

# *Art* IS A *Way* OF *Knowing*

*A guide to self-knowledge  
and spiritual fulfillment  
through creativity*



PAT B. ALLEN

Foreword by M.C. Richards

# Art Is A Way Of Knowing

**Rose Roberts**



## **Art Is A Way Of Knowing:**

**Art Is a Way of Knowing** Pat B. Allen, 1995-04-11 An expert in art therapy offers this wonderful guide for anyone artistic or not who is interested in using art to know more about himself or herself Library Journal Making art giving form to the images that arise in our mind's eye our dreams and our everyday lives is a form of spiritual practice through which knowledge of ourselves can ripen into wisdom This book offers encouragement for everyone to explore art making in this spirit of self discovery plus practical instructions on material methods and activities such as ways to Discover a personal myth or story Recognize patterns and themes in one's life Identify and release painful memories Combine journaling and image making Practice the ancient skill of active imagination Connect with others through sharing one's art works Interwoven with this guidance is the intimate story of the author's own journey as a student art therapist teacher wife mother and artist and most of all as a woman who discovered a profound and healing connection with her soul through making art

**Drawing as a Way of Knowing in Art and Science** Gemma Anderson-Tempini, 2017-10-01 In recent history the arts and sciences have often been considered opposing fields of study but a growing trend in drawing research is beginning to bridge this divide Gemma Anderson's Drawing as a Way of Knowing in Art and Science introduces tested ways in which drawing as a research practice can enhance morphological insight specifically within the natural sciences mathematics and art Inspired and informed by collaboration with contemporary scientists and Goethe's studies of morphology as well as the work of artist Paul Klee this book presents drawing as a means of developing and disseminating knowledge and of understanding and engaging with the diversity of natural and theoretical forms such as animal vegetable mineral and four dimensional shapes Anderson shows that drawing can offer a means of scientific discovery and can be integral to the creation of new knowledge in science as well as in the arts

Art Is a Way of Knowing Pat B. Allen, 1995-04-11 An expert in art therapy offers this wonderful guide for anyone artistic or not who is interested in using art to know more about himself or herself Library Journal Making art giving form to the images that arise in our mind's eye our dreams and our everyday lives is a form of spiritual practice through which knowledge of ourselves can ripen into wisdom This book offers encouragement for everyone to explore art making in this spirit of self discovery plus practical instructions on material methods and activities such as ways to Discover a personal myth or story Recognize patterns and themes in one's life Identify and release painful memories Combine journaling and image making Practice the ancient skill of active imagination Connect with others through sharing one's art works Interwoven with this guidance is the intimate story of the author's own journey as a student art therapist teacher wife mother and artist and most of all as a woman who discovered a profound and healing connection with her soul through making art

**Art-based Research** Shaun McNiff, 1998 Art therapy and all of the other creative arts therapies have promoted themselves as ways of expressing what cannot be conveyed in conventional language Why is it that creative arts therapists fail to apply this line of thinking to research In this exciting and innovative book Shaun McNiff one of

the field's pioneering educators and authors breaks new ground in defining and inspiring art based research. He illustrates how practitioner researchers can become involved in art based inquiries during their educational studies and throughout their careers and shows how new types of research can be created that resonate with the artistic process. Clearly and cogently expressed, the theoretical arguments are illustrated by numerous case examples and the final part of the book provides a wealth of ideas and thought provoking questions for research. This challenging book will prove invaluable to creative art therapy educators, students and clinicians who wish to approach artistic inquiry as a way of conducting research. It will also find a receptive audience within the larger research community where there is a rising commitment to expanding the theory and practice of research. Integrating artistic and scientific procedures in many novel ways, this book offers fresh and productive visions of what research can be.

*The Routledge Companion to Research in the Arts* Michael Biggs, Henrik Karlsson, 2010-10-04

*The Routledge Companion to Research in the Arts* is a major collection of new writings on research in the creative and performing arts by leading authorities from around the world. It provides theoretical and practical approaches to identifying, structuring and resolving some of the key issues in the debate about the nature of research in the arts which have surfaced during the establishment of this subject over the last decade. Contributions are located in the contemporary intellectual environment of research in the arts and more widely in the universities in the strategic and political environment of national research funding and in the international environment of trans national cooperation and communication. The book is divided into three principal sections: Foundations, Voices and Contexts, each with an introduction from the editors highlighting the main issues, agreements and debates in each section. *The Routledge Companion to Research in the Arts* addresses a wide variety of concepts and issues including the diversity of views on what constitutes arts based research and scholarship, what it should be and its potential contribution, the trans national communication difficulties arising from terminological and ontological differences in arts based research, traditional and non traditional concepts of knowledge, their relationship to professional practice and their outcomes and audiences, a consideration of the role of written, spoken and artefact based languages in the formation and communication of understandings. This comprehensive collection makes an original and significant contribution to the field of arts based research by setting down a framework for addressing these and other topical issues. It will be essential reading for research managers and policy makers in research councils and universities as well as individual researchers, research supervisors and doctoral candidates.

**Pluralism in Management** Eirik Irgens, 2011-05-09

In *Pluralism in Management*, author Eirik Irgens utilizes Ernst Cassirer's pluralistic philosophy in order to investigate how different but connected forms of knowing including art, myth, religion, science and history may help us become better organizational scholars and management educators, forcing us to consider elements outside of a purely practical existence. Revitalizing Cassirer's almost forgotten philosophy, the book illustrates the value of philosophical application to organizational study.

**Zones of Re-membering** Don Gifford, 2011-03

Don Gifford in *Zones of Re-membering*

shows clearly thoughtfully yet entertainingly how no one explanation will account for the depth and complexity of human experience and its grounding in Memory Because consciousness is a function of Memory life without Memory is no life at all as Alzheimer s all too frequently demonstrates Both our individual and collective Memory is stored in the arts he contends which in turn provide a way of knowing and of nourishing Memory and consciousness Memory like language is never really stable or accurate but appears as narrative and these narratives collectively form our entire culture For Gifford the profoundest explorer of the human consciousness time and memory is James Joyce and in its range of reference wit and humanity the spirit of Joyce permeates this book

Radical Human Ecology Rose Roberts,2016-04-08 Human ecology the study and practice of relationships between the natural and the social environment has gained prominence as scholars seek more effectively to engage with pressing global concerns In the past seventy years most human ecology has skirted the fringes of geography sociology and biology This volume pioneers radical new directions In particular it explores the power of indigenous and traditional peoples epistemologies both to critique and to complement insights from modernity and postmodernity Aimed at an international readership its contributors show that an inter cultural and transdisciplinary approach is required The demands of our era require a scholarship of ontological depth an approach that can not just debate issues but also address questions of practice and meaning Organized into three sections Head Heart and Hand this volume covers the following key research areas Theories of Human Ecology Indigenous and Wisdom Traditions Eco spiritual Epistemologies and Ontology Research practice in Human Ecology The researcher researched relationship Research priorities for a holistic world With the study of human ecology becoming increasingly imperative this comprehensive volume will be a valuable addition for classroom use

*Handbook of Arts-Based Research* Patricia Leavy,2025-01-29 The first methods handbook devoted solely to arts based research ABR is now in a thoroughly updated second edition featuring a new section on global perspectives plus new chapters on critical approaches and documentary film The volume explores the synergies between contemporary artistic and research practices and addresses issues in designing implementing evaluating and publishing ABR studies Chapters are written by leading practitioners of each ABR genre including those based in literature such as narrative inquiry fiction and poetry performance music dance ethnodrama visual arts drawing painting collage installation art comics and audiovisual and multimethod approaches Team approaches ethics social justice concerns and public scholarship are discussed as are innovative ways that ABR is used within creative arts therapies psychology education sociology health sciences and other disciplines The companion website includes selected figures from the book in full color additional online only figures and links to online videos of performance pieces New to This Edition Updated throughout with current research theory and ABR examples Chapters on critical approaches to ABR and on documentary film Chapters on ABR projects in Taiwan Japan and the United Kingdom

Mental Health and Higher Education in Australia Abraham P. Francis,Margaret Anne Carter,2022-03-12 This book addresses a broad range of issues related to mental health

in higher education in Australia with specific reference to student and staff well being It examines the challenges of creating and sustaining more resilient cultures within higher education and the community Showcasing some of Australia s unique experiences the authors present a multidisciplinary perspective of mental health supports and services relevant to the higher education landscape This book examines the different ways Australian higher education institutions responded are responding to the COVID 19 pandemic with reference to domestic and international students Through the exploration of practice and research the authors add to the rich discourses on well being in the higher education

**Arts-based Research in Global Development** Vicki-Ann Ware,Kirsten Sadeghi-Yekta,Tim Prentki,Wasim al Kurdi,2025-02-03 This book brings together a range of arts and development scholars and practitioners to explore the unique ways in which arts based research methods can make a unique positive contribution to effective global development practice Since the 1970s global development has witnessed an increase in the use of participatory approaches to enable the world s most excluded peoples to be actively involved in the planning and implementation of development projects that impact them A range of participatory practices are now in common use many of which use visual activities which enable fuller participation irrespective of literacy levels or social position More recently development practitioners with arts skills along with a small number of professionally trained artists have started engaging in a wider range of arts based practices within this participatory development space aimed at co creating new knowledge with these communities This book explores how the performing and visual arts provide spaces for the world s most marginalised communities to articulate their development aspirations and co create knowledge that contributes to development outcomes It also highlights how arts based research puts the power over development decisions back into the hands of recipient communities The book will be of interest to development practitioners and artists working with marginalised communities globally policymakers in arts and global development graduate students and academics The rich case studies provide many fresh ideas for arts and or development practitioners wanting to utilise arts based research particularly with performing arts in global development programming

**Teaching Art to Young Children** Rob Barnes,2015-04-24 How can teachers develop best practice in art teaching This fully updated third edition of Rob Barnes classic text blends practical ideas with sound principles of art education Teachers and student teachers will find a range of ideas and tried and tested classroom examples whilst for those looking for firm principles of art teaching and best practice this book presents many important issues in art education with clarity and insight Based on first hand experience of teaching children this text uses many examples from early years and primary school contexts and tackles essential topics with realism and imagination such as developing skills through using media how children draw encouraging artistic confidence in children producing original artwork and making use of digital imagery Rob Barnes unique approach encourages teachers to develop and think about art as part of a rich curriculum of learning highlighting how it shouldn t be taught in isolation but with purposeful links to other areas of the curriculum

Cultivating the Arts in Education and Therapy Malcolm Ross,2012-04-27

The constituency for education and therapy in the arts is rapidly expanding beyond the conventional school and clinical settings to include the wider community In *Cultivating the Arts in Education and Therapy* Malcolm Ross integrates traditional Chinese Five Element Theory also known as The Five Phases of Change with contemporary Western psychological and cultural studies to form a new Syncretic Model of creative artistic practice The Syncretic Model is explored and validated through an analysis of interviews with practising successful artists and in a comprehensive review of the latest neuro scientific research into human consciousness and emotion The book addresses the well documented difficulties experienced by arts teachers and therapists intervening in supporting and evaluating the creative development of individual students and clients This groundbreaking text repositions the arts as central to the effective initiation and management of change in contemporary society Besides being of wide general interest it will have particular relevance for practising and trainee arts teachers arts therapists and community artists With the demand for their services growing and pressure to demonstrate effectiveness mounting the arts community is looking to build bridges between the different arts and between arts education and therapy across national boundaries This book offers a fresh coherent and challenging framework for a revitalized reflective practice from an experienced authority in the field

**ACT Art Therapy** Amy Backos,2022-09-21 There is nothing prescriptive about Acceptance and Commitment Therapy or Art Therapy Both involve the client and the therapist cultivating creativity and psychological flexibility by letting go of limited constricted or habitual ways of thinking and being This leads us to think create respond and behave in ways of our choosing bringing richness and renewed meaning to our lives Through this work you will be able to apply ACT informed art therapy to your practice Art activities both illustrate the concepts and exist as stand alone interventions to heighten creative potential and mindful attention to the present moment ACT is effective when treating psychological difficulties such as depression anxiety OCD and psychosis Readers will develop a meaningful context for understanding how ACT and art therapy align to creatively achieve positive outcomes for you and your clients

**Art Education 11-18** Richard Hickman,2004-01-01 The second edition of the fascinating collection of essays on teaching art in secondary schools boasting a new chapter on visual culture as well as extensive material on the changes that have occurred in this area since 2000 What kind of art would we like school and college students to produce What kind of art do we want them to engage with What is the process of this engagement How should we organize the processes By asking fundamental questions such as these Richard Hickman and his team of contributors illustrate the new possibilities for art education in the twenty first century and draw out the implications for classroom practice making *Art Education 11 18* the definitive guide to the subject in the postmodern era

*Visual Arts as a Way of Knowing* Karolynne Gee,2000 If you ask a child to draw you a picture you ll get an instant response for the visual arts are natural means of expression that students of all ages use confidently and often with stunning directness and depth And for a teacher incorporating visual arts throughout the curriculum builds in a level of energy enthusiasm and insight that can only enhance children s learning experiences

Visual Arts as a Way of Knowing is a serious yet fun resource for teachers who are curious about art and know that it can be an important part of their teaching. The book is meant to tease out the artist in you to encourage you to take risks and delve into painting or drawing or just making things. For like writing, art is a matter of taking risks that can lead to wonderful rewards. Karolynne Gee draws on the stories of teachers and the reflections of children who have discovered they can create and for whom that discovery is the great Aha. From that point on you know how to make creative and aesthetic choices based on the principles of art and art becomes a powerful tool in thinking, learning, and problem solving. Visual Arts as a Way of Knowing features discussion of visual arts content, principles, techniques, and applications; guidance in planning and facilitating projects and assessing them with students; practical classroom management strategies to support learning in arts and across the curriculum; ideas for art specialists and teaching colleagues; strong support for teachers as risk takers and learners alongside their students; a wealth of illustrations from fine arts, computer art, and student work that includes a range of work to show there is no right way; charts and field notes that can help you get started on a project or gives you a new way of looking at a topic. Visual Arts as a Way of Knowing blurs the lines between formal and informal art as well as between teacher and learner. It will provide many interdisciplinary connections and ways for you to think about integrating visual art in a thoughtful way and discovering new problems that will stimulate your own and your students' thinking.

**Novel Style** Ben Masters, 2017. Marrying lyrical close reading with critical awareness. Novel Style argues for the ethical value of elaborate styles of writing and demonstrates that artistic excessiveness can provide dynamic responses to the moral complexities of our times.

*Art Therapy* Judith Aron Rubin, 1999. What is art therapy? How do art therapists use art to understand and to help people? What does the future of art therapy look like? This book provides a map of the territory of this rapidly growing discipline. Surveying the field from both a historical and a current perspective, the book covers a wide variety of practitioners and approaches. The reader will learn how art therapy is used to assess and to treat people of all ages and conditions in many kinds of settings including clinics, hospitals, schools, prisons, community centers, and nursing homes. *Art Therapy: An Introduction* brings art therapy to life with over 40 clinical vignettes and almost 200 illustrations of artwork and of art therapy in action. Offering a rich array of sources and resources, the book will be of interest to clinicians and teachers in many fields such as psychiatry, psychology, social work, counseling, art, and education.

**Theory Of Knowledge: Structures And Processes** Mark Burgin, 2016-10-27. This book aims to synthesize different directions in knowledge studies into a unified theory of knowledge and knowledge processes. It explicates important relations between knowledge and information. It provides the readers with understanding of the essence and structure of knowledge, explicating operations and process that are based on knowledge and vital for society. The book also highlights how the theory of knowledge paves the way for more advanced design and utilization of computers and networks.

**Memory and New Ways of Knowing** Blanca Yaneth González Pinzón, 2025-04-28. This book is a collaborative project which centres on the testimonios of more than

100 survivors of the harsh realities of the 80 year Colombian armed conflict drawing on multiple disciplinary areas and practices linguistics philology and linguistics education journalism academia art and film education literature human rights sociology urban geography cosmogony and grassroots activism Using extracts from testimonios in multiple forms oral written film textiles and mobilising the concepts of Testimony Narrative and Memory the book explores how survivors of all ages configure and reconfigure their experiences worldviews and identities striving towards the building of new knowledges which will help ensure the non repetition of violence The book will be of interest to all who are committed to understanding conflict and post conflict societies in the search for peace This book will be open access under a CC BY ND licence

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