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About the Journal

The Lapidus International Research and Innovation Community (LIRIC) Journal is an international, peer reviewed, scholarly journal. It aims to provide a forum for contemporary critical debate on the relationship between the written (and spoken) word and (mental) health and wellbeing. This includes writing as a social practice.

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*A sincere thank
you is due our
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reviewers who
assisted with this
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Editor's Foreword

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Welcome dear readers—revisitors and newcomers, professionals and explorers, seekers and believers. This second issue of LIRIC's Volume 2 laboured itself through periods of the COVID-19 pandemic, a brutal ongoing war, teetering economies and recession worldwide, and unfortunate grief and loss. But Issue 2, at its core breathes inspiration, creativity, love, and hard work—everything that our human spirit essentially thrives on. As an expressive arts-based therapy practitioner, I am a firm believer that the process of self exploration and healing doesn't have to be painful or boring. It can be thrilling, simple yet meaningful, and fun.

LIRIC's vision, aligned with my beliefs, is to make information and inspiration in the field of creative practices in wellbeing easily accessible to all. In the process of doing so, we hope we can help individuals and organizations to tap into their creative potentials to express themselves through their joys and sorrows. Our work is nothing but a nudge to help you gain access to your ingenious traits. As a team, the volunteer board members are committed to making this vision a reality.

In this issue, as well as five full-length papers, an innovations contribution, a book review, and a tribute to a much-loved author and activist, for the first time we have included an audio link into one of the papers to allow the words of research participants to be heard as well as read.

Apart from the brainstorming, article writing, peer reviewing, editing, production, and marketing activities the team puts their hearts into, we tried something else new this year. To encourage members and others to

write articles and submit them for publication in *The LIRIC Journal*, our team members, Kate Thompson, Mary Pringle, Reinekke Lengelle, and Kim Etherington planned and facilitated a workshop titled “Write On!” As it was well received and appreciated, we intend to conduct similar workshops at least twice a year.

We, the editors, are grateful to all our authors, peer reviewers, board members, and readers. For whatever reason you are here, we hope you find what you are looking for—even if it’s the joy of exploration. Our journal is still in its toddlerhood years, and so, to nurture its growth, we welcome sharing it with your friends, colleagues, and even clients. You can share your feedback with us at liriceditor@lapidus.org.uk

Aathira