



Jessica Kingsley Publishers

Trauma, Tragedy, Therapy

The Arts and Human Suffering

Stephen K. Levine

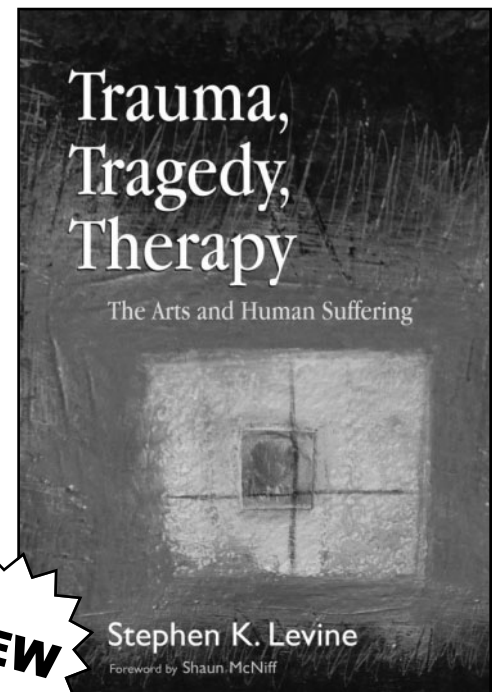
2009 • 208 pp • Paperback • 978-1-84310-512-1 • \$29.95

Stephen K. Levine's new book explores the nature of traumatic experience and the therapeutic role of the arts and arts therapies in responding to it. It suggests that by re-imagining painful and tragic experiences through art-making, we may release their fixity and negative hold on our lives and resist the temptation to assume the role of the victim. Among the many concerns that the book addresses is the damage done by the tendency to adopt stock methods of understanding and superficial explanations for the depths, complexities, wonders, and exasperations of human experience. The book explores the chaos and fragmentation inherent in both art and human existence and the ways in which memory and imagination can find meaning by acknowledging this chaos and embodying it in appropriate forms.

The book builds on the important theories of Stephen K. Levine's previous book, *Poiesis: The Language of Psychology and the Speech of the Soul*, also published by Jessica Kingsley Publishers. It challenges dominant psychological perspectives on trauma and provides a new framework for arts therapists, psychotherapists, psychologists and social scientists to understand the effectiveness of the arts therapies in responding to human suffering.

Stephen K. Levine is Professor Emeritus of Social Science at York University in Toronto, Vice-Provost and Dean of the Doctoral Program in Expressive Arts Therapy, Education, Consulting and Social Change at the European Graduate School on Switzerland and Co-Director of ISIS-Canada, a training program in expressive arts therapy. He has earned doctorates in philosophy and anthropology from the New School for Social Research, and was a Post-Doctoral Fellow in Expressive Therapy at Lesley University. He is the author of *Poiesis: The Language of Psychology and the Speech of the Soul*, co-author of *Principles and Practice of Expressive Arts Therapy: Toward a Therapeutic Aesthetics*, and co-editor of *Foundations of Expressive Arts Therapy: Theoretical and Clinical Perspectives*, all published by Jessica Kingsley Publishers. He is Editor of *Poiesis: A Journal of the Arts and Communication* and is a registered Expressive Arts Therapist (IEATA), actor and poet.

Contents: Acknowledgments. Foreword. Introduction. **Part I.** From Trauma to Tragedy. 1. Going to the Ground: Reflections on the Foundations of Expressive Arts Therapy. 2. Mimetic Wounds: From Trauma to Tragedy. 3. Trauma, Therapy and the Arts: Towards a Dionysian Poiesis. **Part II.** Chaos Into Form. 4. Order and Chaos in Therapy and the Arts: An Encounter. 5. Is Order Enough? Is Chaos too Much? Art, Therapy and the Search for Wholeness - A Dialogue. 6. The Expressive Body: A Fragmented Totality. 7. The Second Coming: Beauty, Chaos and the Arts. 8. The Art of Despair: Therapy After Godot. Chapter 9. Researching Information - Imagining Research. 10. A Fragmented Totality? An Interview. **Part III.** Poiesis After Post-Modernism. 11. Poiesis and Praxis: Between Art and Action. 12. Be Like Jacques: Mimesis with a Difference. 13. What Can I Say Dear After I've Said Sorry? Poiesis After Post-Modernism. References.



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