

The Self on the Page

Theory and Practice of Creative Writing in Personal Development

Edited by
Celia Hunt and Fiona Sampson



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 **Routledge**

Self On The Page Theory And Practice Of Creative Writing In Personal Development

Guillaume Favre



Self On The Page Theory And Practice Of Creative Writing In Personal Development:

The Self on the Page Celia Hunt,1998 This book examines the potential of creative writing as a therapeutic tool Illustrating a wide range of approaches the contributors provide an introduction to thinking about creative writing in a personal development context with suggestions for further reading and look at the potential evolution of therapeutic creative writing in the future **The Self on the Page** Celia Hunt,Fiona Sampson,1998 In this ground breaking work the rapidly developing field of the therapeutic use of creative writing is explored on two levels Intended as an introduction to the field it will interest health professionals and those working in the social services *Creative Writing in Health and Social Care* Fiona Sampson,2004-03-15 This unique and comprehensive map of the topic of creative writing in health and social care brings together contributions from health and social care professionals and provides the information needed to teach counsel and write Case studies range from work with pre literate children in post war Macedonia to people with dementia in Britain

Transformative Learning Through Creative Life Writing Celia Hunt,2013-06-26 *Creative Life Writing as a Tool for Transformative Learning* examines the effect of creative writing on learners in terms of their personal development and individual sense of self **The Theory and Practice of Teaching** Peter Jarvis,2006-08-21 An introduction to the techniques contemporary theories and methods of teaching from facilitating problem based learning to the role of the lecture this book explores the issues that underpin interpersonal methods of teaching and offers genuine insights It will help teachers at all levels to understand the techniques that they can use in different situations and will enable them to develop more effective teaching practice This fully updated second edition contains new material on e moderating teaching online and its implications for teaching theory issues surrounding discipline and teaching and the ethical dimensions of teaching Additional topics include the nature of teaching the ethics of the teaching and learning relationship the relationship between learning theory and the theory of teaching teaching methods including didactic Socratic and experiential and monitoring the issues of assessment of learning **The Theory and Practice of Teaching** will be of interest to anyone wanting to develop a deep understanding of the key themes and latest developments in teaching and is an ideal companion volume to *The Theory and Practice of Learning* *Social Work in a Globalised World* Mona Livholts,Lia Bryant,2017-04-07 This engaging and timely volume contributes new knowledge to the rapidly emerging field of globalisation and social work The volume brings together cutting edge interdisciplinary scholarship from countries such as Australia Finland Japan South Africa the Philippines and Sweden It proposes glocalisation as a useful concept for re framing conditions methodologies and practices for social work in a world perspective Part I of the volume *The Globalisation of Social Issues* deals with major environmental social and cultural issues migration and human rights environmental problems and gendered violence Part II *Methodological Re Shaping and Spatial Transgression in Globalised Social Work* develops an epistemology of situated knowledge and methodologies inspired by art creative writing and cultural geography focusing on physical material and emotional spatial dimensions of relevance to

social work Part III Responses from Social Work as a Globalised Profession examines how social work has responded to specific social problems crises and vulnerabilities in a globalised world Writing Well: Creative Writing and Mental Health Debra Penman, Deborah Philips, Liz Linnington, 1999-02-01 Writing Well is a practical handbook of creative writing exercises which forms the basis of an indirect nonconfrontational approach specifically intended for therapeutic use within the mental health field The exercises are taken from the authors successful practice with groups of people from a range of backgrounds in a variety of settings **Positive Psychological Intervention Design and Protocols for Multi-Cultural Contexts**

Llewellyn Ellardus Van Zyl, Sebastiaan Rothmann Sr., 2019-06-11 This volume presents innovative and contemporary methodologies and intervention protocols for the enhancement of positive psychological attributes in multicultural professional and organizational contexts Most methods models and approaches that underpin positive psychological interventions are confined to clinical samples closed systems or monocultural contexts which restrict their applicability to particular contexts Extensive practical intervention protocols designs and methods which usually accompany first draft intervention papers are condensed into brief paragraphs in final manuscripts or removed in their entirety This in turn reduces their potential for replicability or adoption by consumers practitioners or industry This volume develops guidelines for enhancing positive psychological attributes such as positive moods e g positive affect life satisfaction strengths e g gratitude humour cognitions e g hope optimism and behaviours e g emotional regulation positive relationship building within various multicultural contexts Thereby it shows how positive psychology interventions can be replicated to a wide range of contexts beyond those in which they were developed **Therapeutic Dimensions of Autobiography in Creative Writing**

Celia Hunt, 2000 It was the author's own experience of fictional autobiography that led Celia Hunt serendipitously to appreciate that such writing could be therapeutic She noticed for example and this was subsequently echoed in many of her students experiences a beneficial psychological change and increased inner freedom greater psychic flexibility perhaps the key to creativity and psychological health a stronger sense of personal identity This book tells us about the hows and whys of such therapeutic change AutoBiographyJournal.com A critical examination of the therapeutic possibilities of autobiographical fiction that draws on perspectives from both psychoanalytic and literary studies The Journal Of Critical Psychology Counselling and Psychotherapy Therapeutic Dimensions of Autobiography in Creative Writing brings together theory and practice from psychoanalysis literary and cultural studies and the growing field of creative writing studies It highlights the importance of autobiographical writing not only as an opening into fiction writing but also as a powerful therapeutic tool Celia Hunt discusses how autobiographical fiction can be used in therapeutic work by art therapists psychotherapists and creative writing tutors as well as in personal development by writers of any kind She draws up guidelines for a successful course on autobiography and creative writing and presents case studies and practical ideas for writing about the self She shows how writing autobiographical fiction can help people to explore significant events and relationships in their lives

Finding a writing voice in this way clarifies and strengthens the writer's sense of identity leading to a fuller realisation of his or her potential in life

Reflective Writing in Counselling and Psychotherapy Jeannie Wright, Gillie Bolton, 2012-04-05 Have you been asked to keep a personal development portfolio or reflective journal Are you struggling to know where to start how to write or what to include If the answer is yes Reflective Writing in Counselling and Psychotherapy will provide you with a straightforward route in telling you all you need to know about writing reflectively for your own personal and professional development Offering staged exercises case studies examples and ideas for self directed learning this book will lead the reader along an exciting journey of written self awareness

Therapeutic Journal Writing Kate Thompson, 2011-05-15 The author of this book guides the reader through developing journal writing to use as a therapeutic tool The book includes advice on working with individuals facilitating a therapeutic writing group proposed clinical applications practical techniques useful journal prompts exercises and case vignettes

Creative Arts in Counseling and Mental Health Philip Neilsen, Robert King, Felicity Baker, 2015-06-26 Drawing on new paradigms and evidence based discoveries in neuroscience narrative psychology and creativity theory Creative Arts in Counseling and Mental Health by Philip Neilsen Robert King and Felicity Baker explores the beneficial role of expressive arts within a recovery perspective A framework of practice principles for the visual arts creative writing music drama dance and digital storytelling is addressed across a number of settings and populations providing readers with an accessible overview of techniques taught in counseling programs in the U S and abroad

Writing Manuals for the Masses Anneleen Masschelein, Dirk de Geest, 2020-12-15 This open access collection of essays examines the literary advice industry since its emergence in Anglo American literary culture in the mid nineteenth century within the context of the professionalization of the literary field and the continued debate on creative writing as art and craft Often dismissed as commercial and stereotypical by authors and specialists alike literary advice has nonetheless remained a flourishing business embodying the unquestioned values of a literary system but also functioning as a sign of a literary system in transition Exploring the rise of new online amateur writing cultures in the twenty first century this collection of essays considers how literary advice proliferates globally leading to new forms and genres

Writing Cures Gillie Bolton, 2004 Writing is our cultural medium and can be used to enhance counselling and psychotherapy just writing in itself can be therapeutic The onset of online therapy means that increasing numbers of therapists need to know about this valuable means of communication Writing Cures demonstrates power of expressive and reflective writing in the context of therapy whether online or text based enabling the practitioner to undertake writing methods with clients It introduces the reader to therapeutic writing in a range of settings and contexts and from a range of approaches Chapters from an impressive list of contributors include Ethical and Practical Dimensions of Online Writing Cures by Stephen Goss and Kate Anthony Writing by Patients and Therapists in Cognitive and Analytic Therapy by Anthony Ryle Reflective and Therapeutic Writing in Counsellor Training by Colin Feltham and Jacquie Daniels Illustrated throughout from clinical experience Writing

Cures will be of benefit to all counsellors and psychotherapists **Can You Read Me?** Jacki Pritchard, Eric Sainsbury, 2004-03-15 This book presents poems stories and journal work spontaneously written by people young and old who have suffered serious abuse The editors explanations and commentaries suggest how health and social care workers can facilitate creative writing as a potential contribution to emotional healing in work with both individuals and small groups

The Therapeutic Potential of Creative Writing Gillie Bolton, 1999-01-01 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 **The Place and the Writer** Marshall Moore, Sam

Meekings, 2021-04-08 The combined experience of authors throughout the ages offers a wealth of valuable information about the practice of creative writing However such lore can also be problematic for students and practitioners as it can be inherently additive making it difficult to abandon processes that do not work This adherence to lore also tends to be a US centric endeavor In order to take a nuanced approach to the uses and limitations of lore The Place and the Writer offers a global perspective on creative writing pedagogy that has yet to be fully explored Featuring a diverse array of cultural viewpoints from Brazil to Hong Kong Finland to South Africa this book explores the ongoing international debate about the best approaches for teaching and practicing creative writing Marshall Moore and Sam Meekings challenge areas of perceived wisdom that persist in the field of creative writing including aesthetics and politics in institutionalized creative writing the process of workshopping tuition and talent anxiety in the classroom unifying theory and lore and teaching creative writing in languages other than English Reading and Expressive Writing with Traumatised Children, Young Refugees and Asylum Seekers Marion Baraitser, 2014-07-21 Drawing on the author's work with young asylum seekers and refugees this book explores how literature can be used to help children and young people who have been victims of violence overcome their experiences and regain self worth It covers all aspects of implementing the therapy including the theory behind it and practical advice **The Recovery Letters** Olivia Sagan, James Withey, 2017-07-21 An anthology of

inspirational heartfelt letters written by people who have recovered or are recovering from depression and addressed to those who are currently affected by it with additional resources for recovery **A Practical Guide to Teacher Wellbeing** Elizabeth Holmes, 2018-12-10 Teacher wellbeing or a lack of it is a major concern for the teaching profession Research shows that there is a recruitment and retention crisis with over a third of the school FE and HE profession expecting to leave by 2020 This is a practical guide that will help trainee teachers prepare for what is undoubtedly a demanding job It supports new teachers to be aware of themselves and to understand the schools and teaching sector so they better anticipate pressures and find their own way forward With solutions and strategies that can be taken into practice this guide will help new and early career teachers establish that all important work life balance and avoid burn out

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