



The Healing Power of Writing: A Therapist's Guide to Using Journaling with Clients

By Susan Borkin

WW Norton & Co. Hardback. Book Condition: new. BRAND NEW, The Healing Power of Writing: A Therapist's Guide to Using Journaling with Clients, Susan Borkin, While much has been written about the physical and emotional benefits of writing, little has been written specifically for mental health professionals detailing how to use therapeutic journaling with their clients. Therapeutic journaling-any type of writing or related expressive process used for the purpose of psychological healing or growth-can be an extremely helpful adjunctive therapy. When integrated into an overall treatment plan, regardless of the therapist's clinical orientation, journaling can become a dynamic tool for personal growth and healing. The first part of this book, "Journaling and the Clinical Process," gives an overview of therapeutic journaling and the many potential benefits from its use. It provides concrete and specific steps for introducing journaling to psychotherapy clients and answers questions about structure and logistics. For example, engaging your client in writing a biographical statement will not only help focus the treatment plan but also provide a vast amount of background information. This section also introduces two very beneficial mnemonic devices to help clients focus and organize journaling between sessions. The next section, "Presenting Problems and Journaling..."



READ ONLINE
[4.87 MB]

Reviews

Absolutely among the finest book We have at any time read through. We have read through and that i am sure that i will going to read once more again later on. I found out this book from my i and dad suggested this book to find out.
-- **Alford McClure**

I actually started reading this article ebook. It is actually packed with knowledge and wisdom Its been printed in an remarkably simple way and it is only after i finished reading this pdf where in fact modified me, alter the way i believe.
-- **Prof. Uriel Witting**