



Writing Well: Creative Writing and Mental Health

Debra Penman, Deborah Philips, Liz Linnington

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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.

Although people with emotional or psychological problems can find creative writing particularly difficult and unsettling, when writing courses are sensitively designed they are known to be of therapeutic benefit to people with mental health problems. The exercises are taken from the authors' successful practice with groups of people from a range of backgrounds in a variety of settings.

The book is structured to be accessible and easy to use. The warm-ups and main exercises are organised by themes, such as positive memories, imagined worlds, changes and painful feelings. Guidelines are given for developing and adapting the exercises and practical suggestions for materials are included in the appendix. This volume will be an invaluable practical resource and imaginative inspiration for creative writing tutors and mental health professionals.



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