

Evolved Words, Therapeutic Writing Experiences and Techniques

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Received: July 11, 2018; **Published:** August 24, 2018

Introduction

Therapeutic writing, then: Why am I talking about it? What motivates me to do so? Autobiographical writing is an instrument of knowledge with surprising potentials, it is a means able to reveal ourselves, to bring to our awareness experiences removed but crucial for us and for our life of relationship. It can become a fundamental help both for those who are looking for a better inner balance, between the baggage of their knowledge and their correct expression, and to gain a greater awareness of the things of the world, the external reality constituted by Interpersonal relationships that require us every time commitment and involvement. Personally, the writing saved me, as I like to say in the debates I participate in, in the conferences in which I bring my direct testimony of teacher who deals with seminars and courses in therapeutic writing. Thanks to Scripture I learned to confront the multifaceted face of what each of us calls his "myself"; I have learned to regain some sense of myself; I learned to read my deepest emotions, translating them into words and without fear. Merit of writing if I managed to get undressed to get rid of the ballast that long prevented me from accepting with serenity myself, the concrete life around me and its delicate and precarious balances. And above all, always through it, I came to the desired reconciliation with the real figures who, each in their own way, have made me and make me feel loved. I call it "therapeutic", this writing, because it helps us to elaborate also the suffering, in its different degrees, to overcome those traumas of which many of us carry on their body the stigmata, to dissolve knots that time has tangled, to come at the head of Conflicts rooted in the mismanagement of our affectivity, to recognize and overcome old and new feelings of guilt and because it helps us for much more. Writing my autobiography I have undergone a solitary and painful self-analysis, thanks to which today I can affirm that to write about oneself, without deception and without hypocrisy, a great deal of courage is needed. Because to bring to light truths and emotions that have belonged to us and belong, but that for too long we have voluntarily or not chosen not to feel and not to see, is very tiring, makes you sick, generates in us a momentary state destabilizing but also Highly regenerative for a new and richer self-awareness. Scripture allows us, therefore, to elaborate this acute suffering, to learn to accept it without being overwhelmed, because the transition from the feeling of inner uneasiness, still vague and indefinite, to its clearer profile on paper, allows, even if Slowly, to get rid of it. In this way the writing is charged to reveal, forcefully, an inner path that necessarily, and in more or less massive doses, requires commitment, concentration, fatigue. This is the only condition placed to be able to cross, by means of written words, our existential fragility. Essential premise to start towards self-care. We will try here, in these pages, then, to carry out a journey together: starting from my personal experience, we shall see how my method takes body in the writing groups; We will compare the experience they gained with the subjective of "famous" writers, but we'll try, above all, to mirror ourselves in the experience of those who are already "walking": Anna, Franco, Rafael and others that we will know during this our Reading path: Everyone I love to define witnesses. Through my history and their stories, in addition, we will retrace the very stages of my writing courses, in which the work of everyone cannot ignore the sharing of the group. In order for our work to be profitable and effective, however, we need to respect some essential basic conditions. First you have to learn to arm yourself with will and perseverance. Why write about oneself, researching the Neuralgic and painful knots of one's interiority, it is not at all easy and the initial courage must never fail us, if we really want to touch and bring to the surface our truths, too long forgotten. My work through writing, for this reason, not only presupposes a group, but requires a team capable of concretely practicing mutual trust, disinterested respect for others, because a good work together arises only if we attenuate, but It would be better to get rid of it altogether, preconceptions and prejudices. In this creative workshop, the letter that we

dedicate ourselves is the starting point for every reflection, for every self-critical thought: First step that only in a second moment we try to share, as a gesture of openness, with the companions of travel. The purpose that we propose during these writing exercises will be to learn to dissolve knots, to deepen the family relationships, to face the dynamics of couple. We will dwell, continuing in our path of inner excavation, on the senses of guilt that hinder, sometimes severely, our psychic equilibrium. We will learn, working on ourselves, the value of the meaning of the word "reconciliation" and "sense" by discovering the value. There are some modalities and conditions that facilitate this work of openness towards ourselves and others and are premises linked to the time invested in its own solitude, understood as a state of inner research, of space in which we try and learn to leave free the Thoughts. Scripture also helps us in this: to understand how to be alone, when it is not forced or pathological, is a resource at our disposal, an essential moment in which to be with ourselves and with our thoughts is preparatory to the meeting and understanding Of the other, it helps us to Intuit, to imagine another way of life and to be in tune. From personal experience I realized how fruitful "the Art of imagining" can be. The thought is made up of images and the change of image means to represent before the eyes a different reality. To think differently, for this reason, means already imagining oneself different from the way we are accustomed to consider ourselves, because it is in the thought that the first step towards change is born. If "something" can be imagined differently from how it is, then it is clear that it can be modified. Scripture strengthens this universal mechanism. It feeds an innate predisposition in man: the recognition of being but in the prospect of becoming, of being already predestined for the future. The writing, giving materiality to the non-existent, therefore, allows to feel and see actors of another reality. Hence the psychological importance that scripture plays in our way of foreseeing change, of giving us a new image of ourselves, of predicting for us an "authentic self", all to be discovered or reconstructed. The accounts written by the individual suffering, the painful lines so laboriously traced, allow us to learn to address the disease, the suffering or our problematic failures with different eyes, with a mental rework that makes us Glimpse into a new dimension, not previously anticipated, "possible," despite everything. Another step forward towards a constructive inner knowledge. Through the individual experience, we also learn how useful it is for us, in emblematic moments of our lives, to be able to ask for help: what tools to use to alleviate the penalties, to whom recourse to mitigate the weight. The group work, in this way, developing in several days and therefore sounding for us a time different from the usual, brings out the strong and shared sensation of being immersed in a precise space of emancipation, of which the writing is essential Fulcrum. The activity of writing and its collective sharing, so lived, on the one hand will urge the participants to face the points and the painful moments, if not traumatic, of their life, while on the other will emphasize, the specifics of each, The subjective talents, the creative talent remained for too long silent, waiting for the circumstance ad hoc to manifest itself freely. The rediscovery of our latent and expressive uniqueness, his experience with pleasure, "opens our eyes", will prepare us for the desire to repeat and learn again, to consolidate the experience lived with the support of letters and specific readings that "Pleasure "inspire you. In this sense, the more transparent this path revolves around scripture, the more we will be able to detach ourselves from the usual, to increase new sensitivities through which self-recognition, foreshadowing our thoughts and new activities in which to rediscover ourselves Positively, by offering more side to the effectiveness of the Prescribed and associated medical care. We will warn, as the course progresses, as scripture will reveal more and more, reflect the recovered biographical history of each one to better bring the subject to a more social medicine, more attentive not only to the biological body, but also to the ability to Change the usual, the habits, to reconsider themselves in active and proactive key. We will also see how the writing strengthens us, confirms us in our self-confidence, allowing us to welcome the openness towards the outside, because the "know better yourself" that is experienced in writing, amplifies the necessity of sharing, of experiencing The same meanings carved in their own lines, exacerbates the need to find "out" in specific readings, traces of the reborn sensibility for the topics covered in the course. The writing, in this sense, feeding the curiosity, chasing the dreams, specifying them, will make urgent everything that revolves around the care of the personality, make feel as indispensable this its path to the knowledge. Also, its elaboration and sharing will put us in front of our real life often painful and conflictual. In this sense the therapeutic writing reveals its subtle efficacy: it allows us to reveal to our conscience the removed, the conflict of the parent-child relationship-for example-a decisive relationship for the growth of the individual but often Overburdened by penalizing elements for balance and maturity. I know how the written reflection on this subject can cost in emotional terms and introspection, but I know well, for having experienced them firsthand, also the benefits which allows you to arrive, once you have found the courage to sink the scalpel in the wound and Cauterize it with the virtues of the written word.

From: "Words evolved. Experiences and techniques of therapeutic writing, Sampognaro and Pupi, Syracuse (2015).

Volume 9 Issue 9 September 2018

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