



# Self-Discovery Creative Writing,



a self-guided curriculum guide for  
mental health, trauma and addiction

technician centers

By: Maia Akiva

# WHAT?

This self-guided curriculum guide is a total of 89 pages.

## This curriculum guide can be used to facilitate:

- Youth workshops
- Groups, and one on one meetings
- ELO-P
- High school and middle school classes
- Colleges
- Mental health programs
- Special needs programs
- Mental health organizations
- Wellness programs
- Diversity programs
- Staff team building
- Staff mental health events, meetings and programs.

This guide is very easy to implement and can be facilitated by therapists, groups facilitators, staff, HR managers, counselors, teachers, aids assistants, and college students (**with recommended training for best results**).

## Writing prompts examples

- "You are going to be cloned. Write an instruction sheet for your clone on how to be you."
- "Invent a potion for your own happiness."
- "Going on a first date with your anxiety and your calm."
- "Pick a color you don't like. Describe that color's mental health problems and how the color deals with its problems."

And many more...

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 **BUY NOW**

It is also useful for social engagement, opening and closing of groups, staff meetings, classes, and various activities. As complete group or class. On weekdays, weekends, holidays and special occasions.

This curriculum is written as a buffet of exercises and the materials can be adjusted to address any mental health, wellness and self-care topic.

It helps the participants explore mental health, addiction and Trauma topics and experiences in a non-threatening and non-direct way using journaling, metaphorical writing, imagination prompts, and magical realism writing amongst others. It is always one of the clients' favorite groups.

*Maia's creative writing workshop helps ease those who have never intentionally explored self-love into the world of self-love. She makes a point to take the self-love work beyond the surface and challenges participants to engage in dialogue with the parts of themselves they cherish and those they dislike. Maia's attitude throughout the workshop displays a level of affection and caring for her participants that is greatly refreshing. There is always a waiting list for her workshops, and the youth really love her.*

**~Jessica Weissbuch, Program Manager, LifeWorks**

*"These writing prompts have been a splendid resource for my groups! They provide a variety of activities and allow for quick adaptation, ensuring groups remain fresh and familiar."*

**~Tim Langeloh, Mental Health and Addiction Group facilitator**

*"The creative writing curriculum guide allowed me to expand my database for facilitating creative groups for mental health and allowed my clients to explore themselves and their healing journey in new creative ways. I recommend this guide to any mental health facilitator."*

**~Caroline Phelps, Associate LMFT and Mental Health Group Facilitator.**

## BENEFITS

It is a hands-on experience for clients, not a lecture, video or worksheet. It's interactive, experiential, and creative. Consequently, the experience most of the time is fun and enjoyable.

- It is a hands-on experience for participants, not a lecture or video. It's interactive, experiential, and creative. Consequently, the experience most of the time is fun and enjoyable for participants.
- It helps bring new and fresh materials for participants in long-term programs.
- Saves time for facilitators. This curriculum is written as a buffet of exercises. The facilitator picks the exercises from the guide to match their activity structure with participants.
- Also, it can be self-guided in case no training is available.
- Can be facilitated very easily via zoom.
- Can be facilitated with just one participant or as many as 30 participants and up.
- Can be adjusted to any specific topic in the year – holidays, birthdays, and special occasions.



 **BUY NOW**

# WHY

## Add this Curriculum to your programming?

- It is packed with creative writing prompts specifically designed for mental health, trauma, addiction and self-care topics.
- Also, it includes many original and out-of-the-box creative writing prompts.

## FAQ

### Has this curriculum been used before?

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Yes! This curriculum has been used for the past eight years in many treatment centers all over Los Angeles, CA, and in after-school programs (826LA, Writegirl,) staff team-building events and many more. See testimonials.

### Where did all the ideas come from?

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The ideas and writing prompts came from my heart and imagination. It is a product of many years of mental health, addiction and trauma healing journey mixed with years of writing mental health creative content.

### What if our clients are not writers?

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Not a problem. This curriculum is not for writers; it is for mental health and addiction-recovery exploration using creative writing. The clients can write as much as they want and however they want. The focus is on their self-exploration experience and not on how well they write it. We recommend training for the best results.

### Who is it appropriate for?

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Any mental health, addiction and trauma program or programs that would like to introduce mental health, addiction and trauma creative writing curriculum at any level to their programming. The curriculum can be used for very basic topics of self-care to more deep experiences of mental health explorations. We recommend training for the best results.

### What ages is it fit for?

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It is recommended for ages 14 and above. All prompts can be easily adjusted to fit topics that are more relatable to the group ages.

### Who can facilitate this curriculum?

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This curriculum can be facilitated by different individuals (therapists, groups facilitators, staff, HR managers, counselors, teachers, aids assistants, interns, college students) with recommended training.



## FAQ

### **I have a different mental health program that is not listed, will this curriculum still work?**

Yes! This curriculum is great for any program that focuses on mental health and can be adjusted very easily to suit your program needs. Please contact us at: [contact@maiaakiva.com](mailto:contact@maiaakiva.com) to schedule a free short consultation.

### **I have a different program that is not mental health and addiction, will this curriculum still work?**

Absolutely. This curriculum is a great fit for social engagement, team building, opening, and closing of meetings, staff training, and company retreats (in-person and virtual). It is also great for staff wellness and mental health events (they need it too). Please contact us at: [contact@maiaakiva.com](mailto:contact@maiaakiva.com) to schedule a free short consultation.



## Detailed Offer & Pricing *Guide*



**The Best**  
*Project*  
you'll ever work on is  
**YOU**

**\$150**



**One physical copy of the guide.**

**\$350**



**Five physical curriculum guidebooks.**

**60-120 minutes zoom training for staff** (check for travel rates for in-person training). How to work with the guide. How to facilitate the group with this material. Guidelines for facilitating creative writing.

- Opportunity to buy future versions at a discounted price.
- Opportunity to train new staff in the future for a big price reduction on the guide.
- Opportunity to purchase extra copies for a reduced price.

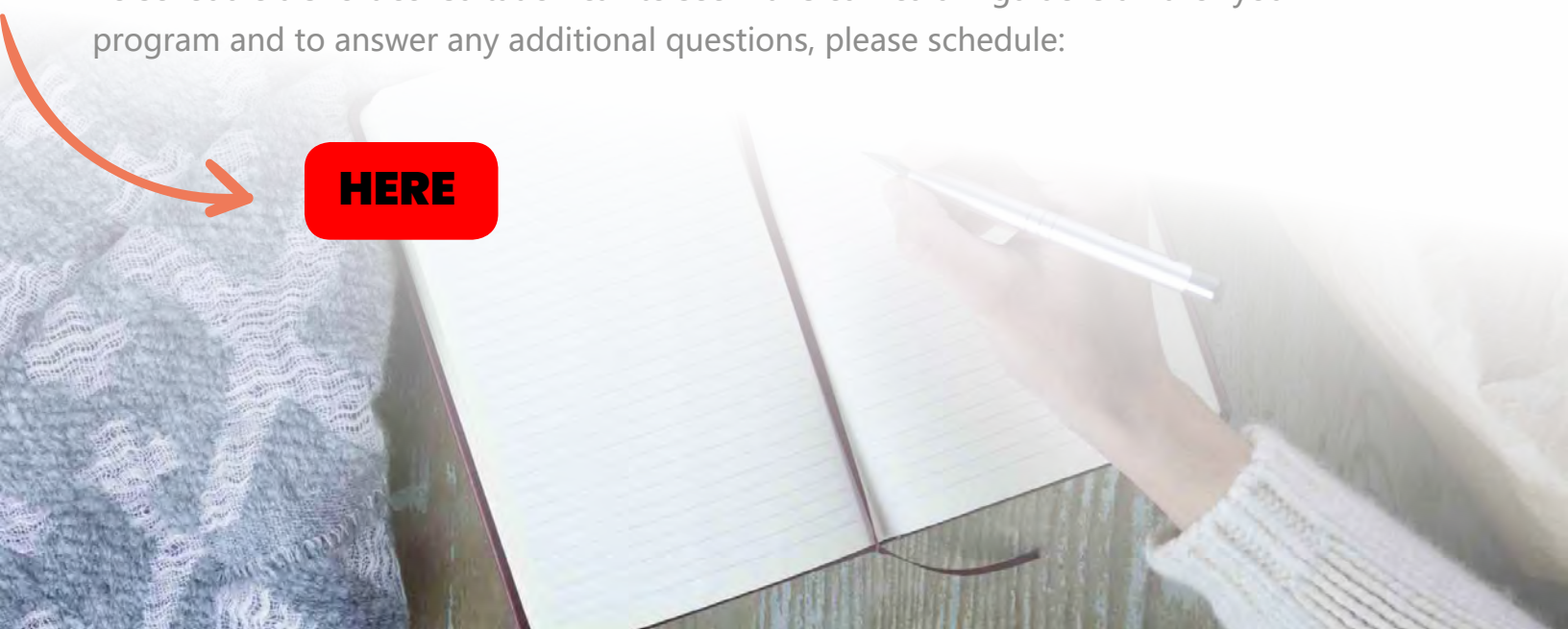


**BUY NOW**



To schedule a short consultation call to see if this curriculum guide is a fit for your program and to answer any additional questions, please schedule:

**HERE**





Maia  
**Akiva**

([www.maiaakiva.com](http://www.maiaakiva.com))



is a professional speaker, trauma informed trainer, performer, and a writer in Los Angeles. Her unique approach encourages audiences to embrace their relationships with their emotions and feelings as a path to a better Mental Health, success, happiness, freedom and fulfillment.

She specializes in mental health, self-empowerment, creativity and creating mental health and motivational entertainment programs and content, like her fictional podcast, "Interview with Myself" (<https://anchor.fm/interview-with-myself>) —in which she interviews her feelings and emotions as guests on the show.

Maia reimagines Mental Health healing methods in a dynamic blend of insight and humor for a flourishing everyday life. With outside-the-box mental health learning experiences, trainings, and stories that personify and realize abstract emotions, Maia guides her audience through the journey of mental health that she is inspired to navigate every day.

Originally from Israel, Maia teaches emotional creative unblocking and stress relief to companies like Hulu, the City of Santa Monica, Vans, Frame, 72 and Sunny, and others. Her unique creative presentations are featured at The Goomi Group, a Corporate Wellness company in the US.

She is the creator of Mental Health + Creativity a service that offer a unique mental health programming and content. She wrote and created a Mental Health, Addiction and Truama Creative Writing Curriculum Guide that is being facilitated in Treatment Centers, Youth programs, after school programs and more Some of her clients includes: Reconnect Integrative Trauma Treatment Center, Resilience Treatment Center for Mental Health, Sanctuary Treatment Center, Forward Recovery, 826LA, CalSAC and many more.

She is now training teachers, therapists, writers, mental health staff and organizations on her Mental Health, Addiction and Trauma Creative Writing curriculum. And facilitating "Mental Health Tune Ups and Team buildings" events for staffs, colleges, and groups. She is working on building a longer Mental Health and Creativity immersive experience for groups and organizations.

She is an active member of Epiphany Space, an artist community in Hollywood, and leads workshops for WriteGirl, Models of Pride, and Caltech upholding her personal mission: Empowering everyone Mental Health by making friends with our emotions.  
Come say hi at: [www.maiaakiva.com](http://www.maiaakiva.com)





# “Past CLIENTS INCLUDED



## “ Shilloy Sanchez, Clinical Director Reconnect Integrative Trauma Treatment Center



Maia Akiva's Self-Discovery Creative Writing Groups at Reconnect Integrative Trauma Treatment Center are immensely helpful groups for our clients. They help the clients start practicing writing as part of their healing journey and self-work.

Maia's journaling prompts give the clients space to bring deep awareness to themselves by writing down their thoughts and feelings. Maia's metaphorical writing prompts allow our clients to approach their lives and what they are going through in a non-direct way that feels safer and more accessible.



## “ Denise Cooney, LMFT, Clinical Director Executive Recovery Group



“Maia Akiva's Self-Discovery Creative Writing Groups at Sanctuary Addiction Treatment Centers are a great addition to our programming. They provide an opportunity for clients to use creative writing as a helpful tool in their road to recovery.

Maia's creative writing prompts are unique and fun to experience. They help the clients explore themselves, their addiction, and their sobriety in creative ways in a safe and supportive environment. The groups that she facilitates are a great addition to the recovery and healing journey of the clients at Sanctuary.



## “ Kirsten Giles, WriteGirl Workshops Coordinator



Maia's warm and genuine style is endearing and inspirational. I've had the opportunity to work with Maia at WriteGirl, a writing non-profit mentoring organization for Los Angeles teens. Maia never fails to create breakthrough writing activities



## “ Joe Hobel, MFT (past) Clinical Director, Resilience Treatment Center



Maia creative writing prompts incorporate creativity and emotional exploration, which helps our clients express themselves in new and important ways. She is very diligent about communicating,

brainstorming and providing assistance when needed. I'm glad to have her as part of our team.”



## “ Karol Darsa, Psy.D., Licensed Psychologist, Executive Director Reconnect Center



Maia Akiva's Self-Discovery Groups at Reconnect Trauma Center are by far our clients' favorite group. They love it and look forward to it every week. Maia's creative prompts are original and fun to experience. They help the clients explore themselves and their creative sides in a safe and supportive environment. Maia is reliable and easy to work with. She communicates very well and is very flexible when things change. We love having her as part of the team at the Reconnect Center. The groups are a great addition to the recovery and healing journey of the clients at Reconnect.

