

stages of professional development for inspiration, encouragement, and to affirm the arts as a way to respond to and shape life's uncertainties in the hope of finding healthier and more creative ways of affecting ourselves, those we work with, and our collective humanity.

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**C.-L. Le Navenec, L. Bridges (Eds.), *Creating Connections Between Nursing Care and the Creative Arts Therapies*, Charles C. Thomas Publisher, Ltd, Springfield, Illinois, USA, 2005 (377 pp., 14 illustrations, \$73.95 hardcover, \$53.95 paper).**

As a registered nurse who has recently become an art therapist, I was pleased to have been given the opportunity to review a book which recognizes the importance of communication and collaboration between nursing professionals and creative arts professionals. Too often, RN's and other nursing staff are so engrossed in task completion, coping with crises and managing overwhelming workloads that they lack time for the "caring" part of their profession. This can be frustrating and demoralizing for individuals who have chosen a nursing career because they want to provide care not only to the body, but also to mind and spirit. This volume offers a bounty of innovative ideas for self-care and creative patient-centered care, both of which can minimize the risk of exhaustion and burnout and maximize the joy and satisfaction offered by these callings.

The book is divided into five sections: Arts and Crafts; Music; Creative Writing; Dance and Movement; and Drama. Le Navenec and Bridges have chosen writings by licensed and credentialed practitioners from various disciplines, including five registered nurses, three art therapists, three dance/movement therapists, two social workers, two therapeutic recreation specialists, one occupational therapist, two music therapists, a musician, a musicologist, one actor and one drama therapist. They represent Canada, the United States, England and Ireland. In an effort to cover all developmental stages, there are case studies from varied settings including maternity, pediatrics, adolescent and adult psychiatry, oncology, nursing education, palliative care, rehabilitation, long term care and dementia care. The editors' stated objective is "to provide educational advancement for health care professionals on the topic of how the creative arts therapies can assist patients/clients to achieve specific goals or outcomes" (p. 4). They also emphasize that it is *not* intended to train nurses to practice art therapy or the other creative arts therapies, but rather to promote collaboration with creative arts practitioners on the health care team. Clear boundaries between professions are identified. Those who may profit from this book are not only nurses, social workers and creative arts therapists but also the entire

This book effectively documents and illustrates the myriad ways in which nurses and creative arts therapists can work together and apply their unique areas of knowledge and expertise to caregiving and self-care. It is an excellent reference for those who wish to learn some basics about creative arts professions. It might be used as a text for a course on integrating creative arts into the medical setting or as a guide to effective teamwork and collaboration in the workplace. I counted over a dozen spelling errors and typos throughout the text, indicating a necessity for more rigorous proof-reading. However, the information is clearly presented with extensive documentation. It is a unique contribution to the literature on caregiving, presenting many new and intriguing opportunities for creativity, collaboration and caring.

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