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**Poetry And**  
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(Writing For Therapy Or  
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Chavis1, English  
Advanced Higher SQA

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therapy, a form of

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expressive arts therapy,  
involves the therapeutic  
use of poems, narratives,  
and other spoken or  
written media to promote  
well-being and healing.

personal writing and its  
relation to personal

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expression, health and  
wellness, and quality of  
life. The study found  
writing to be very  
therapeutic; there are  
many healing properties of  
the personal writing  
process including clarity  
of mind, reduced

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depression and anxiety,  
Creative Expression  
and cathartic release.

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The National Association  
for Poetry Therapy

(NAPT) The National  
Association for Poetry  
Therapy (NAPT) is a  
nonprofit, interdisciplinary



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membership organization  
Creative Expression  
that supports and enhances  
Writing For Therapy  
the profession of poetry  
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therapy. Its mission is to  
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promote growth and  
healing through written  
and spoken language,  
symbolic expression, and  
story.

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Healing Power Of  
Pennebaker 88–90 is the  
leading researcher on the  
power of writing and  
journaling for healing  
purposes. 27 According to  
Pennebaker, although the  
expressive writing  
paradigm has generally  
produced positive results,

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no single theory or  
Creative Expression  
theoretical perspective  
Writing For Therapy  
adequately explains how  
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or why. 88 This situation  
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can be attributed to the  
fact that “expressive  
writing occurs on multiple  
levels ...

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of creative writing in  
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therapy The use of  
Writing For Therapy  
creative writing is another  
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technique commonly  
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employed by poetry  
therapy facilitators.  
Creative writing provides  
the client a means to  
express feelings and gain a

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Healing Power Of  
sense of stability and self-  
awareness. Poetry therapy  
facilitators can use free-  
writing assignments or pre-  
structured writing forms. 3.

11/4/2019 · Writing poetry  
can be healing and  
transformative because

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Healing Power Of  
poems reflect the voice of  
the soul. Writing poetry is  
also a way to nurture a  
mindfulness practice  
because when writing  
poems...

Music Engagement. Music  
is the most accessible and

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Healing Power Of  
most researched medium  
of art and healing, and  
there has been a principal  
emphasis on the soothing  
capacity of music and its  
ability to offset overly  
technological approaches  
to care. 34 In particular,  
music therapy has been

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Healing Power Of  
shown to decrease anxiety.  
35–37 The pleasure shared  
by participants in the  
healing process through a  
music therapy ...

of creative writing in  
therapy The use of  
creative writing is another



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Healing Power Of  
technique commonly  
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therapy facilitators.

Creative writing provides  
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structured writing forms. 3.  
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exploration of the  
psychotherapeutic  
benefits. Jane Turner  
Goldsmith MAPS, a

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psychologist and author  
who discovered some  
therapeutic benefits from  
the writing of a novel. The  
research into the healing  
power of expressive  
writing dates back to the  
mid-1980s. In the original,  
now classic experiment,

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Healing Power Of  
James ...

19/1/2015 · “Poetry is a  
natural medicine; it is like  
a homeopathic tincture  
derived from the stuff of  
life itself —your  
experience,” writes John  
Fox in Poetic Medicine:

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Healing Power Of  
**The Healing Art of Poem**  
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can be healing and

transformative because  
poems reflect the voice of  
the soul. Writing poetry is  
also a way to nurture a

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mindfulness practice  
because when writing  
poems...  
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By Kate Jackson. Social  
Work Today. Vol. 16 No.  
6 P. 10. Social workers are

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recommending reading  
and writing to their clients  
as adjunct therapies —  
with positive results. The  
benefits of  
bibliotherapy—the use of  
the written word for  
therapeutic  
purposes—have been

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known for centuries, even  
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millennia.

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The Healing Power of  
Person-Centered

Expressive Arts I  
discovered personal  
healing for myself as I  
brought together my



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interests in psychotherapy,  
art, dance, writing, and  
music. Person-centered  
expressive therapy was  
born out of my personal  
integration of the arts and  
the philosophy I had  
inherited.

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10/9/2019 · But poetry  
Creative Expression  
Writing For Therapy  
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imparts a broad range of  
emotional and intellectual  
benefits that are useful to  
personal growth, whether  
we're working on self-  
improvement, emotional  
or psychological coping  
and healing, developing

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relationships, and even  
Creative Expression  
furthering our careers —  
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including careers outside  
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of the writing ...

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Expressions: Story  
Writing, Poetry and  
Journaling explores a

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range of writing and  
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reading practices and their  
Writing For Therapy  
application in healthcare  
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and wellbeing contexts. It  
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is designed to introduce  
you to some of the clinical  
research on writing as a  
mode of therapy and some  
of the key forms of writing

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and reading used in  
Creative Expression  
therapeutic contexts such  
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as expressive writing,  
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poetry ...

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Author. Seph Fontane  
Pennock is a seasoned  
entrepreneur and the

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business mind behind  
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PositivePsychology.com.  
Writing For Therapy  
With his background in  
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online marketing and a  
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passion for helping  
therapists and coaches, he  
co-founded the new  
mental health application  
Quenza that helps

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practitioners better help  
their clients with digital  
support.

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**Goldsmith MAPS**, a  
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mid-1980s. In the original,



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now classic experiment,  
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James ...  
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• Poetry therapy and  
bibliotherapy are terms  
used synonymously to  
describe the intentional  
use of poetry and other  
forms of literature for

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healing and personal  
growth (NCCATA, 2004c).  
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How Creative Expression  
Can Benefit Older Adults.  
Art Therapy expert and  
professor Dr. Raquel  
Stephenson talks about the  
power of art making. The

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older adults in Dr. Raquel  
Stephenson's art therapy  
session are painting. One  
non-verbal participant  
lights up as she  
experiences the tactile  
qualities of paint—its  
smell, touch, and feel.

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Bibliotherapy: The  
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Healing Power of Words.  
Writing For Therapy  
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Work Today. Vol. 16 No.  
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6 P. 10. Social workers are  
recommending reading  
and writing to their clients  
as adjunct therapies —  
with positive results. The

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Writing For Therapy  
the written word for  
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therapeutic  
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known for centuries, even  
millennia.

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Person-Centered  
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Expressive Arts I  
Writing For Therapy  
discovered personal  
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art, dance, writing, and  
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expressive therapy was

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Creative Expression  
integration of the arts and  
Writing For Therapy  
the philosophy I had  
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inherited.

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10/9/2019 · But poetry  
imparts a broad range of  
emotional and intellectual  
benefits that are useful to

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personal growth, whether  
we're working on self-  
improvement, emotional  
or psychological coping  
and healing, developing  
relationships, and even  
furthering our careers —  
including careers outside  
of the writing ...



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Healing Power Of  
20/9/2011 · Pennebaker  
88–90 is the leading  
researcher on the power of  
writing and journaling for  
healing purposes. 27  
According to Pennebaker,  
although the expressive  
writing paradigm has  
generally produced

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positive results, no single  
theory or theoretical  
perspective adequately  
explains how or why. 88  
This situation can be  
attributed to the fact that  
“expressive writing occurs  
on multiple levels ...

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Self-expression sounded  
like a lot of “Dear Diary”  
nonsense to me, but the  
creative arts are an  
amazing outlet for our  
recovery. We can write  
our thoughts down  
privately into journals,  
stories and poems. But, we

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can go beyond words and  
express through paintings,  
drawings, doodles, and  
photographs. We can  
express through music,  
dance, and song.

Module 5: Creative  
Expressions: Story

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Writing, Poetry and  
Creative Expression  
Journaling explores a  
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range of writing and  
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reading practices and their  
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application in healthcare  
and wellbeing contexts. It  
is designed to introduce  
you to some of the clinical  
research on writing as a

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mode of therapy and some  
of the key forms of writing  
and reading used in  
therapeutic contexts such  
as expressive writing,  
poetry ...

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Author. Seph Fontane

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Pennock is a seasoned  
entrepreneur and the  
business mind behind

PositivePsychology.com.

With his background in  
online marketing and a

passion for helping

therapists and coaches, he

co-founded the new

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Quenza that helps  
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