

## References

Erikson, E. (1963). *Childhood and society* (2<sup>nd</sup> ed.). New York: W. W. Norton

## BOOK REVIEW

### **Creating Connections Between Nursing Care and the Creative Arts Therapies: Expanding the Concept of Holistic Care**

Edited by **Carole-Lynne Le Navenec and Laurel Bridges.**

Springfield, Illinois: Charles C. Thomas. 2005.

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*Creating Connections Between Nursing Care and the Creative Arts Therapies* seeks to expand upon and demonstrate the interrelatedness among the three key concepts of creativity, collaboration and caring. Edited by Carole-Lynne Le Navenec, RN, PhD, a Professor at the University of Calgary and founder and Director of the Creative Arts/Integrative Therapies research group (CAIT) and Laurel Bridges, a Calgary based Dance Movement Therapist and counselor with research interests that include the effect of creative expressive movement on chronic illness and pain, the book was clearly collaborative from its inception. Broad in scope, the book brings together contributions from practitioners from Canada, the United States, England and Ireland, working in the fields of Nursing, Social Work, Psychology, Education, Occupational Therapy, Art Therapy, Music Therapy, Recreation Therapy, and Dance Movement Therapy.

An Introductory Chapter written by the editors discusses different approaches to defining creativity, underscores the importance of collaboration across disciplines in the healthcare arena, and questions how best to conceptualize the concept of caring within Registered Nurse education and practice. The book is subsequently organized into five different sections, encompassing Arts and Craft, Music, Creative Writing, Dance and Movement, and Drama. Within each section, chapters are arranged according to the life stage of the individual(s) described in the single and multiple

case studies, including, for example, pregnancy, childhood, adolescence, adulthood, etc.

A wide range of treatment contexts, specific populations and clinical issues, as well as a wealth of diverse creative approaches, are represented in the nineteen chapters. The use of pottery to assist a young law student who had attempted suicide to rebuild life skills in a community mental health facility, for example, is included in the Arts and Craft section, while a description of "acoustic ecology" and the effects of environmental sound on health and well being can be found in the section on Music. The section devoted to Creative Writing includes a chapter on how one practitioner was encouraged to use poetry writing and art-making to promote reflection and greater understanding of her professional identity; later chapters address the application of principles of Dance/Movement Therapy with people with dementia, and how performance creations can help to promote self-care and prevent burnout among professional caregivers.

Most of the chapters include references to pertinent literature; provide background information about the context for specific interventions, a rationale for the approach utilized, and a brief discussion. The selections are well written, straightforward, and easy-to-read, with a minimum of jargon.

Taken as a whole, *Creating Connections* could serve as a worthwhile and practical overview or "sampler" of the contemporary use and applications of the expressive arts, or individuals could refer to specific chapters. The book will be of interest to health care professionals and others wishing to learn more about how the creative arts are used to enhance health and well being. Among the different perspectives and approaches highlighted within this comprehensive volume, most readers will find something useful, if not inspiring!