



CHILL + SPILL

Companion Guidebooks for Therapists and Artists

Art with Heart has created two different books that act as companions to **Chill & Spill** in order to increase the therapeutic value in using this program with youth.

The **Therapist Companion** was created for mental health care workers and educators who work with youth. The book teaches the concepts behind *Chill & Spill* in order to strengthen their confidence and capability while using *Chill & Spill* with teenagers in their care.

Therapists and counselors who have not yet utilized the expressive arts in their practice will benefit by gaining knowledge of the concepts and therapies behind each activity. The guidebook demonstrates how to adapt *Chill & Spill* to both individual and group settings, explains the therapies and concepts behind each activity, providing discussion points, session expansion ideas and materials lists.

Chapters include: Chill & Spill: the Need and Goals • Various Approaches to Presentation • What is Art Therapy? • Using

Chill & Spill in a Group Setting • Using Expressive Arts to Support Trauma Recovery • Stories from the Field.

Like the Therapist's Companion, **Art Buddy** guides artists, writers and designers through the concepts of *Chill & Spill*, but through the lens of a creative individual. It teaches artists how to utilize their talents to meet the needs of youth in their own community.

Too many children are growing up without experiencing in the arts in school, and even more are growing up without the benefit of a stable home. As an Art Buddy, artists can make a difference by providing companionship, a creative outlet and tools for healthy expression.

The Art Buddy manual offers a unique way for them to use their gifts and make an investment in the lives of children who need extra encouragement and a meaningful way to express themselves. The Art Buddy book will be available online Fall of 2007.