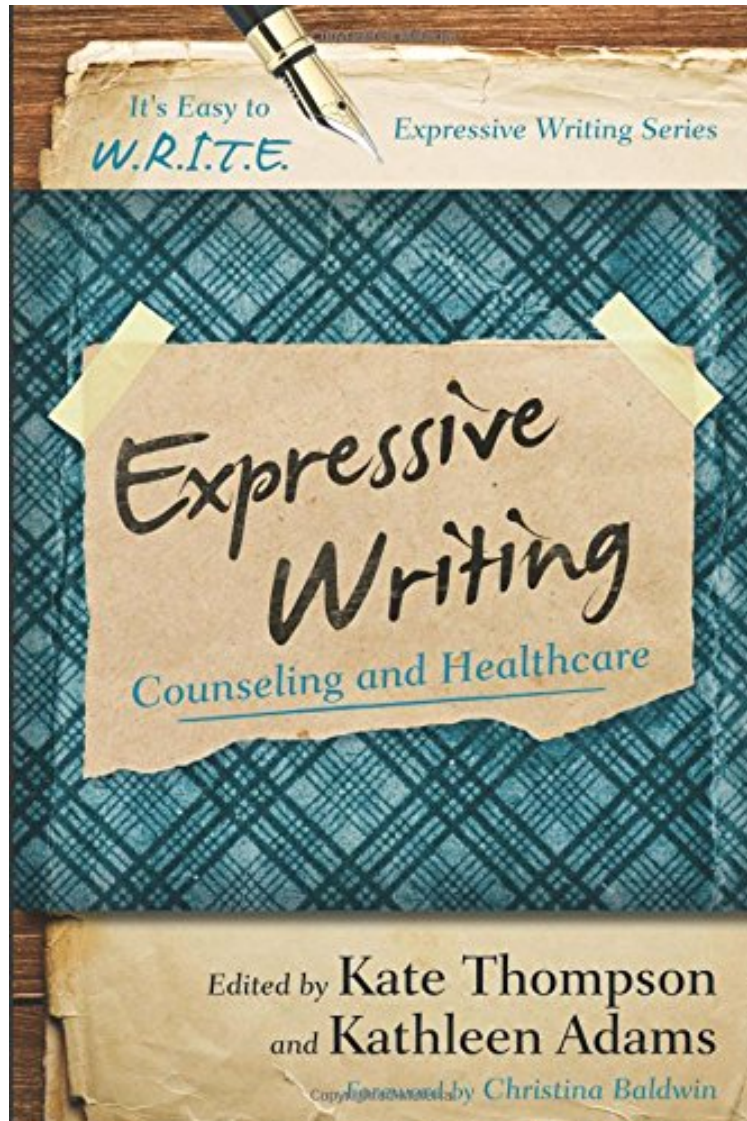


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Expressive Writing: Counseling and Healthcare (It's Easy to W.R.I.T.E. Expressive Writing)

Kate Thompson, Kathleen Adams

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Kate Thompson, Kathleen Adams : Expressive Writing: Counseling and Healthcare (It's Easy to W.R.I.T.E. Expressive Writing) before purchasing it in order to gage whether or not it would be worth my time, and all praised Expressive Writing: Counseling and Healthcare (It's Easy to W.R.I.T.E. Expressive Writing):

2 of 2 people found the following review helpful. A gusher of information and inspiration for those in the helping

fields. By JuJuKay Adams is a visionary extraordinaire. The W.R.I.T.E. series of expressive writing began with her dream but came to fruition through her courage, determination, and writing/editorial abilities. I have read almost all the books in the series and this latest one on expressive writing for counseling and healthcare is a treasure of knowledge, wisdom, information, and practical suggestions for using writing as a tool for personal growth and healing. As a retired license professional counselor, I recommend this entire series of books, especially this one related to people interested in counseling and healthcare. The contributors are seasoned professionals in their own fields who share inspirational stories, intriguing theories, and interesting exercises to inspire individual wholeness. As a longtime journal writer myself and a retired therapist who still is active in the therapeutic community by volunteering my own experience and hope to encourage others in their journey of growth and healing, I will be implementing these ideas in my work with those who are weary, wounded, wandering, or worried. I truly believe that the time will come when physicians will include journaling in their recommendations to their patients, along with exercising and eating healthy meals, for maintenance of their mental, emotional, physical, and spiritual health.

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.

Expressive Writing: Counseling and Healthcare provides a bridge in the much-needed world of psychological healing. It reminds us that creative approaches can provide breakthrough methods for clients to find their way to health. Spanning the diverse fields of poetry, journal therapy, spirituality, brain science, theories of self and much more, this book gives proof that expressive writing addresses a full spectrum of mental health challenges. (Deborah Bowman, PhD, dean of the graduate school of psychology, Naropa University; author, "The Female Buddha: Discovering the Heart of Liberation and Love") An exciting read that had me writing creatively even during the theory section; an inspiration to be more "playful, spontaneous and generous" with expressing ourselves and supporting others to do the same. This is a book that encompasses social, neurological and practical ways of employing expressive writing. It is ideal for students, practitioners, and academic courses. I particularly liked the idea of writing with the focus on re-wiring, reviving and healing neural pathways and the chapter on the significance and role of silence. I will definitely be adding Expressive Writing: Counseling and Healthcare to our reading list! (Claire Williamson, MA, program leader for M.Sc., Creative Writing for Therapeutic Purposes, Metatonia Institute, Bristol and London; author, "The Soulwater Pool and Ride On") Thompson and Adams have gathered a rare collection of experts in the field who will bring this work to new audiences. The publication of original research material gives depth to the broadening field of expressive writing as a therapeutic modality. This book straddles the Atlantic with leaders in the field from the UK and the US, making it truly international in scope. This is an inspiring collection of chapters, edited into a coherent volume from the broad overview in the introduction to the existential epilogue. (Betty Cannon, PhD, president, Boulder Psychotherapy Institute; author, "Sartre and Psychoanalysis") Write on! This collection offers clear, congruent, and creative guidelines from senior practitioners on important clinical topics. This substantive series is a superbly curated resource for counselors, psychotherapists, and other helping professionals at all levels of experience. Highly recommended. (Barry M. Cohen, ATR-BC; founder, Expressive Therapies Summit; co-founder, Mid-Atlantic Play Therapy Training Institute) In 1990, trailblazer Kathleen Adams' "Journal to the Self" offered thrilling ideas about expressive writing that opened up new frontiers. More than a quarter-century later, Adams and Kate Thompson bring us to the edge of even newer frontiers of writing and healing in this collection of the latest exciting theories and practices. The authors in this book enlighten us with their research, their clinical work, and their theoretical understandings illustrating how writing offers relief, positive change, hope and zest. In an outstanding chapter, Deborah Ross outlines neurophysiologic processes and how writing affects the brain. Drawing from the latest brain science, she presents with startling clarity how writing helps to establish and create neurological connections that bring about resilience, insight and inspiration. Ross provides beautiful examples that enable the reader to translate complex theory into practical and enjoyable methods of working with clients. All authors describe their work with specific insight, curiosity, and presence, honoring complexity while providing writing tools that offer light and companionship along the healing journey. This book gives detailed and clear examples of how to use expressive writing techniques as doors to well-being by providing a means to both listen to oneself and to affect positive change. (Wendi Kaplan, LCSW, assistant clinical professor, George Washington University School of Medicine) This bubbling fountain of inspiration feeds us with "serious and playful journal writing strategies to help clients and patients. (Gillie Bolton, PhD, author of "The Writers' Key: Introducing Creative Solutions for Life") I am impressed, in particular, with the inclusion of chapters addressing the newly understood neurobiological bases for the role of expressive writing in creating positive changes--not only in thought patterns but in building neuronal networks, strengthening immune function and reducing physical symptoms of illness. This important understanding is described and explained in clear language that is based

on cutting-edge research, yet remains accurate without being distorted by being over-simplified. I whole-heartedly recommend this book as a source of healing and insight to any individual wishing to create and strengthen resilient coping mechanisms when experiencing a personal health or emotional crisis, or as a powerful resource for professionals seeking to help others. (Mary Sue Moore, PhD, licensed psychologist; Clinical Faculty, Boulder (CO) Institute for Psychotherapy and Research; Hon. Senior Psychotherapist, Child Family, Tavistock Clinic, London, England) Can therapeutic writing help with brain injury, a diagnosis of cancer, or the isolation that can accompany deafness? Can poetry heal us? Can expressive writing cause the brain, quite literally, to change? In this extraordinary collection of essays, counselors and therapists on the frontier of therapeutic writing share their tools, processes, and the results they have achieved with their clients. Had I not already been a convert to the power of the pen, this groundbreaking book would have made me one. (Mary Reynolds Thompson, CAPF, CJF, author, "Reclaiming the Wild Soul: How Earth's Landscapes Restore Us to Wholeness")

About the Author
Kate Thompson, MA, CJT, is an existential counselor, journal therapist and writer. She pioneered the use of therapeutic writing in counseling and supervision in the UK. She now lives in the Rocky Mountains of Colorado.
Kathleen Adams, MA, LPC, is a psychotherapist, journal therapist, and international thought leader in the field of expressive/ therapeutic writing. She is the director of the Center for Journal Therapy and its online professional training division, the Therapeutic Writing Institute, in Denver. This is her eleventh book.