
Creative Interventions and Activities Clearinghouse

FanFiction: Externalizing Problems Using Pop Culture Characters

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Purpose:

The purpose of this creative intervention is to assist clients in externalizing problems.

Materials Needed:

Paper, pencils, pens; web browser and printer

Procedures:

The client chooses a favorite character from a movie, book, TV show, comic strip or other fandom and writes a fictional piece in which the character is faced with a similar challenge to one of their presenting problems. Clients can increase problem externalization by writing a story in which they visualize their problem as the villain from their favorite fandom. As a precursor to this activity, clients can read and process counselor-selected stories from the Fanfiction.net archive.

Process Questions and Follow-Up:

What are the reasons for choosing this character/strengths of the character?

How did the problem impact the character?

What other characters did they include from the fandom?

What did they represent that was relative to people in the client's own life?

How did the story's ending relate to or differ from their own visualization of meeting their goals?

Practice Setting:

Mental Health Agency/Private Practice