1304310. Epub 2017 Apr 7. PMID: 28388316.

Gussak, D. E & Rosal., M. L. (2016). *Wiley Handbook of Art Therapy.* 1st Edition. John Wiley & Sons.

Haeyen, S. & Heijman, J. (2020). Compassion Focused Art Therapy for people diagnosed with a cluster B/C personality disorder: An intervention mapping study. *The Arts in Psychotherapy,* 69

Hogan, S., & Coulter, A. M. (2014). *The introductory guide to art therapy: experiential teaching and learning for students and practitioners.* Routledge.

Potash, Jordan S, Mann, Sarah M, Martinez, Johanna C, Roach, Ann B, & Wallace, Nina M. (2016). Spectrum of Art Therapy Practice: Systematic Literature Review of Art Therapy, 1983-2014. *Art Therapy,* 33(3), 119–127.

Pringle, G., Boddy, J., & Harris, P. (2022). Adventure therapy for adolescents with complex trauma: A scoping review and analysis. *Journal of Experiential Education.*

Case Study continued . . .

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Rubin, J. A. (Ed.). (2016). Approaches to art therapy: Theory and technique

Malchiodi, C. (2020). Trauma and Expressive Arts Therapy. Brain, Body and Imagination in the Healing Process. NY: Guilford

Steele, W. & Malchiodi, C.A (2011). Trauma-informed practices with children and adolescents. Routledge

Videos and resources

Bilateral Stimulation with Art Therapist Cathy Malchiodi- <https://www.youtube.com/watch?v=FUnwYCRa8E>

The Scribble Chase Art Therapy Exercise: <https://arttherapyresources.com.au/wp-content/uploads/art-therapy-exercise-scribble-chase.pdf>

MHPN Resources

MHPN Networks: MHPN supports networks where practitioners share an interest in mental health.
[See what's available in your area](#)

MHPN Webinar Library: [Watch our previous webinars](#)

MHPN Podcast: [Listen to our range of podcasts](#)