

DeAnn's EXA Reading List

BOOKS

1. Art as Medicine *Shaun McNiff*
2. Art & Fear *David Bayles & Ted Orland*
3. Calling the Circle *Christina Baldwin*
4. Drama Games for Everyone *David Booth*
5. Drawing on the Artist Within *Betty Edwards*
6. Environmental Expressive Therapies *Alexander Kopytin & Madeline Rugh*
7. Expressive Arts Interventions for School Counselors
Suzanne Degges-White & Bonnie R. Colon
8. Full Catastrophe Living *Jon Kabat-Zinn*
9. Four Archetypes *CJ Jung*
10. Freeing the Natural Voice *Kristin Linklater*
11. Foundations of Expressive Arts Therapy: Theoretical and
Clinical Perspectives *Stephen & Ellen Levine*
12. Games for Actors and Non Actors *Augusta Boal*
13. Games with a Purpose *Martin Saunders & Jimmy Young*
14. Healing Developmental Trauma *Laurence Heller & Aline LaPierre*
15. I Thought it was Just Me (But it Wasn't) *Brené Brown*
16. Imagination in Action *Shaun McNiff*
17. In An Unspoken Voice *Peter A. Levine*
18. Life's Companion Journal Writing as a Spiritual Practice
Christina Baldwin
19. Loving Your Life *Elke Scholz*
20. Mindfulness and the Arts Therapies *Laury Rappaport*
21. Minstrels of Soul: Intermodal Expressive Therapy *Paolo J. Knill, Helen Nienhaus Barba Margo N. Fuchs*
22. Pigments of Your Imagination *Cathy Taylor*

23. Presence and Process in Expressive Arts Work *Herbert Eberhart and Sally Atkins*
24. Principles and Practice of Expressive Arts Therapy
Paolo Knill, Ellen Levine & Stephen Levine
25. Tending the Fire *Ellen Levine*
26. The Art of Recovery *Whitney Nobis*
27. The Art Therapy Sourcebook *Cathy A Malchiodi*
28. The Artist's Way *Julia Cameron*
29. The Big Book of Therapeutic Activity Ideas for Children & Teens
Lindsey Joiner
30. The Bulfinch Pocket Dictionary of Art Terms *Bulfinch*
31. The Circle Way *Christina Baldwin & Ann Linnea*
32. The Empath's Survival Guide *Judith Orloff*
33. The Expressive Arts Activity Book *Suzanne Darly & Wende Heath*
34. The Four Agreements *Don Miguel Ruiz*
35. The Language of Letting Go *Melody Beattie*
36. The Power of Myth *Joseph Campbell*
37. The Power of the Circle *David Aubrey Berger*
38. The Sacred Path Companion *Lauren Artress*
39. Viewpoints *Anne Bogart & Tina Landau*
40. Walking a Sacred Path *Lauren Artress*
41. Walking in This World: The Practical Art of Creativity
Julia Cameron
42. Writing the Mind Alive *Linda Trichter Metcalf & Tobin Simon*
43. Writing to Awaken *Mark Matousek*
44. Wherever You Go There You Are *Jon Kabat-Zinn*
45. 275 Acting Games Connected *Gavin Levy*

CDs

1. Seeing in the Dark *Clarissa Pinkola Estés*
2. The Creative Fire *Clarissa Pinkola Estés*
3. I Remember Better When I Paint *Eric Ellena & Berna Heubner*
4. Art of Poi *Home of Poi*
5. The Wave *Gabrielle Roth*
6. The Power Wave *Gabrielle Roth*
7. The Inner Wave *Gabrielle Roth*
8. EXIT Expressive Arts in Transition
9. Guided mindfulness meditation *Jon Kabat-Zinn*
 1. Body Scan Meditation
 2. Mindful Yoga 1
 3. Sitting Meditation
 4. Mindful Yoga 2