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Haußmann's "Kreatives schreiben zur entwicklung von ressourcen in beratung und coaching" (book review)

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Book Reviews



Haußmann, R. (2017). *Kreatives schreiben zur entwicklung von ressourcen in beratung und coaching*. Göttingen: Vandenhoeck & Ruprecht. 334 pp. 45,00 €. ISBN 9783525402269

In an environment in which education and success are measured externally and learning can easily become dry and lifeless, this book offers a model for personal development through creative writing. Renate Haußmann, counselor and manager of the institute for creative therapy writing “Schreibweise Hamburg,” joins contributing author Nadja Damm to present creative writing as a foundation for the development of personal resources and communication skills.

Laid out in a straightforward and systematic way, this book opens with an examination of creative writing as a tool for both self-discovery and responsible communication on a team. Haußmann explores how creative writing develops individual and team resources for sound thinking, communication, reflection, and analysis. Damm then examines the role of creative writing in societal diversity, discussing diversity and inclusion from a counseling and coaching perspective and then broadening into an interdisciplinary discussion. In the third chapter, Haußmann briefly details different genres of creative writing before giving a deeper treatment to writing as self-determination and the relation of writing to resilience. Following this, Damm analyzes strategies for beginning and structuring a creative writing piece, overcoming writer’s block, and properly documenting writing exercises in counseling situations. The remainder of the book moves from the ideological foundations of creative writing as a tool to practical advice: writing to overcome challenges, writing for specific purposes (such as proposals, professional articles, and applications to foundations), and writing to publish. Throughout the book, practical writing exercises help to solidify and test the theoretical model, and icons and sidebars point to further reading and deeper explanations. In addition, the print book comes with a code for downloadable Internet resources.

Kreatives Schreiben zur Entwicklung von Ressourcen in Beratung und Coaching is well-documented, featuring a significant bibliography and a solid understanding of the related literature. While professional counselors interested in using creative writing as a tool are the primary audience, this book offers a usable model for anyone

interested in personal development through creative writing; it also functions as a collection of writing prompts for those who want to explore creative writing for its own sake. It is particularly recommended for academic libraries that have or are seeking to build a robust psychology section and have a German-literate patron base.

Reviewer

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