

---

Global Certificate Course in Expressive Writing for Healing

## and Other Forms of Communication

---

In the Global Certificate Course in Expressive Writing for Healing, students will explore various forms of communication beyond traditional writing. Here are some key terms and vocabulary related to other forms of communication:

1. Art Therapy - a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being. Art therapy can be used to manage behavior, reduce stress, and increase self-esteem and awareness.

Example: A therapist may ask a client to draw a picture of their family to explore relationships and communication patterns.

Practical Application: Incorporate art therapy exercises into writing prompts to help students explore emotions and experiences creatively.

Challenge: Encourage students to create a piece of art that represents a challenging experience and write about the emotions and thoughts that emerged during the creative process.

2. Music Therapy - the use of music to address physical, emotional, cognitive, and social needs. Music therapy can involve listening to music, singing, playing instruments, and writing songs.

Example: A music therapist may use drumming to help a client express anger and aggression in a safe and controlled way.

Practical Application: Use music in writing prompts to evoke emotions and memories. Encourage students to write about a song that holds personal significance.

Challenge: Ask students to write lyrics for a song that expresses their feelings about a specific experience or emotion.

3. Dance/Movement Therapy - a form of expressive therapy that uses movement to promote emotional, social, cognitive, and physical integration. Dance/movement therapy can involve improvisation, choreography, and structured movement exercises.

Example: A dance/movement therapist may ask a client to move in a way that represents their current emotional state.

Practical Application: Incorporate movement breaks into writing sessions to help students release tension and increase creativity.

Challenge: Encourage students to create a dance that represents a challenging experience and write about the emotions and thoughts that emerged during the movement.

4. Poetry Therapy - the use of poetry to facilitate personal growth and healing. Poetry therapy can involve reading, writing, and sharing poetry in a therapeutic setting.

Example: A poetry therapist may ask a client to choose a poem that resonates with them and write about why it speaks to them.

Practical Application: Use poetry in writing prompts to help students explore emotions and experiences in a condensed and powerful way.

Challenge: Encourage students to write a poem that expresses their feelings about a specific experience or emotion.

5. Drama Therapy - a form of expressive therapy that uses drama and theater techniques to facilitate personal growth and healing. Drama therapy can involve role-playing, improvisation, and scriptwriting.

Example: A drama therapist may ask a client to write and perform a monologue that represents a significant life event.

Practical Application: Use drama techniques in writing prompts to help students explore different perspectives and emotions.

Challenge: Encourage students to write and perform a skit that represents a challenging experience and write about the emotions and thoughts that emerged during the performance.

6. Visual Journaling - a form of expressive writing that involves using visual elements such as drawings, collages, and doodles to enhance the writing experience. Visual journaling can help students access emotions and experiences that may be difficult to express through words alone.

Example: A visual journaling prompt may ask students to draw a picture of their safe space and write about why it is important to them.

Practical Application: Incorporate visual journaling prompts into writing sessions to help students explore emotions and experiences creatively.

Challenge: Encourage students to create a visual journal entry that represents a challenging experience and write about the emotions and thoughts that emerged during the creative process.

7. Photography Therapy - a form of expressive therapy that uses photography to facilitate personal growth and healing. Photography therapy can involve taking new photos, looking at old photos, and writing about the emotions and experiences associated with the photos.

Example: A photography therapist may ask a client to take a photo that represents their current emotional state and write about why they chose that image.

Practical Application: Use photography in writing prompts to help students explore emotions and experiences through a different medium.

Challenge: Encourage students to take a series of photos that represent a challenging experience and write about the emotions and thoughts that emerged during the photography process.

8. Collage Therapy - a form of expressive therapy that involves creating a visual representation of emotions and experiences using collage materials such as magazine clippings, photos, and fabric.

Example: A collage therapy prompt may ask students to create a collage that represents their hopes and dreams and write about why those images are important to them.

Practical Application: Incorporate collage prompts into writing sessions to help students explore emotions and experiences creatively.

Challenge: Encourage students to create a collage that represents a challenging experience and write about the emotions and thoughts that emerged during the creative process.

9. Sandtray Therapy - a form of expressive therapy that involves creating a three-dimensional scene in a sand tray using miniature figures and objects. Sandtray therapy can help students explore emotions and experiences in a nonverbal way.

Example: A sandtray therapy prompt may ask students to create a scene that represents their current emotional state and write about why they chose certain figures and objects.

Practical Application: Incorporate sandtray prompts into writing sessions to help students explore emotions and experiences creatively.

Challenge: Encourage students to create a sandtray scene that represents a challenging experience and write about the emotions and thoughts that emerged during the creative process.

10. Yoga Therapy - a form of expressive therapy that uses yoga poses, breathing exercises, and meditation to promote physical, emotional, and mental well-being. Yoga therapy can help students reduce stress, increase self-awareness, and improve overall health.

Example: A yoga therapy prompt may ask students to do a specific yoga pose and write about the emotions and thoughts that arise during the practice.

Practical Application: Incorporate yoga exercises into writing sessions to help students reduce tension and increase creativity.

Challenge: Encourage students to create a yoga sequence that represents a challenging experience and write about the emotions and thoughts that emerged during the practice.

Incorporating these forms of communication into expressive writing can help students access emotions and experiences in a variety of ways, leading to deeper healing and personal growth. By experimenting with different forms of communication, students can find the ones that resonate with them the most and use them to express themselves in powerful and meaningful ways.

Note: While these forms of communication can be therapeutic, they should not be used as a substitute for professional mental health services. Always encourage students to seek professional help when needed.