

## New Course

Title	Creative Writing as a Tool for Therapists
Dates(s)	Monday 25 <sup>th</sup> March 2019
Time	10.00am – 4.00pm
Location	Tonbridge
Cost	£50
Description	<p>This workshop will provide an introduction to Writing for Wellbeing and how it can be used by therapists. It will include the following:</p> <ul style="list-style-type: none"> <li>• What writing for wellbeing is and is not, its benefits and uses</li> <li>• How to use it safely and constructively</li> <li>• Potential pitfalls and how to avoid them</li> <li>• Participation and evaluation of a range of writing for wellbeing activities such as flow and cluster writing, using metaphor, writing from pictures, objects and other prompts plus basic journaling techniques</li> <li>• How therapists can use writing for wellbeing to benefit themselves as well as their clients.</li> </ul>
Anything else	<p>Attendees will need to bring a notebook and pen.</p> <p>This is an experiential workshop and participants will be expected to engage and reflect on various Writing for Wellbeing activities.</p>
About the tutor	<p>Helen Stockton is a freelance writer, creative writing teacher and writing mentor. She has been a Writing for Wellbeing practitioner since 2009 and has offered courses in mental health settings, for the general public and, regularly, at a local hospice. She is also trained in using Writing for Wellbeing for those suffering from dementia. She is a member of Lapidus, the international Words for Wellbeing Practitioner and has delivered at their national conference. She is also a member of the National Association of Writers in Education and the Society of Authors. She is a qualified teacher. <a href="http://www.helenstockton.co.uk">www.helenstockton.co.uk</a></p>