



Creative Writing for Recovery

- **Description:** A group that uses creative writing as a therapeutic tool to process emotions, reflect on the recovery journey, and express oneself.

- **Instructions:**

- **Introduction (10 minutes):** Discuss the benefits of creative writing for self-expression and emotional processing in recovery.

- **Writing Prompts (30 minutes):** Provide a series of writing prompts related to recovery (e.g., "Write a letter to your future self," "Describe a moment of strength in your recovery journey"). Allow clients time to write in response to the prompts.

- **Sharing (30 minutes):** Encourage clients to share their writings with the group if they feel comfortable. Facilitate a supportive environment where feedback is focused on the content and emotional impact rather than writing skills.

- **Interactive Activity (20 minutes):** Create a collective poem or story by having each client contribute a line or paragraph based on a shared theme (e.g., "Hope in Recovery").

- **Reflection (10 minutes):** Discuss the writing process and how it helped clients explore their emotions and experiences.

- **Facilitator Role:** Provide prompts, guide the writing process, and create a supportive environment for sharing.

- **Client Role:** Engage in writing exercises, share their work if comfortable, and reflect on how writing can support their recovery.