

One-Day Workshop

Creative Writing and Mental Health

16 June 2026

University of Warwick



Language shapes the way we understand the world. The same life events, interpreted using different narrative frameworks, can exert completely different impact on our mentalities. This workshop is a preliminary, cutting-edge, interdisciplinary forum to explore the role of creative writing in the intervention of mental health, and, in particular, how we can use creative writing to improve the writer's mental health. Bringing together humanities scholars, medical scientists, psychologists, and creative writing practitioners, we hope to exchange ideas, experiences and practices on the role of creative writing in the intervention of mental health related issues.

Convenors:

Dr Qian Liu (SMLC)

Prof Lukasz Walasek (Psychology)

This event is part of the project 'Creative Writing as Intervention for the Improvement of Mental Health', funded by University of Warwick Research Development Fund Strategic Award.