



Writing Cures: An Introductory Handbook of Writing in Counselling and Therapy

Jeannie K. Wright

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Writing is our cultural medium and can be used to enhance counselling and psychotherapy - just writing in itself can be therapeutic. The onset of online therapy means that increasing numbers of therapists need to know about this valuable means of communication.

Writing Cures demonstrates power of expressive and reflective writing in the context of therapy, whether online or text-based, enabling the practitioner to undertake writing methods with clients. It introduces the reader to therapeutic writing in a range of settings and contexts, and from a range of approaches. Chapters from an impressive list of contributors include:

- 'Ethical and Practical Dimensions of Online Writing Cures' by Stephen Goss and Kate Anthony
- 'Writing by Patients and Therapists in Cognitive and Analytic Therapy' by Anthony Ryle
- 'Reflective and Therapeutic Writing in Counsellor Training' by Colin Feltham and Jacquie Daniels.

Illustrated throughout from clinical experience *Writing Cures* will be of benefit to all counsellors and psychotherapists.

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