

## Reading and resources

### **Books**

Katy Hessel (2025) *How To Live An Artful Life*, Hutchinson Heinemann.

Rollo May (1994) *The Courage to Create*, W W Norton and Company.

Rukmini Poddar (2023) *Draw Your Feelings*, Vermilion.

Margot Sutherland and Nicky Armstrong (2019) *Draw on Your Relationships: Creative Ways to Explore, Understand and Work Through Important Relationship Issues* (2nd Ed), Routledge.

### **Other resources**

- [Arts and Creative Therapies Information](#)
- [iThrive Edinburgh – Creativity Resources](#)
- [100 Art Therapy Ideas and Prompts](#)