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Book review

Arts therapists in multidisciplinary settings: Working together for better outcomes

Edited by Caroline Miller

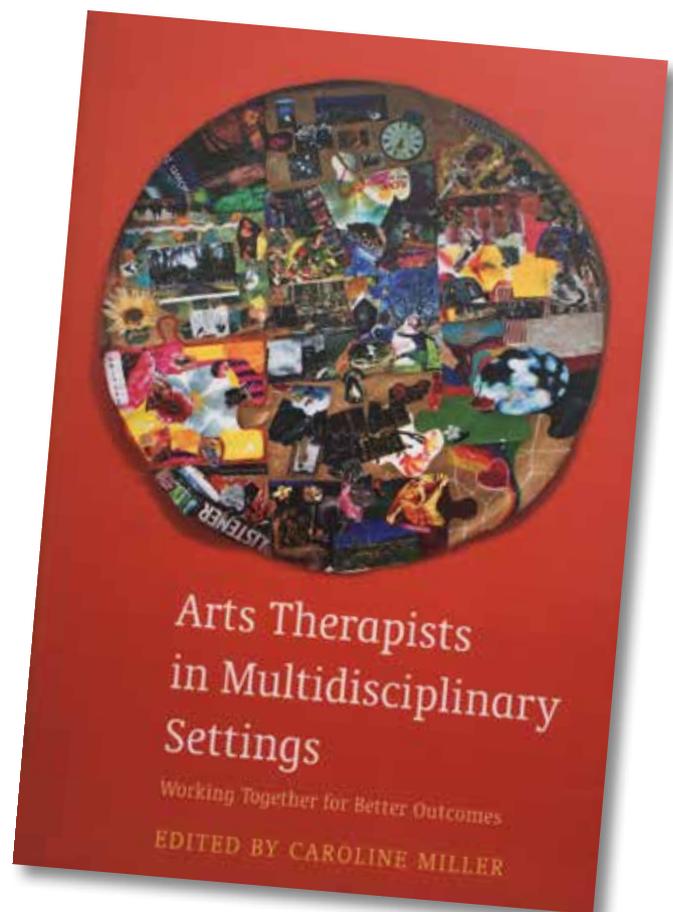
Jessica Kingsley Publishers, London, 2016 (ISBN 978-1-78450-075-7)

Reviewed by Ronald Lay *LASALLE College of the Arts, Singapore*

An invitation from world-renowned Jessica Kingsley Publishers to preview an arts therapy manuscript is a rare privilege and honour, one that I readily accepted. *Arts therapists in multidisciplinary settings: Working together for better outcomes*, edited by Caroline Miller, is significant on many levels. It not only documents, highlights, and validates significant work done by a range of arts therapists and mental health specialists, but it also acknowledges these professionals' valuable contributions to teams and in various kinds of multi-disciplinary settings. These settings range from the community, to schools, to mental health facilities, and to hospices – to name but a few – serving people at all stages of life. Successes, difficulties, and the pragmatics of working in such practices are written in a straightforward and comprehensible manner, giving the reader a meaningful glimpse into these settings.

In each chapter, practitioners skillfully articulate their particular way of working, and describe their role in the team, in the multi-disciplinary setting, and with their clients. Theory, paradigms, and specific models that inform the therapeutic encounter are aligned with clinical case discussion illustrating the practitioner's role and overall contribution to the collaboration.

As a practitioner, I find it refreshing to read a first-hand account written from an applied perspective. Many of us can relate to the realities of this type of work with real people, in real life, with real situations and scenarios.



We realise that we are not necessarily alone, that other like-minded practitioners experience much of what we experience, that we can strengthen our networks for the collective good, and that we can and must assert our perspectives and clinical impressions because we too have an important contribution to make while working with others. We are encouraged to perhaps move past our comfort level, to acknowledge our unique discipline, and to take a more proactive approach while working and collaborating in multi-disciplinary settings.