



Literature and Therapy: A Systemic View

Liz Burns

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Literature and Therapy: A Systemic View is an invitation to the world of literature, drawing us into the creative and imaginative spaces which lie between readers and their choice of novels, plays and poems. In this world, the fundamental importance of emotion and intuition is recognised, as is the power of literature to promote transformations of meaning in every day life and in therapeutic practice. Its potential to contribute depth and diversity to therapists' personal/professional development is explored via literary reflections and qualitative research findings. Liz Burns defines the terms literature and therapy broadly, emphasising their mutual relevance in contemporary and historical contexts, acknowledging the richness of literary resources and signposting accessible routes to their use in clinical practice. A systemic view, highlighting relationships, calls to the reader to explore both therapy and literature with fresh eyes, newly motivated thoughts and a lightening heart.

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