



# Further Pathways Through the Page

Day Workshop from 10am-4pm

For those who support others' health and wellbeing

On: Saturday, March 23rd

@Gladstone's Library, Hawarden

With Julia McGuinness

(Writer, Counsellor and Writing Practitioner)

Health professionals cannot always be alongside their clients, but the therapeutic space of the page is there 24/7. Personal writing can be an adjunct in our work, and also help others to care for themselves.

This workshop will explore the creative possibilities of writing pathways through challenging times. It will equip those who professionally help others in their work and in their own well-being. The day will be suitable for those new to therapeutic writing, and further resource those more familiar with the practice.

We will explore:

- How therapeutic writing works
- A range of approaches from prosaic to poetic; form to freedom.
- How to ensure writing is helpful rather than harmful

Our day will involve practical exercises. We will discuss the process of writing, but with no pressure to share content unless we wish to do so.

CPD Certificates will be issued

Cost: £80 (Lunch not provided, though available at Gladstone's)

Early Bird \*£65 booked before March 1st

Julia McGuinness is a Writer and Counsellor (MBACP Accred). She runs writing workshops for creativity and well-being, and a journalling group. Her publications include 'Writing our Faith' and her poetry collection, 'Chester City Walls'. She belongs to Lapidus International, the network of well-being writers.

For more information or to book, call 07787 116603 or e-mail

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