



# Writing in Bereavement: A Creative Handbook (Writing for Therapy or Personal Development)

*Jane Moss*

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Writing in Bereavement is a practical creative handbook that will assist counsellors, volunteers and others in their work with bereaved adults. Writing is a powerful outlet for the emotions that accompany grief and it is therefore a valuable therapeutic tool to help those who are bereaved communicate their experiences and adjust to life after their loss.

Jane Moss provides imaginative creative writing exercises for groups and individuals, using a variety of genres and literary forms and techniques. She offers advice on how to plan and run successful workshops with the bereaved, and how to evaluate their effectiveness. Using the techniques in this book, counsellors can help grieving individuals find a voice to cope with profound changes in their life, complete unfinished conversations, write for remembrance, use creativity as a respite from sadness, and finally begin to move forward from grief and imagine the future.

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