

Arts Therapists, Refugees and Migrants: Reaching Across Borders

Ditty Dokter



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The legal and humanitarian response to the world's growing population of refugees and migrants has created more awareness of not only the physical but also the psychological needs of displaced peoples. Refugees are often the forgotten victims of war violence and political upheaval, subjected to the traumatic loss of family and home and the consequent deterioration of cultural identity as they seek asylum in other countries.

Ditty Dokter is joined by contributors from a number of multicultural backgrounds, in a volume examining the issues surrounding intercultural arts therapies as a means of working with clients who are refugees and migrants. The role of art, music, dance, and drama in healing the effects of trauma and restoring the sense of cultural and personal identity is discussed, emphasising the need for sensitivity to cultural differences in practice. The ultimate aim is to promote more awareness of intercultural issues in an attempt to build a broader framework for arts therapy practice.

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