



University of Kerala

Discipline	COMMUNICATIVE ENGLISH
Course Code	UK3DSCECE206
Course Title	THERAPEUTIC WRITING
Type of Course	DSC
Semester	III
Academic Level	200 - 299

Course Details	Credit	Lecture Per week	Tutorial per week	Practical per week	Total Hours/Week
	4	3 hours	-	2 hours	5
Pre-requisites	1. A general awareness about emotional and mental health 2. Have an idea of blogging/journaling as self reflective activities				
Course Summary	In this course, students will be introduced to the theory and practice of therapeutic writing as a meaningful tool for emotional expression, mental health support, and personal growth. It aims to help learners trace the psychological and neuroscientific foundations of expressive writing and understand how reflective and creative forms such as journaling, storytelling, poetry, and blogging can contribute to healing.				

Module	Unit	Introduction to Therapeutic Writing:	Hrs
I		Definition, history, scope, and significance of writing as a tool for healing. <u>Differences between expressive, reflective, and creative writing.</u>	15 Hrs
	1		

		<p>1. Didion, Joan. "On Keeping a Notebook." Slouching Towards Bethlehem, Farrar, Straus and Giroux, 1968. https://blogs.baruch.cuny.edu/2150htfa/files/2021/08/Didion_Notebook.pdf</p> <p>2. Hasyim, Said. "Memory and Self-Discovery Through Writing." Peak Brain Plasticity, 10 Nov. 2023 https://www.saidhasyim.com/post/peak-brain-plasticity/memory-and-self-discovery-through-writing/</p> <p>3. Hasson, Uri. "The Neuroscience Behind Storytelling." TEDx Talks, 2016. YouTube, uploaded by TEDx Talks. https://www.youtube.com/watch?v=Q3_MYEd3DHg</p> <p>Suggested Readings:</p> <p>Pennebaker, James W. Writing to Heal: A Guided Journal for Recovering from Trauma & Emotional Upheaval. New Harbinger Publications, 2004.</p> <p>"How Writing by Hand Improves Memory and Learning?" Varthana. https://varthana.com/student/how-writing-by-hand-improves-memory-and-learning/.</p>	
II	Creative Writing and Mental Health		15 Hrs
	2	Poetry, short stories, and letters as mediums of self-expression and healing.	

		<p>5. "Try to Praise the Mutilated World" by Adam Zagajewski https://www.poetryfoundation.org/poems/57095/try-to-praise-the-mutilated-world-56d23a3f28187</p> <p>6. "Through the Tunnel" by Doris Lessing https://www.cusd80.com/cms/lib/AZ01001175/Centricity/Domain/4937/the%20tunnel%20text.pdf</p>	
		<p>Suggested Reading:</p> <p>Furman, Rich. Poetry Therapy: The Use of Poetry in Psychotherapy. Taylor & Francis, 2021</p> <p>Hunt, Celia, and Fiona Sampson. Writing, Self and Reflexivity. Palgrave Macmillan, 2006.</p>	
III		Therapeutic Writing in Group and Clinical Settings.	15 Hrs
	3	Grief therapy, PTSD recovery, addiction rehabilitation	
		<p>To read:</p> <p>7. Hemingway, Ernest. "A Clean, Well-Lighted Place." https://yale.learningu.org/download/51358dbc-0c73-4e33-8cfb967c55a621f5/H2976_Hemingway_A%20Clean%20Well%20Lighted%20Place.pdf</p> <p>8. "The Healing Power of Storytelling" https://www.psychologytoday.com/us/blog/un-numb/202312/the-healing-power-of-storytelling</p>	
		Suggested reading: White, Michael & Epston, David. Narrative	

		Means to Therapeutic Ends. Norton, 1990 Suggested viewing: How Storytelling Can Heal Trauma and Our Divided World MeiMei Fox TEDxBocaRaton https://www.youtube.com/watch?v=ymJX7Qdygwo	
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IV		Journaling for Emotional Regulation	
	4	<p>Self -reflection -Gratitude journaling - Reflective journaling</p> <p>9.Blogging for mental health and wellness: By AIContentfy team</p> <p>https://aicontentfy.com/en/blog/blogging-for-mental-health-and-wellness</p> <p>10.James Pennebaker on expressive writing and trauma recovery. Practice: 10-minute daily journal writing exercises.</p> <p>American Psychological Association. "Speaking of Psychology: Expressive Writing Can Help Your Mental Health, with James Pennebaker, PhD." Speaking of Psychology, 8 Feb. 2023.</p> <p>https://www.apa.org/news/podcasts/speaking-of-psychology/expressive-writing</p>	
		<p>Suggested reading:</p> <p>Mohr, David C., et al. "The Behavioural Intervention Technology Model: An Integrated Conceptual and Technological Framework for eHealth and mHealth Interventions." Journal of Medical Internet Research, 2014</p> <p>Suggested viewing:</p> <p>"7 FREE MENTAL HEALTH APPS YOU NEED TO KNOW ABOUT!"</p>	

		https://www.youtube.com/watch?v=lgu1NjCtdDE	
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V		Practicum	
	5	<p>11. Write a poem or narrative exploring a personal emotional experience. Peer review and reflective analysis.</p> <p>12. Create a writing portfolio or mental health blog that reflects the therapeutic writing process/ Students use a free journaling app (e.g., Day One, Journey, Moodnotes) or Google Docs to maintain a daily digital journal focused on emotional check-ins and gratitude entries</p>	
		<p>Suggested reading: Frank, Anne. The Diary of a Young Girl. 1947. Translated by B. M. Mooyaart (1947) https://cbseacademic.nic.in/web_material/doc/novels/3_The%20Diary%20of%20a%20Young%20Girl.pdf</p> <p>Suggested viewing: Gottlieb, Lori. "How Changing Your Story Can Change Your Life." TED, Sept. 2019. YouTube, uploaded by TED. https://www.youtube.com/watch?v=O_MQr4lHm0c</p>	

Course Outcomes

No.	Upon completion of the course, the graduate will be able to	Cognitive Level	PSO Addressed
CO-1	Define therapeutic writing and describe its psychological basis.	U	1
CO-2	Apply journaling and creative writing techniques for self-awareness.	Ap	3,5
CO-3	Analyse therapeutic narratives from clinical and personal perspectives.	E, An	2

No.	Upon completion of the course, the graduate will be able to	Cognitive Level	PSO Addressed
CO-4	Develop a personal writing practice that promotes emotional well-being.	Ap, C	3
CO-5	Create ethical and meaningful writing outputs for personal or community healing.	C, E	5

Name of the Course: Credits: 4:0:0 (Lecture:Tutorial: Practical)

CO No.	CO	PO/PSO	Cognitive Level	Knowledge Category	Lecture (L)/Tutorial (T)	Practical (P)
1	Define therapeutic writing and describe its psychological basis.	PO1/PSO1	R	F,C	L	
2	Apply journaling and creative writing techniques for self-awareness.	PO 3,4/PSO 3,5	U,Ap	C,P	L	P
3	Analyse therapeutic narratives from clinical and personal perspectives.	PO 1,2 /PSO 2	E,An	C	L	
4	Develop a personal writing practice that promotes	PO 6 /PSO 3	Ap,An	P,M	L	P

	emotional well-being.					
5	Create ethical and meaningful writing outputs for personal or community healing.	PO 5 /PSO 5	C	M	L	P

F-Factual, C- Conceptual, P-Procedural, M-Metacognitive

Mapping of COs with PSOs and POs :

	PSO 1	PSO 2	PSO 3	PSO 5	PO1	PO2	PO3	PO4	PO5	PO6
CO 1	2				1					
CO 2			2	2			2	2		
CO 3		2			3	1				
CO 4			3					3		2
CO 5				1					2	

Assessment Rubrics

Quiz / Assignment / Discussion / Workshop

Midterm Exam

Reflective Writing Journal

Writing portfolio or blog

Mapping of COs to Assessment Rubrics:

	Internal Exam	Assignment	Project Evaluation	End Semester Examinations
CO1	✓			✓
CO2	✓	✓		✓
CO3	✓			✓
CO4	✓	✓	✓	✓
CO5		✓	✓	✓

Course Activities

- 1. Journaling Practice: Daily/weekly reflections on mood, experiences, and challenges.**
 - 2. Creative Writing Exercises: Writing short poems, stories, or letters to self/others.**
 - 3. Group Sharing Circles: Safe spaces for voluntary reading and discussion.**
 - 4. Guest Sessions: Mental health professionals or therapeutic writers.**
 - 5. Compilation of writing pieces with a reflective self-analysis.**
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