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Special Issue Reprint

Arts Therapies with Children and Adolescents

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Arts therapy is a form of psychotherapy that uses artistic media, the creative process, and artwork as its primary forms of communication. The arts therapies cover six areas of specialization: visual arts, music, dance and movement, drama, psychodrama, and bibliotherapy. Several studies and reviews have demonstrated its effectiveness for adult populations (e.g., Regev and Cohen-Yatziv, 2018), as well as for children and adolescents (e.g., Cohen-Yatziv and Regev, 2019). Academic writing and research, which have evolved extensively in recent decades, have underscored the considerable significance of arts therapies especially for children and adolescents.

This Special Issue, “Arts Therapies with Children and Adolescents”, is dedicated to presenting research and clinical writing in the field of the Arts Therapies with Children and Adolescents in a variety of settings, including hospitals, the education system, mental health clinics, and others. I hope that this Special Issue will serve as a repository of knowledge for arts therapists and as a fertile terrain for further research in the field. It should also pave the way for more professionals working with children and adolescents to better understand the meaning and uniqueness of the therapeutic work in arts therapies and the dedicated ways in which arts therapists use assessment tools and arts-based interventions to better understand the world of children and adolescents.

