

The Literary Therapist:

Creative writing for personal growth, healing and social change

When: Thursday 12 and Friday 13 October 2017

Where: Buda Historic Homestead, Castlemaine, Victoria

This unique 2-day interactive workshop is designed for anyone who works with people and is passionate about writing...or would like to be more so!

Creative writing can help transform our experience of everyday living and it is also a powerful tool for engaging with clients in counselling and in groupwork, with colleagues in supervision and strategic planning, with communities in teaching and presentations, and with ourselves through our own critical reflection and self-care.

When so much professional writing - reports, submissions, case notes - can be laborious and purely instrumental, it is easy to overlook the transformational power of the written word when enacted with creativity and flair.

These two days include a wide range of practical, readily-useable ideas, skills and prompts to bring writing alive in some very novel ways:

- Moon writing
- Collaborative writing
- Sentence starters
- Memoirs
- Listing and stretch listing
- Dialogue
- Sparkling moments
- 6-word stories
- Nano stories
- Micro-stories
- Letter writing
- Poetry
- Client feedback
- Social Justice writing
- Posters

We will also go beyond these skills to think about ways to connect our writing to our sense of being by exploring themes such as longing, identity, dancing with uncertainty, the power of place, savoring the moment, and noticing transitions and turning points in our lives.

In this workshop participants will write their own mini-book and take away some touches of inspiration and writing techniques for enriching their personal and professional lives.

Many of us in our professional practice constantly send our writing out into the universe, often without being conscious of its actual or potential impact.

In this workshop we will uncover the potential of creative writing to refresh our spirits, open doorways for clients and be part of our repertoire of self-care strategies.



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The Literary Therapist is facilitated by:

Karen Bedford

Karen is a consulting editor at Innovative Resources, having worked with St Luke's and Innovative Resources for over 15 years and previously with a range of publishers including Penguin Australia.

She is the author of *The Uses of Sadness* (Allen and Unwin, 2009) and *The Treasure Trove*, a book arising out of a therapeutic creative writing course Karen facilitates. Karen has participated in the creation of many card sets, books and picture books.

Andrew Shirres

Andrew has a Bachelor's Degree and a Post Graduate Diploma in Fine Arts, a Bachelor of Social Work, a Diploma of Management and a Cert IV in Training and assessment. He is a highly experienced facilitator of 'strengths-based practice', delivering workshops across many community and social service sectors throughout Australia. Through his training and group facilitation work Andrew has developed a myriad of skills and experiences to share with new and seasoned practitioners. Andrew's commitment and dedication to reflective practice have earned him great respect while working extensively in both service delivery and management for more than 10 years. He is a facilitator of 'strengths approach' learning and skills development for individuals, teams and organisations. Andrew is the practice development coach at Innovative Resources.

Our Resources

All Innovative Resources' publications will be available for sale at the workshop.

To Register

Please copy or fill out the attached registration form. Registration includes all morning and afternoon teas and lunches over the 2 days. Numbers are limited to 30 participants. To secure a place your registration form must be returned with payment.

Accommodation

Castlemaine has a range of individual, couples and family accommodation options to suit a range of budgets. Contact the local information centre. More options exist in Bendigo.

Travel

Castlemaine is easily accessed by car from Melbourne and Melbourne Airport. Simply take the Calder Highway and allow a comfortable 90 minutes. There is an airport commuter bus that runs at specified times. V-Line has a fast train service that runs frequently from Southern Cross Station.

Venue

The Literary Therapist is held in the Garden Room of Buda Historic House and Gardens—the most delightful workshop venue in central Victoria.



Innovative Resources

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The Literary Therapist Registration Form



Please fax or send registration form and payment to:

Innovative Resources 62 Collins Street Kangaroo Flat, Victoria 3555 Australia, or fax (03) 5447 2099.

Full payment is required at the time of registration to secure your place in any of the activities.

If paying by cheque please make payable to: St Luke's Innovative Resources.

Name (one form per person):

Organisation:

Address: Postcode:

Phone: (.....) Fax: (.....)

Email:

Payment by: Invoice (organisations only). Please forward a copy of this form with any correspondence

Cheque Visa card Master card

Card Number _____ / _____ / _____ / _____ Expires ____ / ____ CVV No. _____

Full name on card _____ Signature _____

Date	Workshop	Location	Cost
Thursday 12 & Friday 13 October, 2017	The Literary Therapist	Buda Historic Homestead Castemaine, VIC	\$480 (inc GST)

- All sessions start at 9.30am and finish at 4.00pm
- Morning tea, afternoon tea and lunch is provided in all workshops
- All workshop fees are GST inclusive

Please advise of any dietary requirements.....

CANCELLATION POLICY: A full refund will be given if notice of cancellation is received in writing up to 10 working days prior to a workshop. Registrations cancelled between 5 and 10 days prior to the commencement of the workshop will incur a 25% administration fee. Fees for registrations cancelled less than five working days prior to the commencement of the workshop will not be refunded. Workshops may be cancelled should participant numbers be insufficient. Innovative Resources will notify participants as soon as this decision is made and a full refund will be provided. NOTE: Unless otherwise requested, your name and address may be added to our mailing list.