

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.



Confirmed Topics:

Nathan Filer: 'Rewrite Psychosis'

Helen Foster: 'Beginner's Mind'

Hongwei Bao: 'Theatre for Social Change: Dramatherapy and Subcultural Mental Health'

Francis Gilbert: 'Creative Writing Together: Reflective Functioning, Mental Health and Relational Writing'

Mark Pearson: 'Tuning into the Poetic Wavelength: Supporting Meaning Making and Recovery following Psychosis'

Qian Liu: 'Proverbs, Adverbs, Collocations: The Power and Limit of the Mother Tongue'

Frances Weightman: 'Why Chinese Writers Write: Venting as Method'

Zhang Xiaoyang: 'The Relationship between Personal Experience and Creative Writing'

Yang Hao: 'Writing Near Insomnia'

Bingbing Shi: 'The Possibility of Healing through Creative Writing Communities'

Shaoyu Yang: 'Writing through Dreams: Coping with the Impact of Emotionally Challenging Research on Wellbeing'

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.

