

# Therapeutic Creative Writing and Storytelling WORKSHOPS FOR CARERS

Led by award-winning published writer **Karen McKnight** who has lived experience as a carer and has spent years helping individuals and groups to find their voice through writing, these creative writing workshops will cover a range of writing styles such as freewriting, poetry, memoir and fiction-writing, allowing for the development of creative self-expression, storytelling skills and supportive peer dynamics.



## **Week 1: Stream of consciousness**

Letting go of the rules of writing through a range of intuitive, right brain techniques. These work towards reconnecting to oneself, one's values and to what makes life meaningful.



## **Week 2: Discovering your story**

Compiling lists of significant moments and turning points in your life as a way of mapping your journey, observing patterns and discovering the stories you want to tell.



## **Week 3: The Hero's Journey, story structure & fictionalising**

Retelling one's story as a character on a Hero's Journey using a structure which is empowering and enlightening can resolve concerns about privacy.



## **Week 4: The power of poetry as a therapeutic tool**

An introduction to list poetry, Beat poets and poetry prompts to create moving and powerful spoken word poems. Living the Writer's Life: An overview of peer led writing groups, and where to from here.

**Date:** 4 Oct, 11 Oct, 25 Oct and 1 Nov. Fridays

**Time:** 1:00pm - 4:30pm

**Location:** Suite 3, 50 Upper Heidelberg Road, Ivanhoe 3079

**Any questions, please contact:**

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**RSVP essential**