

Writing for Wellbeing: Taster workshop

LJMU Partnerships Forum

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Today's Workshop...

- ❖ **A 'taster' session** – an introduction to the practices of explorative and expressive writing for wellbeing
- ❖ **A safe space** for you to stop....breathe....reflect on your professional practice and your self
- ❖ **An opportunity** to explore tools that can open up an alternative portal into self-knowledge and understanding.

No skills required! This is all about process, not product. You do not have to be a “writer” or a “poet” to take part!

Writing for Wellbeing: your practice

- It's about the process, not the product
- Nobody needs to read it or “check” it!!
- Just 6 or 10 minutes daily ‘freewriting’ can become a space for deep reflection and lead to change
- As an embedded practice this way of writing and reflecting can bring about deep insights, contributing to personal and professional development



Feel free to contact me about anything from today's session, or if you are interested in further workshops for staff and/or students.

Thank you 😊
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Further sources

- Bolton, G. (2014) *The Writer's Key: Introducing Creative Solution*, London: Jessica Kingsley Publishers
- Bolton, G. (2010) *Reflective Practice: Writing & Professional Development*, 3rd ed., London: Sage
- Goldberg, Natalie (1986/2016) *Writing down the bones: Freeing the writer within*, Shambhala Publications Inc.
- Pennebaker, James W. (2014) *Expressive Writing: words that heal*, Idyll Arbour Inc.
- Thompson, Kate (2011) *Therapeutic Journal Writing: An Introduction for Professionals*, Jessica Kingsley Publishers

Useful web links for info, training, research and conferences

www.iaPOETRY.org (UK based credentialing organisation for poetry/biblio therapy practice)

www.Lapidus.org.uk (international writing for wellbeing community – good link for networking, events, research)

www.poetrytherapy.org (National Association for Poetry Therapy – US)

www.thepoetrypractice.org.uk (CREATIVE, EXPRESSIVE AND THERAPEUTIC WRITING FOR HEALTH, WELLBEING AND TRANSFORMATION)

www.nfbpt.org (National Federation for biblio/poetry therapy – US)