



WOMEN'S CREATIVE WRITING WORKSHOP

SPRING 2021

Writing & Storytelling as a Healing Practice

Join us as we learn about the bodies stress-response system and how writing and storytelling can be used as a healing practice. This 8-week series will follow the Amherst Writers & Artists Method of writing in community. **No writing experience is necessary.** Topics covered will include:

- Grounding techniques for women who have experienced traumatic events
- Trauma and Post Traumatic Stress definitions, ACE Study, & Trauma Prevalence (You are not alone-- trauma is part of the human condition.)
- Brain & Memory, Nervous System, and Stress Response System (How our bodies respond to stress)
- Writing & Storytelling as a Healing Practice
- The Hero's Journey

Facilitators

Christine Wilcox, Amherst Writers & Artists Affiliate
Dawn McIlwain, Healing Arts Program Coordinator

Each session in the series includes:

Grounding Activities

Presentation

Writing to Prompts & Sharing that Writing in Community (optional)

Workshop Fee:

\$80 - \$200

sliding scale

scholarships available

Proceeds go to:

Trauma Healing Project
501(c)3 Nonprofit

Workshop is limited to 8 Participants including Facilitators

Trauma Healing Project



via Zoom

Pre-registration Required

www.healingattention.org/HAP_schedule

Fridays 1-3PM

8 Week Series

April 2 – May 21