

<b>Venue:</b>	Doody's Book Review Service
<b>Title:</b>	Book Review: Head and heart: yoga and art therapy interventions for mental health, Ellen Horovitz
<b>Date:</b>	2021
<b>Type:</b>	Book Review
<b>Author(s)/ Presenter(s):</b>	Alane Lucht
<b>Abstract (or Book Review):</b>	<p>Description: This book is about a way to connect art and yoga therapy. It is complete enough to stand alone but not so encompassing that there isn't room for further exploration. A couple of unique aspects of this text is the use of assessments both from a physical and mental health perspective, along with suggestions on ways for practitioners to document sessions.</p> <p>Purpose: The primary purpose of this book is to connect both yoga therapy and art in the pursuit of improved mental health. The target audience are practitioners who are trained in mental health care and also have training in yoga and wish to use or currently use various mediums to create art. All in the service of exploration of the self. The objectives laid out in this book are worthy and appropriate. The author uses a personable perspective of all three practices in a way that is readable and approachable. The objective is that of presenting three separate healing modalities in a connected way to help clients and patients move through mental health challenges.</p> <p>Audience: This book is written as a sort of guidebook for practitioners, students, and interns or residents to help move along an innovative healing process. According to the author, the book is written as a resource for mental health and healthcare professionals and assumes an interest in art, yoga, and mental health from an integrative perspective. It provides sufficient and appropriate resources for the intended audience. The author is a credible authority in the arena with apparent passion and talent for the work. She has previous publications with appropriate training and certifications that all lend credibility to this endeavor.</p>

Features: This book begins with an introduction into the work of connecting yoga, art, and mental health therapy. The first chapter addresses an imperative that may all too often be assumed - that of the creation of safety. Two other important aspects addressed initially are of ethical considerations and the presence of the therapist. The author does a wonderful job presenting material that can be used by others in their practice. For example, suggestions for establishing rules and informed consent, as well as examples of helpful ways to assess physical abilities (i.e., range of motion) and the determination of the presence of various mental health conditions (i.e., depression). The illustrations and layout of the book are visually appealing, easy to read and understand, and helpful. A unique aspect is the use of clinical case studies, which can help practitioners see how they may utilize the information in their own work with various populations. There are separate chapters for work with children, adolescents, and seniors. There are seven appendixes, each offering helpful information about how to incorporate these modalities into practice, beginning with professional considerations, a suggested health intake form, and a table of brief insight into stages of human development, and ending with visual and written guidance for various movements. My only criticism is that the pictograms of yoga postures could be more varied with the use of neutral sex images and a wider variety of body shapes and sizes. However, this is briefly addressed and acknowledged.

Assessment: This is a useful book for the intended audience. It is printed on high-quality paper with expert graphics and an appealing layout. I enjoyed the in-depth explanation of yoga theory and varied suggestions on how to use this information in the processes of both art and mental health work.