



**3rd INTERNATIONAL SEMINAR ON
GUIDANCE AND COUNSELING (ISGC)**

Using Writing in Guidance and Counselling

University of Malta

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Write the past to step into the future

Dreams from My Father, Adapted for young adults

'In writing it, I was able to dwell inside the lives of my parents and grandparents, the landscapes, cultures and histories they carried, the values and judgements that shaped them - and that in turn shaped me... The act of writing is exactly that powerful. It's a chance to be inquisitive with yourself, to observe the world, confront your limits, walk in the shoes of others, and try new ideas.'

Barak Obama, 2021

Today

Aim:

- To practise some writing techniques that have shown themselves to be powerful tools in career counselling and professional development
- To discuss building inclusive writing communities
- Write – and reflect on that writing

Scrap paper or special journals?



List Writing Activity

- Write a list for 6 minutes about anything that's worrying you right now.
- Choose whatever language you prefer – forget school rules!
- This writing is private – for your eyes only

Lists and numbers

1. Write down **three** goals, things that would help with these worries. Don't think too much, just write (or draw) anything that comes into your mind.

2. Re-read what you have written

3 When I read this, I notice.....

Pen, key-board, crayon....



CARE Guidelines

- Confidentiality
- Attention
- Respect
- Empathy

This is writing for your eyes only, unless you choose to read it in the Breakout Room.

Share in breakout rooms – 10 mins



How to start....



How is your job/working life going?

- What's going well?
- What's going badly?
- Fears, hopes and expectations?

How we constrain ourselves

Write!

Complete these sentences:

I have to ...because...

I can't ... because ...

What if ...

10 mins in break out rooms



The benefits of writing and keeping a journal

- Clears the mind
- Unburdens the heart (Shakespeare's Macbeth)
- Provides a record to look back on – physical growth is easy to recognise, but personal growth is elusive
- Monitors how well you turn intention into practice
- Encourages reflection
- Identifies strengths and growing edges

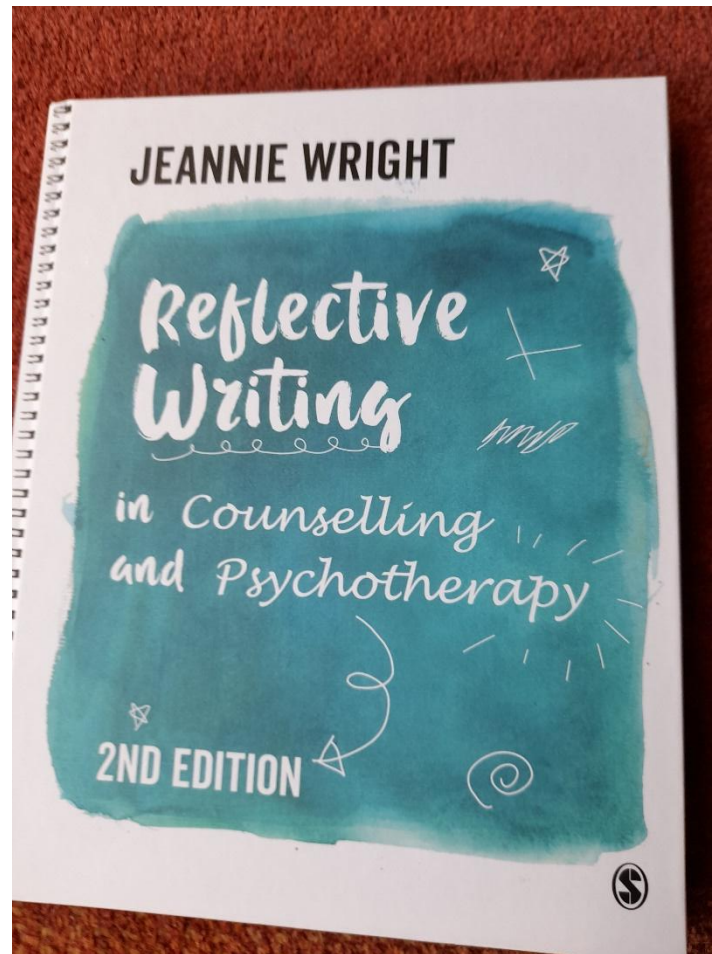
WRITING CURES

An Introductory handbook of writing
in counselling and therapy



Edited by Gillie Bolton, Stephanie Howlett,
Colin Lago and Jeannie K. Wright

Wright, J.K. (2018). *Reflective writing in counselling and psychotherapy*. 2nd. Sage.



References

Bolton, G., Howlett, S., Lago, C.O., Wright, J.K. (2004). *Writing cures: An introductory handbook of writing in counselling and therapy*. Routledge.

Obama, B. (1995/2021). *Dreams from My Father: A story of race and inheritance*. Canongate.

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