

The Therapeutic Benefits of Creative Writing

The therapeutic benefits of creative writing have long been recognised; indeed, writing therapy which uses the act of writing and processing the written word to ease pain and strengthen the immune system, has existed since the 1930s. The need to examine a feeling or thought and make sense of a situation is what drives many writers to tell a story. This can be presented as fiction or non-fiction, and the huge growth in publishing of autobiographies and 'misery memoirs' would suggest that many are taking up this option of therapy.

That so many copies are purchased, suggests that the benefits are reciprocal; the reader feels the connection to the writer and both have benefited. Nowadays, creative writing need not be constrained by the availability of publishing or fitting a format. The 'world wide web' provides the perfect medium for sharing any experience in pictures or in words. The need to do so felt by so many has led to the growth of blogs and social networking websites.

When E.M. Forster urged us to 'only connect', he could have had no idea how comprehensively we would embrace his entreaty. We now have the capability to enjoy the therapy of creative writing in doses of various sizes from tweets to literary tomes. The facility to share experiences with peers and strangers alike has reawakened the creative writer in so many of us; we may not have the ability or the wish to write that book but we are able to elevate the art of creative writing from the enforced labours of the classroom to its rightful place as something we do for pleasure.

When your manuscript is finished, contact Words Worth Reading Ltd for [proofreading and appraisal services](#) – ensure your manuscript stands out from the rest!