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ISBN	1-4758-0774-0
Descrizione fisica	1 online resource (253 p.)
Collana	It's easy to W.R.I.T.E. expressive writing series
Disciplina	615.8/515
Soggetti	Diaries - Authorship - Psychological aspects Diaries - Therapeutic use Writing - Psychological aspects Creative writing - Therapeutic use
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.
Nota di contenuto	Section 1: Theory -- 1. In This Together: Writing in Health and Social Care / Graham Hartill and Victoria Field -- 2. Your Brain on Ink: Expressive Writing and Neuroplasticity / Deborah Ross -- 3. Expressive Writing for Caregiver Resilience: A Research Perspective / John Evans, Meredith Mealer, Karen Jooste, and Marc Moss -- 4. Writing the Darkness: A Transformative Writing Model / Sherry Reiter -- 5. Emotional Balance, the Therapy Session, and the Journal / Beth Jacobs -- Section 2: Practice-- 6. WOWSA! Play-Based Journal Therapy / Cherie Spehar -- 7. Therapeutic Writing in Psychiatric Care / Carol Ross -- 8. Now That I See: Journal Writing with Deaf Teens / Donna Houston -- 9. Roots of Resilience: Writing for Practitioner Self-Care / Susan Smith Pierce -- 10. Creating a New Story after Brain Injury / Barbara Stahura -- 11. After the Deep Dive: Reflections on Writing beyond Cancer / Jean Rowe -- Epilogue -- 12. Honoring Silence / Jeannie Wright and Kate Thompson.
Sommario/riassunto	Therapists, coaches, healthcare professionals, and educators have known for decades that expressive writing is a powerful tool for better living. But until now, few have had access to practical applications that have proven successful. In this groundbreaking collection, you will

discover how expressive writing can call us into healing community.
