



Mandala Symbolism and Techniques: Innovative Approaches for Professionals

Susan Buchalter

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Mandalas are important therapeutic tools promoting focusing, wholeness and healing. This book introduces nearly two hundred different techniques for designing mandalas and adapts mandala creation for the purpose of eliciting thoughts, feelings and concerns about pertinent therapeutic issues such as depression, anxiety, relationships and goals. Therapists can use the many practical mandala exercises outlined within to enable a wide range of clients to enhance self-awareness and explore issues in a non-threatening way. Mandala design is presented in a variety of creative ways with different media, allowing the therapist the flexibility to gear sessions towards clients' specific needs and capabilities.

This will be a valuable and unique addition to the therapist's library and will be of particular interest to art therapists, counsellors, psychologists and professionals looking for innovative therapeutic approaches that build on traditional practices.

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