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WRITER'S NEST

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WRITING AS THERAPY

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Writing is a tried and tested method for coping with and understanding personal crises, depression, anxieties, stress and traumatic events. It assists us to gain distance from the things that cause us distress. All forms of writing can help us to shape narrative from chaos. Therapeutic writing can also help us re-discover our playful selves.

When we suffer it can be hard to think straight. When we can't think straight it is hard to find relief from our suffering. Writing requires us to think straight. Through writing we can find relief from suffering. Of course it's not quite as simple as that – but almost. Through writing we can find the 'story' within our 'situation' and take more control of that story.

Writing therapy is the best value and easily accessible form of therapy. People have used writing as a medium for emotional expression throughout the ages. Coached writing can be our own version of therapy.

Painful memories can have long-lasting effects on our mental health. To truly understand what we feel and think, we need to



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