

# WRITE YOUR SELF

## Foundation Programme



### **Programme Overview**

The Write Your Self Foundation Programme is an 8 week programme of therapeutic writing which uses a trauma-informed and trauma-sensitive methodology. It is typically delivered over 8 weeks and each session lasts for 2 hours. Please note that each certified Write Your Self guide will deliver the course slightly differently and will have made their own adaptations. I continue to evolve the structure, format, content and learning materials over time and in line with participant feedback. Each session description below is my own interpretation and development of the original methodology.

**Online fee:** £220

**In person fee:** Varies

### **Session 1: A Room of One's Own**

In our first session, we will get to know each other better and start to consider what conditions we need individually, and collectively, to write safely and effectively.

### **Session 2: Begin Writing**

In this session we will try out gentle, introductory writing exercises to lay the foundations for our practice. We will specifically explore stream of consciousness writing as a tool for accessing our authentic voice, granting us permission to write with more freedom.

### **Session 3: Self-care**

In our third session together, we will review the importance of taking care of ourselves, emotionally and physically, as we write and grow as writers.

### **Session 4: The Writing Body**

This week we will consider the idea that our bodies can be keepers of unwritten and unspoken stories that are waiting to be heard. Through various exercises, we turn to our bodies and enlist their help with writing our story.

### **Session 5: Experimenting with Genre and Form**

In session five we will experiment with different genres and play around with various narrative perspectives as a way of further elevating our writing. We will look at the reasons why weaving our own stories into fiction or poetry, for example, could have therapeutic value.

### **Session 6: Developing a Writing Archive**

This week, each writer will create their own personal writing archive. This is a live, on-going record or document of writing topics, ideas or even memories that a writer might wish to examine further, in their own time and at their own pace.

### **Session 7: Creating Wholeness**

As we head towards the end of the programme, we reflect on our progress so far and delve deeper into the research that has been done in the area of therapeutic writing. In this session we also look at the significance of tense in our writing and healing.

### **Session 8: Expressing the Wordless**

In our final session, we bring together our learning, celebrate our resilience and lean on our community of writing peers to find the motivation that we need to keep writing our stories, especially those that seem to transcend language.