

DÉCONFINE TES PENSÉES

MOUVEMENT
SANTÉ MENTALE
QUÉBEC



Promouvoir. Soutenir. Outiller.

Études, sources & références :

Études sur l'écriture expressive et la résilience :

Chilton, G. et al. I Followed the Butterflies: Poetry of Positive Emotions in Art Therapy Research. In Cogent Arts & Humanities, April 9, 2015.

Fancourt, D. et al. How do artistic creative activities regulate our emotions? Validation of the Emotion Regulation Strategies for Artistic Creative Activities Scale (ERS-ACA). In PLOS ONE journal, February 5, 2019.

Frattaroli, J. Experimental Disclosure and its Moderators: A Meta-Analysis. In Psychological Bulletin, 2006, Vol. 132, No. 6.

Graybeal, A. et al. The Role of story-making in disclosure writing: the psychometrics of narrative. In Psychology and Health, 2002, Vol. 17, No.5.

King, L.A (2002). Gain without pain? Expressive writing and self-regulation. In S.J. Lepore& J.M. Smith (Eds.), The writing cure: How expressive writing promotes health and emotional well-being (pp. 119-134). Washington, DC: American Psychological Association.

Maslej, M et al. Why Does Expressive Writing Affect Emotion? Considering the Impact of Valence and Cognitive Processing. In Revue Canadienne des sciences du comportement. January 9, 2020.

Parastoo, A. et al. The Effect of Group Poetry on Cognitive Emotion Regulation and Moods of Psychotic Patients: The Case of Razi Psychiatric Hospital, Tehran. In International Journal of Humanities and Cultural Studies (IJHCS), March 2016.

Wassiliwizky, E. et al. The emotional power of poetry: neutral circuitry, psychophysiology and compositional principles. In Social Cognitive and Affective Neuroscience, 2017.

 [Expressive Writing with Adolescents: What's Really Going on? A Qualitative Multiple Case Study](#)
[Guzzo Family to Collaborate with Kids Write Network- Iman's Voice](#)

Pour en savoir plus sur le Réseau d'écriture pour enfants/Kids Write Network et SCYiBL :

www.scyibl.com/
www.kidswritenetwork.com/
www.scyibl.com/fr/testimonials.html
www.scyibl.com/fr/education.html
www.scyibl.com/fr/healthcare.html
www.braincanada.ca/funded_grants/evaluation-kids-write-network-kwn-intervention-children-severely-ill-parents-qualitative-quantitative-pilot-study/
www.theseniortimes.com/kids-write-network-helps-children-share-experiences/



 Premier pilote du projet à l'école primaire Gerald McShane en 2012. Toute l'école a adopté le programme de SCYiBL, pour lequel il a gagné un prix du Ministère Du Sport et Loisir. Ce vidéo est le résultat: www.youtube.com/watch?v=ktIKR-W88M&t=19s