

**“HOW MANY TIMES PEOPLE HAVE USED A PEN OR A PAINTBRUSH
BECAUSE THEY COULDN'T PULL THE TRIGGER?”
(VIRGINIA WOOLF, SELECTED LETTERS, 2009)**

IMPACT OF WRITING THERAPY IN COUNSELLING

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RESEARCH PLAN

Chapter 1 : Introduction

Chapter 2 : Review of Literature

Chapter 3 : Methodology

Chapter 4 : Data Analysis

Chapter 5 : Conclusions

CHAPTER 1: INTRODUCTION

WHY WRITING?

The research explores the importance of writing in therapy, particularly expressive therapies. It highlights the profound impact of writing on mental health and well-being, drawing from Pennebaker's pioneering research. The theoretical orientation of Adlerian Therapy is introduced, setting the stage for further discussions.

REVIEW OF LITERATURE

The literature review delves into the theoretical foundations guiding the study. It examines primary sources such as Pennebaker's work on expressive writing and Adler's concepts. Secondary sources include research papers on writing therapy in counseling and psychotherapy.

Insights gained - therapeutic potentials, areas of application, clinical efficacy

**What Life Could
Mean to You**

**Adult Children of
Emotionally Immature
Parents**

Letter to My Father

METHODOLOGY

OBJECTIVES

1. Gather writing exercises for therapeutic interventions.
2. Introduce entries from literature for psychological themes.
3. Analyze Kafka's "Letter to His Father" for psychological insights.
4. Analyze written exercises on Adler's life tasks.



HYPOTHESES

1. Writing techniques in Counseling and Psychotherapy are effective.
2. Kafka's Letter to his Father reveals complex psychological themes.
3. Participants gain self-awareness through Adlerian exercises.



PROCEDURE



Participants were recruited via a WhatsApp status update, using convenient sampling. After expressing interest, they completed a Google Form, agreeing to participate. Participants were briefed on the research and tasked with completing five writing exercises over five days, allowing flexibility in participation.





RATIONALE

The study utilizes inductive thematic analysis for Kafka's letter and deductive thematic analysis for Adlerian life tasks exercises. Thematic analysis is chosen for its flexibility and ability to uncover nuanced themes within qualitative data, making it the ideal fit for this research.



DATA ANALYSIS

Thematic analysis of Kafka's "Letter to His Father" delves into familial dynamics, while analysis of participants' entries offers insights into writing therapy's efficacy in personal growth.

Entrapment

Introjections

Emotional Immaturity

Self-esteem, Gratitude, Vulnerability, Compatibility

God, Spirituality, Existence

FINDINGS

**Writing Therapy as a valuable
intervention**



Proof from literature

**Facilitates self-awareness and
emotional disclosure**



CONCLUSIONS

In the conclusion chapter, the research concludes with fulfilled hypotheses and the impactful role of writing therapy in counseling. Findings emphasize writing's transformative potential for self-discovery and emotional healing, contributing to a deeper understanding of its therapeutic value in promoting mental well-being within counseling practice.





THANK YOU

“They can be like a sun, words. They can do for the heart what light can for a field.”
(John of the Cross, The Poems of St. John of the Cross)

