

# Writing the Difficult Stuff

**Explore the therapeutic benefits of expressive writing.**

**58/330 Wattle Street, Ultimo** (close to Broadway)

**When:** Saturdays starting **March 8, 15 and 22. April 5 and 12**  
**10:00am - 1:00pm**

**Cost:** **\$360:00** AASW members: \$320.

Early bird discount if paid in full by 4th February: \$300.

Negotiated fee for low waged/unemployed.



**AHPRA**  
CPD Available

Research has shown that writing about difficult experiences can enhance our physical and psychological wellbeing. The five-week group will explore the benefits of writing about the difficult stuff through practising a range of writing exercises.

You do not have to consider yourself 'a writer' to join. The course is about healing through writing, not writing a blockbuster or best seller. We aim to create a safe nurturing space where writing as a healing practice can be experienced and explored.

Groups will be facilitated by -

## **Cecile Barral**

a psychotherapist in private practice, who uses therapeutic writing both for herself & clinically, and has a special interest in exploring this method of healing.



## **Charlie Stansfield**

a freelance writer, social worker and counsellor who has practised techniques of therapeutic writing for as long as she has been able to hold a pen.

If you would like to know more please contact: **Cecile: (02) 9211 3194** **Charlie: 0406 967 428**