

*Continuing Professional Development Workshop*

***Creative Writing as a Tool for Therapists***

Led by: Helen Stockton - 'Writing for Life'

**Thursday 7 December 2017 (9.30 to 4.30)**

**In this workshop we will explore the use of creative writing as a therapeutic process for enhanced well-being. We will introduce a number of techniques that can be used as tools to explore feelings, experiences and our sense of self. This workshop is suitable for anyone, without any prior training or qualification. It is suitable for trainee or qualified counsellors and psychotherapists.**

**About the Workshop leader**

Helen Stockton ([www.helenstockton.co.uk](http://www.helenstockton.co.uk)) is an experienced creative writing and writing for well-being tutor and has been teaching groups since 2000. She has taught writing for well-being for the general public; for patients, carers and staff at a local hospice; for clients at a local mental health charity and for counsellors and psychotherapists as participators and as training in its use. She also delivers the Award in Education and Training specifically for creative writing and writing for well-being tutors. She is a member of Lapidus, the writing for well-being organisation, and of Writing for Well-being Sussex. She is a published writer having written several books, magazine and newspaper articles and blogs as well as being a regular magazine columnist.

**This Workshop is recognised as 6 hours Continuing Professional Development - Cost: £ 105  
Venue: Wealden Institute Crowborough**

**Workshop Entry requirements:  
Anyone, no prior training required.**

I would like to book a place on the 'Creative Writing as a Tool for Therapists' Workshop On Thursday 7 December 2017 at Wealden Institute Crowborough (9.30 to 4.30)

TITLE:	FULL NAME:
ORGANISATION:	
ADDRESS:	
	POSTCODE:
TELEPHONE(S):	
EMAIL:	
I AGREE TO WEALDEN INSTITUTE CONTACTING ME BY EMAIL IN FUTURE, PLEASE TICK HERE:	
DIPLOMA IN COUNSELLING STUDENTS PLEASE TICK HERE IF THIS IS ONE OF YOUR PREPAID WORKSHOPS:	
SIGNATURE:	I AGREE TO PAYING THE FEE OF £ 105.

NB. Your booking will not be accepted without payment and is non-refundable within three weeks of the Workshop date.