



Writing Works: A Resource Handbook for Therapeutic Writing Workshops and Activities (Writing for Therapy or Personal Development)

Gillie Bolton, Victoria Field, Kate Thompson

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The use of creative writing as a route to personal development is a powerful therapeutic tool - a fact that is recognized in the growing numbers of workshops and writing groups within professional contexts, including clinical, health and criminal justice settings.

Writing Works is a guide for writers or therapists working with groups or individuals and is full of practical advice on everything from the equipment needed to run a session to ideas for themes, all backed up by the theory that underpins the methods explained. Experienced practitioners in the field contribute detailed illuminating accounts of organizing writing workshops for a wide range of different clients, together with examples of their outcomes.

This book will be an invaluable start-up reference for arts therapists and professionals working across the health, social care and caring professions, and one that will be referred to again and again.

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