
Contents

<i>Preface</i>	viii
<i>Acknowledgments</i>	x
1 Introduction	1
2 Procedures and Process for Use of Creative Activities	22
3 Group Leader Facilitation Attributes and Skills	44
4 Art Activities: Drawing and Collage	67
5 Writing Activities: Essays, Lists, Journals, Poetry, and Cinquains	92
6 Physical Movement: Dance, Physical Exercise, Performance	119
7 Imagery, Mindfulness, and Music	138
8 Stories, Memories, Photos, Visual Journals, Flats, and Books	161
9 Creative Activities for Some Restrictive and Virtual Settings	177
10 Creative Activities for Diverse Conditions	200
11 Applications for Fostering Group Dynamics	225
<i>Index</i>	248