



The Therapeutic Potential of Creative Writing: Writing Myself

Gillie Bolton

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Writing is a means of making sense of experience, and of arriving at a deeper understanding of the self. The use of creative writing therapeutically can complement verbal discussions, and offers a cost- and time-effective way of extending support to depressed or psychologically distressed patients. Suitable both for health-care professionals who wish to implement therapeutic writing with their patients, and for those wishing to start writing creatively in order to help themselves, *The Therapeutic Potential of Creative Writing* provides practical, well tried and tested suggestions for beginning to write and for developing writing further. It includes ideas for writing individually and for directing groups, and explores journal writing, poetry, fiction, autobiography and writing out trauma, with established writers and those who have taken up writing for private enjoyment.

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