



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

PROSper Group Protocol

Date: 5/7/2012

Title: Recovery Through Creative Writing

Component: Community Rehabilitation and Support (CRS)

Service: Wellness Self-Management (WSM)

Population: Any member of the PROSper community who demonstrates an interest in creative writing relative to recovery

Frequency: 1x/week

Duration: 50 minutes

Description: Group members will engage in a workshop-style group that uses multiple forms of creative writing and creative non-fiction as methods for symptom management and self-exploration. This group will explore forms such as poetry, play/scene writing, memoir, personal essay, short-story, haiku, literary fiction, and genre-specific fiction. Members will engage in character studies, role-play, theme/mood/tone studies, conflict-resolution, and character development.

Mode of Work:

A. Purpose:

- a. To invite members of the group to take their own life story and develop a realistic and/or fictional account by applying this to mixed media.
- b. To develop skills to promote healthy living both physically and emotionally
- c. To gain an understanding of how life choices effect overall development and stages of recovery
- d. To improve overall functioning in preferred life roles.

B. Group Framework

- a. Workshop-style group, with materials provided by the facilitator and members. Members will write and read together as a group, engage in role-plays, and share their work. Members are encouraged to share what they have created in group as well as independently.

Expected Outcome: Members will gain knowledge and understanding of creative writing as an alternative therapy that compliments traditional therapies in managing stress and symptoms. With an improved ability to manage stressors and symptoms, group members will experience an increased ability to function and pursue life goals. Members will be able to use creative writing independently for symptom reduction, emotional expression, creative thinking, grounding, self-soothing, and affect regulation. Members will gain skills for appropriate interpersonal interactions and self-expression.