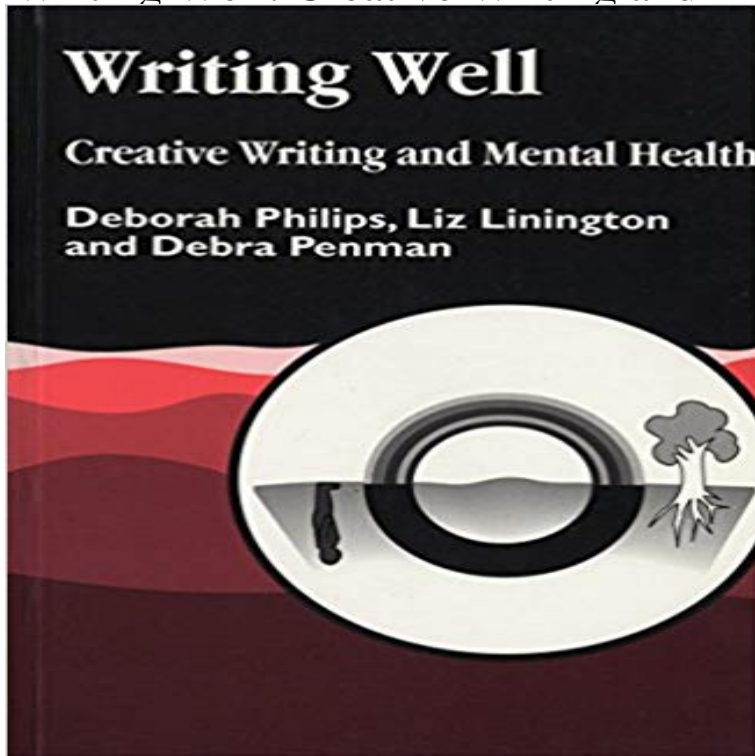


Writing Well: Creative Writing and Mental Health



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.

Welcome to the blog of Joan le Grande. I'm changing the blog to english so forgive me the dutch articles before. I already translated a few, keeping it up! Anyway, stay tuned for lifestyle articles and reviews about games or other nerdy stuff. Enjoy! Categories Comics Games Playstation 4 Wii U Lifestyle Posted by Joan le Grande in Games, Playstation 4 Leave a comment Tagsexperience, first look, Games, Playstation 4, Playstation VR review, ps4 VR review, virtual reality YES YES YES. I'm super hyped about the VR, but you obviously knew that already because of my last blogpost. There were a few hiccups because I ordered it online and I was working during the time it came. I stressed, freaked, jumped and finally gave up on the thought I got to play on the day it came out. But luck was on my side and when I got home, 20 minutes later the VR glasses arrived! In this post I will take you with me on my first experience with virtual reality. Was it as awesome as I hoped? Or is nauseating and not really my cup of tea? Read and find out!

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