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Titolo	Writing cures : an introductory handbook of writing in counselling and psychotherapy // edited by Gillie Bolton. [et al.]
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Descrizione fisica	1 online resource (257 p.)
Altri autori (Persone)	BoltonGillie
Disciplina	616.89/165
Soggetti	Creative writing - Therapeutic use Psychotherapy Counseling Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	The passion of science, the precision of poetry: therapeutic writing, a review of the literature / Jeannie K. Wright -- Cognitive psychology and the biomedical foundations of writing therapy / Geoff Lowe -- The contribution of narrative ideas and writing practices in therapy / Jane Speedy -- Reading ourselves: imagining the reader in the writing process / Celia Hunt -- From archetype to impressions: the magic of words / Derek Steinberg -- Writing by patients and therapists in cognitive and analytic therapy / Anthony Ryle -- Journal writing as a therapeutic tool / Kate Thompson -- Writing the link between body and mind: the use of writing in clients suffering from chronic stress-related medical disorders / Stephanie Howlett -- 'When I write I think': personal uses of writing by international students / Colin Lago -- 'Every poem breaks a silence that had to be overcome': the therapeutic role of poetry writing / Gillie Bolton and John Latham -- On the road to recovery: writing as a therapy for people in recovery from addiction / Claire Williamson -- Therapy online: the therapeutic relationship in

typed text / Kate Anthony -- Developing online, text-based counselling in the workplace / Jeannie K. Wright -- Electronic text-based communication: assumptions and illusions created by the transference phenomena / Lin Griffiths -- Messages to Jo: the Samaritans' experience of email befriending / Stephanie Howlett and Robert Langdon -- Ethical and practical dimensions of online writing cures / Stephen Goss and Kate Anthony -- Reflective and therapeutic writing in counsellor training / Jaquie Daniels and Colin Feltham -- The uses of writing in the supervision of cognitive analytic therapy / Anthony Ryle -- Black and blue: writing for reflective practice / Gillie Bolton, Heather Allan and Helen Drucquer -- After the session: 'freewriting' in response / John Hilsdon -- Writing in a reflective practice group for staff working with people with dementia / Lisa Heller -- Conclusions and looking forward / Gillie Bolton and Jeannie K. Wright, Gillie Bolton.

Sommario/riassunto

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. Cha
