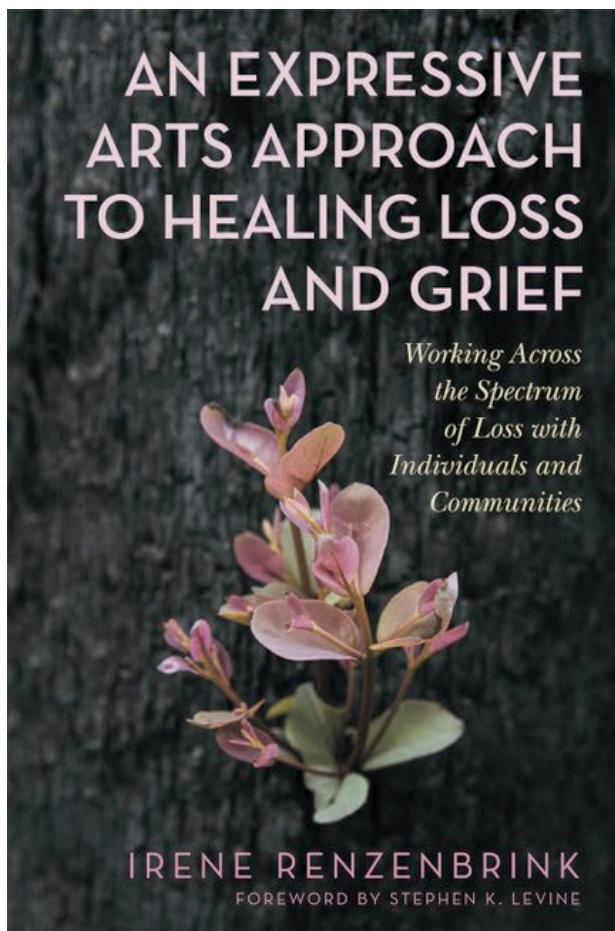


# An Expressive Arts Approach to Healing Loss and Grief



By Irene Renzenbrink

AUS AUTHOR



Drawing on expertise in both expressive arts and grief counselling, this book highlights the use of expressive arts therapeutic methods in confronting and healing grief and bereavement. Establishing a link between these two approaches, it widens our understanding of loss and grief.

With personal and professional insight, Renzenbrink illuminates the healing and restorative power of creative arts therapies, as well as addressing the impact of communion with others and the role that expressive arts can play in community change. Covering a broad understanding of grief, the discussion incorporates migration and losing one's home, chronic illness and natural disasters, highlighting the breadth of types of loss and widening our perceptions of this. Grief specialists are given imaginative and nourishing tools to incorporate into their practice and better support their clients.

“  
In this beautiful and deeply moving work Renzenbrink interweaves extensive professional knowledge and experience with personal story to show us that beyond suffering, hope and healing are possible, that we have within us an unshakable resilience that can be touched and nurtured by creative work. This is the most important book I have read for anyone working with grief and loss.”

- Sally Atkins, Ed.D. REAT, REACE, Licensed Psychologist,  
Professor of Expressive Arts, The European Graduate School,  
Professor Emerita, Appalachian State University



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## About the Author

Irene Renzenbrink is a qualified expressive arts therapist. She has worked as a social worker, with extensive experience in palliative care and bereavement support. In the last ten years, she has refocused on expressive arts therapy, completing a PhD in the topic.

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