

..... 25<sup>th</sup> Anniversary Edition .....

# Roads to the Unconscious

## A Manual for Understanding Road Drawings

*This is a manual for art therapists, psychologists, social workers, counselors, mental health professionals, and all individuals eager to use the image-making process for self-discovery and personal growth. In this day of managed care, therapists need techniques and interventions that quickly engage the patient and reveal important information. Road drawings have the potential to reflect the client's origins, life history, experiences to date, and intent for the future. Based on psychodynamic principles and focused on gaining insight through the image-making process, the road drawing technique is presented here with simple directions for administering the task. Illustrations and case studies demonstrate how the technique can be used.*

"This modest, little book does as promised, providing the reader a taste of how some structure and use of art materials can be used as a tool to reveal and explore important life issues. I appreciated that the author approached interpretations cautiously, with constant reminders that one picture does not tell it all."  
Ellen Blackburn, MA, ATR, LMFT

"The idea of a road serving as a metaphor for clients 'to undergo reparation and change' is exciting."  
Myra F. Levick, Ph.D., ATR-BC, HLM

"The format is clear and easy to work with. I think the manual will be of assistance and is effectively organized and presented. I've already learned from it. Kudos to Michael Hanes."  
Christine Vertein, MA, ATR-BC, LPAT

"It's a good manual and I think it should go over well with art therapists and others who use art and projective tests in their work."  
Cay Drachnik, ATR-BC, HLM, MFCC



Michael J. Hanes, MAT, ATR-BC, LPC is a Licensed Professional Counselor and a Registered Art Therapist-Board Certified. He received his Master of Art Therapy from Wright State University and has over 25 years experience working with mental health and substance use disorders in a variety of settings, including acute hospitalization, residential, outpatient, and corrections. Currently the Clinical Director of INTEGRIS Arcadia Trails, he served as Executive Director of Jordan's Crossing of Red Rock Behavior Health Services and CEO of Eagle Ridge Institute, both gender specific residential treatment centers for women with children and co-occurring disorders. He has served as a graduate faculty member at the University of Oklahoma and an undergraduate faculty member at Oklahoma State University-OKC. Michael is a well-respected author with numerous publications in peer reviewed journals, and he lectures at national and international conferences, seminars, and workshops.



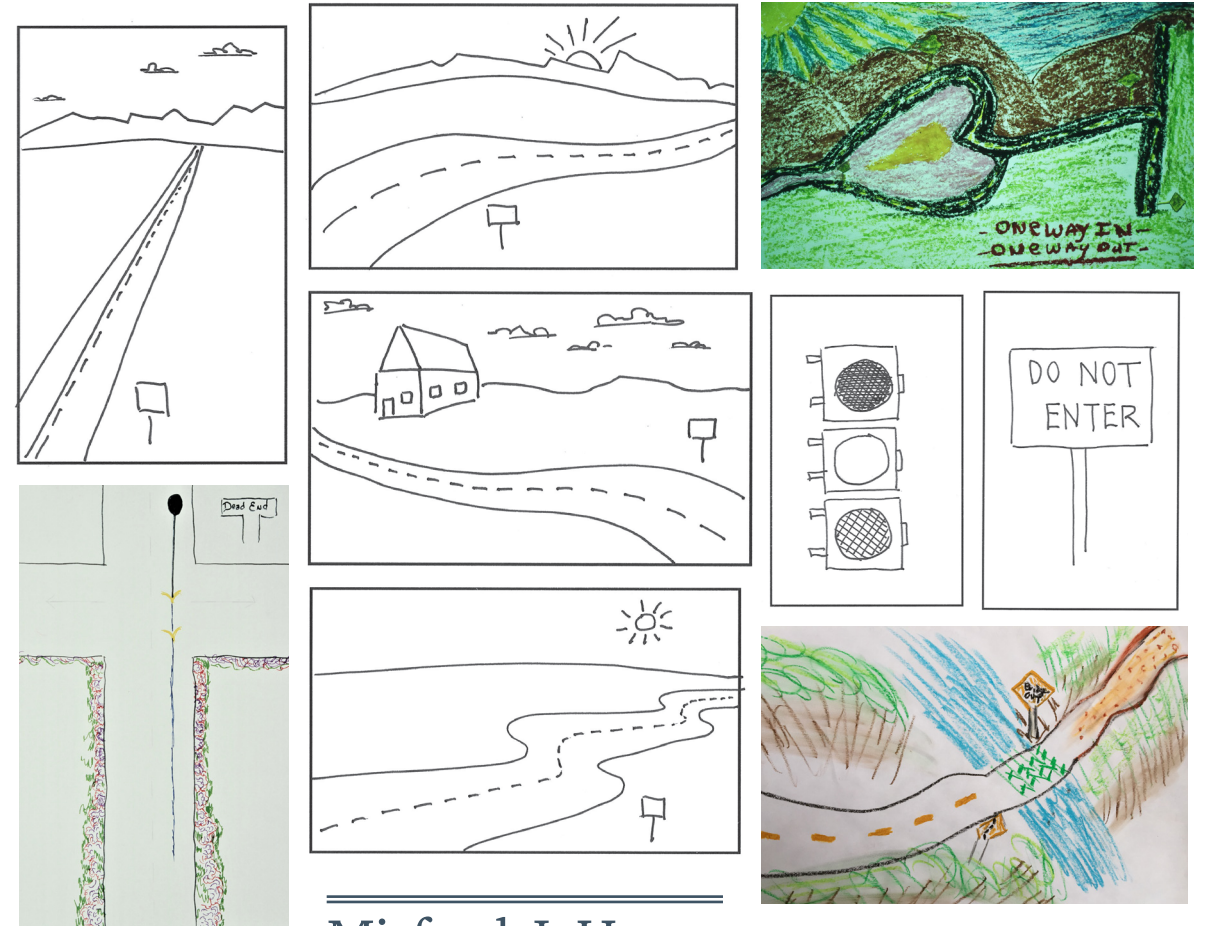
Hanes

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