Expressive Writing: Classroom and Community (It's Easy to W.R.I.T.E. Expressive Writing)

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Expressive writing is life-based writing that focuses on authentic expression of lived experience, with resultant insight, growth and skill-building. Research shows that expressive writing can help in the development of emotional intelligence, better choice-making, and healthy coping skills.

In this remarkable collection, 11 experts from education and community service join to offer compelling guidance on applied practice. You'll discover
• a model for a poetry group for youth at risk;
• how to help students develop inner resources through metaphor;
• a "photovoice" project to help at-risk students stay in school;
• how storytelling develops emotional intelligence in primary school children;
• a method that helps teachers become more confident writers;
• how expressive writing can help teachers manage stress and avoid burn-out;
• expressive writing as change agent for communities;
• the benefits and limitations of writing programs in prisons and jails;
• hip-hop as "the pen of the people";
• finding a writing group; writing with others;
• the ethics and standards of practice for expressive writing in the classroom and community;
• guidance for all levels of learners: Primary, teens, college-age, adult; professional development, personal growth.

Whether you are a teacher, a counselor, a facilitator, or a writer you'll find this volume an invaluable and innovative resource for expressive writing in the classroom and in the community.

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