

WRITING As Care and Self-Knowledge

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Abstract

The concept about the “therapeutic writing” has its beginning from an autobiographic work, realized in 2003, whose title is Letters to a real interlocutor. My sense.

That autobiographic writing turned out to be therapeutic because it has helped the writer to develop her sharpest sufferings, to overcome traumas and to win old guilt.

The therapeutic writing, meant as inner reveal, is essential to be able to understand also the physical signals that our body often give us as a reply, aware or not, to a pain we had lived and we are still living.

The individual writing becomes a shared experience working in groups, where everybody gives his own personal contribution.

The epistolary approach of the “therapeutic writing” consists in a bunch of letters (written to one’s self, to one’s mother etc.) used as therapeutic tools, in order for the writer to easily recall the meaningful episodes of his own existence, from his childhood to his adult age.

The epistolary way becomes then the most appropriate way to remember our own emotions, our sorrows, the sufferings and our deepest feelings.

The benefits, got with the individual writing, will become wider while reading and sharing personal experiences with others.

The negative moods lived again by the person who tells about himself, will lose, line after line, the characteristic of anxiety and taboo, while the positive ones, even if shyly expressed, will find in the other people’s benevolence a further reason to go through again.

All these constant efforts makes the “therapeutic writing” evolving into a performative character.

Keywords: therapeutic writing; care of self; performative writing; evolved words; letter to myself

Summary

Group writing provides the ability to write about yourself and review yourself from different perspectives also thanks to the exchange of the other participants and the references of the conductor. The group and the writing thus become tools capable of investigating and deepening states of suffering, fears, desires, joys and becoming aware of them.

The other becomes a mirror in which to review parts of oneself, learning to know them; giving in this way new meanings within the relational dynamics. Therefore, this path can acquire characteristics of personal growth and evolution.

Autobiographical writing is therefore intended as a journey through memory and as a cure for relational conflict.

Writing leads to a recheck of what is said. Thanks to the pen you can to face (and to defeat) some periods of our life that no longer convince.

Writing is also a different from the usual way to access memories and allows you to materialize emotions and thoughts on the sheet, a mechanism for clarifying and fixing precisely those unpleasant experiences stored in a confused and dysfunctional way.

The group strengthens, supports and contains, has some peculiar characteristics that favor it development of relationships, the birth of identifying bonds, the creation of a common and powerful culture transformative mechanisms. It has been stressed several times that the group is not just the sum of the individuals that compose it. It follows that groups possess healing abilities that they go far beyond overcoming the

sense of alienation, social isolation and possibility to share their discomfort with other people.

Writing is an inner journey that offers the possibility of listening to and getting to know each other better, the benefit to enter the emotions to make them a point of strength and support. Writing stimulates the constant work on oneself to open up to the world with less conflict, to relate to the friend, the colleague, the superior with less fragility, more security, greater determination and trust.

Writing is therefore intended as a tool to transform weaknesses into relational strength and ethics.

Workshops Conduct

SONIA SCARPANTE Counselor and Founder of the Therapeutic Writing Method

Scarpante, President of the "Self Care" Association, founded in Milan where she lives, has several publications on the subject of Therapeutic Writing and a twenty-year experience in this scope, she conducts writing seminars in the hospital setting in support of the disease oncology, or in the preventive field. She teaches training courses for health professionals while promoting this methodology. She teaches courses for school children, students, adults and practitioners. In the homes District of Milan holds writing courses for inmates with her methodology (San Vittore Opera) The project has entered schools, hospitals and the teacher has started her fourth

Master's edition therapeutic writing as a trainer for health professionals and educators.

You collaborate with various Associations for editorial articles and for projects with Writing such as Healing and self-knowledge. www.odon.it www.culturaesalute.com www.diculther.it

www.humanevolutionassociation.org

Purpose of the Project

The course and the Master of Therapeutic Writing aims to offer new tools of knowledge interior through the use of writing.

In particular, you want to help you work on yourself to deepen knowledge and discovery of other aspects of oneself in order to learn to relate with less fragility, more security and determination.

Through the path of inner knowledge we will try to enter emotions to make one strength and support.

The path will allow, through the free sharing of the various writings of the participants and the common reflection, to learn to go through difficulties, untie relational knots, overcome the fatigue of self-acceptance and lack of recognition that is often denied, however discover new inner opportunities.

Recipients

Course open to all those who wish to get to know each other thoroughly through themes of reconciliation with oneself.

The relationships between us and others and between ourselves are something invisible but extremely important

In order to live well.

We determine the quality of our life. Becoming aware of our frailties e of our strengths can only lead to better emotional and personal well-being.

Some topics covered in the introspective path:

... "HOW WE PERCEIVE AND HOW WE THINK OTHERS SEE"

... "LETTER TO MYSELF" (Marcus Aurelius ... Arthur Schopenhauer ...)

... "BETWEEN EXPECTATIONS, DESIRES, FEARS. IN SEARCH OF OUR SENSE"

... "TRAVEL"

... "THE HOUSE"

... "LETTER TO THE UNKNOWN"

... "PHOTOS IN MEMORY"

... "IMP"



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