



FREQUENTLY ASKED QUESTIONS

Who is the Write Your Self course for? Would it be suitable for me?

In short, it's for everyone. You do not have to call yourself a writer to join the programme, the only pre-requisite is that you're interested in the idea of using creative writing as a therapeutic tool for your own wellbeing. Whilst the programme was created specifically for trauma survivors, you do not need to describe yourself in this way to take part. We work on the principle that trauma, as an experience, is defined and determined solely by the individual – what might be traumatic for one person may not be for another, and we respect and acknowledge this. The programme can also support us to write about a broad range of experiences, not necessarily traumatic, but which can still leave us feeling silenced – for example grief, serious illness, war, discrimination and bullying. Please note: in order to enrol on the Intermediate programme, you will need to complete the Foundation programme first.

Do I have to write about trauma during the course?

Absolutely not. You decide what your writing subjects will be, always. Many participants choose not to write about the trauma they've experienced, at least to begin with. It's different for everyone.

Will I be expected to share my writing with others?

No, there is absolutely no expectation for you to read aloud or share anything about the content of your writing. The programme is built upon and incorporates trauma-informed principles at all times – this means that you alone will decide your level of participation. All contributions have value, even if that's listening.

What do you mean by trauma-informed and trauma-sensitive?

These terms mean that the programme is well informed, from both a clinical and educational perspective, about the prevalence of trauma in people's lives and its ability to affect us physically, emotionally and spiritually. This knowledge is then infused into the programme on various levels, meaning it is designed and delivered in a way that actively avoids re-traumatising or triggering people as much as possible. It also means that the programme embeds and embodies, through its content, delivery and structure, the values and principles that are known to aid recovery from trauma such as safety, trust, agency, choice, invitational language and collaboration (to name a few).

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Do you deliver the course face-to-face?

I deliver courses in person and online via Zoom. Face-to-face courses will be available to attend in both Manchester and Liverpool (UK) once it is safe to deliver group events again. If you're a bit further afield and would be interested in a face-to-face course, I'd be happy to come to you. Please contact me so we can discuss this in more detail.

How many places are available per programme?

Groups sizes are kept relatively small to ensure a quality learning experience for all participants, where everyone receives adequate space and time to develop their writing practice. When the course is delivered online, there might be up to 20 participants. Face-to-face class sizes vary as it depends on the venue I am using, but typically the group will be no larger than 15 people.

Is this course considered a treatment for trauma?

This programme is not a substitute or replacement for any type of counselling, psychotherapy, mental health care or clinical trauma treatment. It is, however, intended to work in tandem with those treatments. Though I am a therapist, when I deliver the programme I offer an educational space, not group therapy. Here, our focus is writing. Throughout the programme you are responsible for your own self-care. If you are struggling with your mental health, feeling overwhelmed, or have very recently experienced a traumatic event, please consider seeking professional support before enrolling.

Do you offer the programme in other formats, such as 1-1 sessions or intensive weekends?

I do offer 1-1 sessions. Generally I would recommend that you undertake the programme as part of a group if you're able to, as the connections you make with other writers can really deepen the experience. However I fully understand that there might be barriers or other circumstances preventing you from taking part in this way so please do get in touch with me to discuss what you need. I am also hoping to offer intensive weekend writing retreats in the near future so that participants can experience the programme over a shorter length of time.

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How much is the course and what's included in the course fee?

Foundation (online): £220

Intermediate (online): £250

Fees for face-to-face courses vary as there are more upfront costs involved including, for example, venue hire and course materials. I will review my prices every year.

Here's what's included with each course fee:

- 2 hours of learning each week with a small group of peers
- high quality course workbooks that run alongside the live sessions, which can be completed digitally or printed out
- extra writing exercises and prompts to try out between sessions to maintain momentum and deepen your practice
- meaningful feedback on your writing from your peers and writing guide
- a recommended reading list, as well as links to other useful resources which support learning, e.g. articles, videos and podcasts
- a fixed space each week dedicated to your personal and professional development
- access to a wider writing community that you can stay in touch with (if you choose to) after the programme has finished
- a sustainable writing practice that you can continue to use in the future to support your wellbeing.

Do you offer subsidised places?

I do. I will always offer subsidised places on both programmes for participants on lower incomes. There is often waiting lists for these places, so please contact me directly to express interest.

If your question is not answered here, I'd love to hear from you.