



Self-Discovery Creative Writing,



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

By: Maia Akiva

WHAT?

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

The curriculum guide has been facilitated successfully in the past eight years for hundreds of hours in accredited mental health, addiction and trauma treatment centers.

This curriculum guide can be used to facilitate:

- Weekly groups (can be added to the treatment schedule, like art therapy and yoga)
- Client assignments by individual therapists
- Client assignments by RA and Techs
- One-on-one sessions
- Clients' social engagements
- Opening and closing of groups
- Activities on weekends, holidays and special occasions
- Fit for all levels of care. Inpatient and outpatient as well as evening IOP programs.
- Staff team building
- Staff mental health events, meetings and programs.

The guide is easy to implement and can be facilitated by therapists, groups facilitators techs, staff and RA's (with recommended training for best results).

This curriculum is written as a buffet of exercises. The group's curriculum materials are built for at least four months with the same group of clients and can be adjusted for longer programs. It is built to address any Mental Health, Addiction, Trauma and Self-Care topic (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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WHY?

The Creative Writing Curriculum Guide for Mental Health, Addiction and Trauma treatment centers, helps the clients to practice being present, connecting and exploring themselves. It helps the clients 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.

It has not only been praised by clinical directors but has also become a great addition to many treatment programs, bringing different creative explorations to the treatment schedule (**see benefits**).

It is one of our clients' favorite groups and has received positive feedback from clients consistently with high level of attendance in groups during inpatient treatment and outpatient programs.

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 for clients.

Helps to bring new and fresh material for clients in long-term programs. It is also a great addition to intensive and short program groups' schedules.

Saves time for facilitators. This curriculum is written as a buffet of exercises. The facilitator picks the exercises from the guide to match the activity structure with clients. Also, it can be self-guided in case no training is available.

The guide can be used by therapists and staff (RA's, group facilitators, techs, interns) – with recommended training for best results.

Can be facilitated very easily via zoom or in person.

Can be facilitated with just one client or as many as 30 clients or more.

The mental health writing curriculum helps the clients practice being present, connecting and exploring themselves. It helps the clients to explore mental health 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.

Can be adjusted to any specific topic in the year – holidays, birthdays, and special occasions.



 **BUY NOW**

WHY

Add this Curriculum to your programming?

The uniqueness of this curriculum guide is that it uses journaling, metaphorical writing, imagination prompts, and magical realism writing amongst others to access mental health, trauma, addiction and self-care topics in a non-threatening way.

It is packed with creative writing prompts specifically designed for mental health, trauma, addiction and self-care topics that can be use as stand-alone prompts for clients during the treatment day or as full 60 or 90 minutes groups.

Also, it includes many original and out-of-the-box creative writing prompts.



Has this curriculum been used in treatment centers before?

Yes! This curriculum has been used for the past eight years in many treatment centers all over Los Angeles, CA, staff team-building events, youth events and programs and many more. It has been facilitated successfully for hundreds of hours in accredited Mental Health, Addiction and Trauma Inpatient and Outpatient programs. See testimonials.

Where did all the ideas come from?

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?

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?

Any mental health, addiction and trauma inpatient or outpatient 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 topics of mental health explorations. We recommend training for the best results.

What ages is it fit for?

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?

This curriculum can be facilitated by different individuals: Therapists, Groups Facilitators, Techs, Staff, RA's, interns, and associates. The guide is self-paced although training is highly recommended. The group is a weekly creative-writing group that can be added to the treatment schedule (like art therapy and yoga) and also can be used as social building hour and for opening and ending of programming days.

FAQ

Is it approved by an accredited organization?

Not yet. We are working to offer this curriculum guide and training as a CE option. However, this guide has been facilitated successfully in many accredited mental health, addiction and trauma centers and at trusted companies and organizations. See testimonials.

Why should we invest in this?

The creative writing curriculum is an amazing addition to any treatment center's weekly group schedule that wants to bring the topics of mental health, addiction, trauma, and self-care (creatively and uniquely) to their program. The writing curriculum helps the clients to explore mental health 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. It includes four months or more of group activities (with easy adjustments) and materials that are helpful for clinical and program directors since they can add them to the weekly programming in short and long programs and when a group is needed at a short notice.

I have a mental health program that is not a treatment center, 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 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 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.

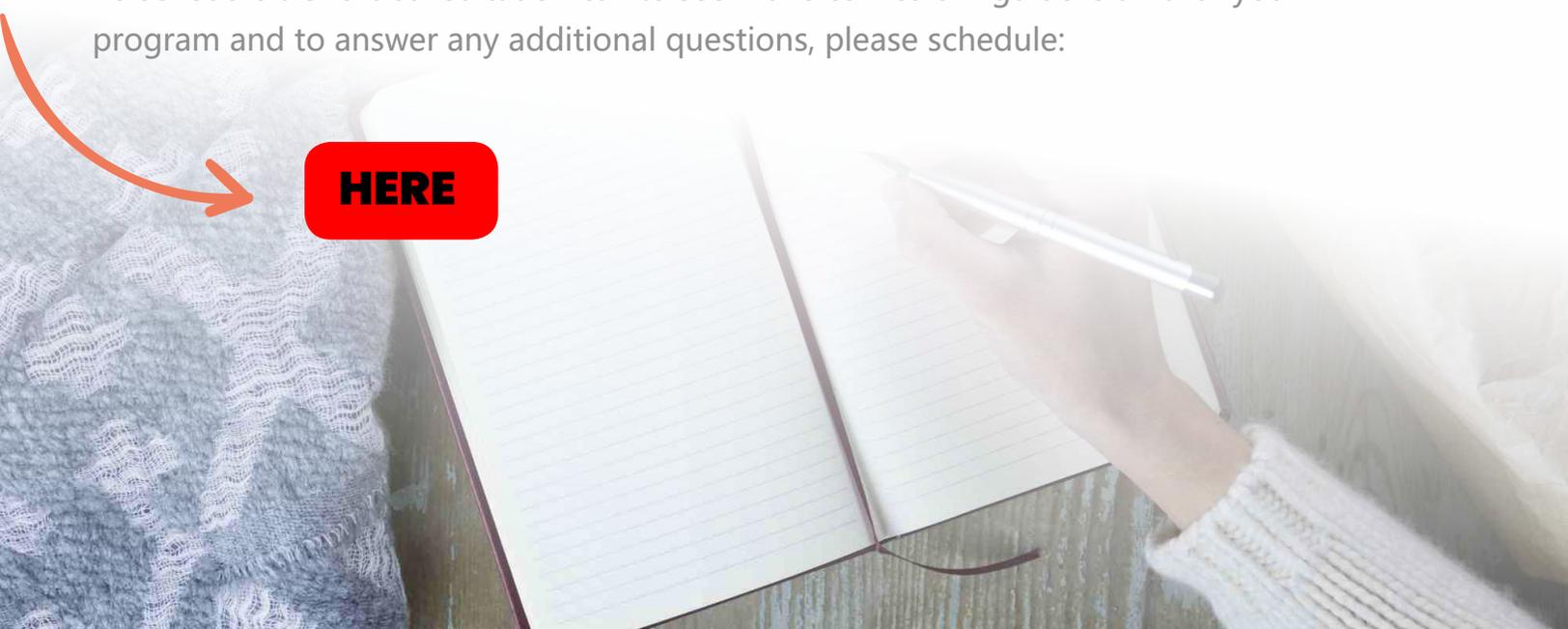


BUY NOW



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)



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



“Past CLIENTS INCLUDED



“ Shilloy Sanchez, Clinical Director **reCONNECT** 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.

“ 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

“ 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.

“ 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.

