



Write For Life

Expressive Writing for Healing Guide

What is Expressive Writing Therapy?

The act of writing down, in many forms, deep and emotional issues or events in our lives and releasing ourselves from the burden of these things recurring in our minds.

- Psychologists have been exploring the physical and emotional effects of writing therapy for more than 40 years.
- Writing for healing accompanies normal counselling or therapy. It does not replace it. Writing for wellness supports self-reflection and emotional expression, but it is not a substitute for professional counselling, therapy, or medical advice.

Crosses both sides of the Brain

Writing Therapy engages your logical brain to recount events whilst accessing your deepest emotions, providing holistic healing. Crossing both sides of your brain, Expressive Writing Therapy engages your left side to recount events logically and with accuracy, whilst accessing your deepest emotions about these events on the right side, through study, psychologists have discovered this is why it provides a complete release from pain and a holistic level of healing.

This allows individuals the ability to move on from pain that may have haunted them for years, weeks, months, or days. It provides complete freedom.

- **Neuroscientists have found that we live 95% out of our unconscious** meaning that our conscious life is informed by our unconscious life. Which means you can't escape the trauma or pain you have stored in your unconscious, you need to get this out. One of the most effective ways to do this is through writing therapy and I believe this is why we see these physical, mental and emotional benefits come through.

Remember:

- It has to be confidential – do not write with any audience in mind otherwise it won't work
- Write completely honestly and deeply about your emotions and thoughts about something
- Destroy or keep the writing, it is your choice.
- No one tells you what to write, are in control about what you write.
- With sexual abuse you can choose to write about other things and it will work about your experiences in that way. It can be done indirectly.

The studies found that writing therapy produces many physical, mental and emotional health benefits.

What are the Benefits of Writing Therapy?

Thousands of studies over the past 40 years have revealed the following results:

Direct Physical Health Benefits:

- Less stress-related visits to the doctor
- Improved immune system response
- Reduced blood pressure
- Improved Lung functioning in asthma
- Improved liver function
- Fewer days in hospital
- Improved Immune response in HIV and cancer sufferers.
- Reduced Hospitalisations for cystic fibrosis

Emotional/Mental Effects:

- Improved mood/affect of individuals practicing it.
- Feeling of greater psychological well-being
- Reduced levels of depression before examinations
- Fewer post-traumatic/avoidance symptoms

Social and behavioural outcomes

- Reduced absenteeism from work
- Quicker re-employment after job loss
- Improved working memory
- Improved sporting performance
- Higher students' grade point average
- Improved social and verbal communicative behaviour (including with language).

Baikie, K.A. and Wilhelm, K. (2018) *Emotional and physical health benefits of expressive writing: Advances in psychiatric treatment*, Cambridge Core. Avail at: <https://www.cambridge.org/core/journals/advances-in-psychiatric-treatment/article/emotional-and-physical-health-benefits-of-expressive-writing> (Accessed: 01 February 2018).

What can you expect to learn in Expressive Writing for Healing?

1. Introduction to Writing for Healing – Expressive Writing

Learn how expressive writing supports emotional well-being and healing. You'll be gently introduced to evidence-based writing practices that help you safely explore thoughts, feelings, and experiences through words.

2. Discover Yourself through Journal, Memoir & Creative Writing

Explore different forms of personal writing to deepen self-understanding. You'll learn how journaling, memoir, and creative writing can uncover insights, strengthen your voice, and honour your lived experiences.

3. Using Poetry to Free and Express Yourself

Discover poetry as a powerful tool for emotional release and self-expression. You'll experiment with simple poetic forms that allow feelings, memories, and stories to emerge without pressure or perfection.

4. Reflective Writing for Self-Examination

Develop reflective writing skills to thoughtfully examine your experiences. You'll learn how to make meaning from life events, recognise patterns, and gain clarity about personal growth and change.

5. Using Metaphor for Meaning Making and Transformation

Learn how metaphor can transform complex emotions and experiences into symbols and stories. This session introduces creative narrative tools that support healing, insight, and new ways of seeing yourself and your journey.

6. Turning Our Writing Therapy into Creative Expression

Explore how therapeutic writing can evolve into creative pieces. You'll learn how to shape raw writing into poems, stories, or reflective pieces while still honouring the healing process.

7. Writing in Groups

Experience the power of shared writing in a supportive group environment. You'll learn how to write, listen, and share safely, building connection, compassion, and a sense of community through storytelling.

8. Wrap Up and Reflection

Reflect on your learning and personal journey throughout the course. This final session supports integration, celebration, and closure, helping you carry your writing practice forward beyond the program.

What people say about Expressive Writing for Healing

Tammy

"If you're wondering if this course is for you...once you complete it, you'll be kicking yourself for not signing up sooner. It's absolutely the course for EVERYONE. I didn't even know I needed to do it until I'd done it. Then I wished it wouldn't end."

Kristin

"I arrived open and excited to explore all that writing for healing offered. It was even better than I thought. I enjoyed writing my autobiography, something I would not have expected would have created such emotions. Writing for healing had a beautiful flow, between exercises and reflecting as a group. I felt relieved afterwards. I explored current issues through the letter writing and it gave me peace.

Afterwards, I felt a shift in me. I would recommend this to people looking to explore writing as therapy or to spark creativity! Thank you I loved it!"

Sandy

"I enjoyed it. It was more than I expected; it challenged me to think deeper. The actual writing could be hard, emotional but cleansing and healing as well. I felt positive afterwards and I would definitely do more of this. I would recommend this to anyone. It was a great experience, it was a revelation of what is an old practice, but through a completely different mindset."

Christina

“I wasn’t sure what to expect I thought it would be useful and it was, but I also found it enjoyable. I really enjoyed writing my autobiography. I found the limit of space and time freed me in a positive way to prioritise and express myself more creatively. I felt it released me from a recent stressful situation and gain perspective. I would most definitely recommend writing for healing to others, Suzanne was an excellent facilitator!”

Cheryl

“I was hoping to pick up new skills that will help in my writing and memoir writing. It was intense at times, but the right measure of intensity. I have learned very worthwhile skills and life skills. I enjoyed all of it, but I did feel a tension writing about myself, it made me wonder why I was so resistant. In writing a letter to my son, I felt released and it gave me a way of mending things in the future as it helped me to tap into empathy. I have been writing my memoir for about six months, so I had been doing some of this work in this process. I thought writing for healing was great. I will do more writing therapy, and I would recommend it to others definitely!

Chris

“It was more personal than I thought it would be, and deep emotions happened. I liked the personal journaling the most; there is a lot of potential there. The part that challenged me the most was the writing, which exposed my deep emotions. I feel hopeful after the workshop. I would definitely do more writing therapy, and I would recommend Write for Life to anyone.”

Tania

“I wanted to learn skills in journaling, to release a few anxieties and find resources to support my work. I really enjoyed writing about my childhood, how I saw myself, images and reflections. Expressive Writing for healing helped me clarify and define why I was feeling the way I was. I felt positive after the course. I definitely would recommend this to others.”

Yenny

“I wanted to know about writing therapy and also to do it to help others. It was much more than I expected. I really enjoyed the explanations and the exercises. I felt released about a current situation I was going through. After the course I felt lighter and I want to do more. I would highly recommend it to others.”

For more information, feel free to contact Suzanne: suzanne@writeforlife.com.au or if you want to try Expressive Writing, you can try it out in my new 30 Day Expressive Writing Journal Prompts guide for Aus \$17.00 – <https://www.writeforlife.com.au/30-day-writing-journal>

All payments are processed through secure, encrypted payment systems. Your personal and payment information is fully protected. If after the first session, you feel this course isn’t right for you, you’re welcome to request a full refund—no questions asked. Enrol now, risk-free.

