

Correspondence course

Structured support for a) new practitioners of writing for wellbeing (W4W) and b) counsellors and psychotherapists introducing therapeutic writing into their practice



Aims - to support you in building your trust in the process of W4W while you begin to work with clients;
to mentor you as you build confidence in your skills and abilities in this work;
to give supportive feedback as you flex your muscles, explore and experience delivering W4W to your clients;
to encourage and support you in developing your own ways of working within the discipline of W4W.

Objectives - You will be offered especially designed written exercises to provide experiential learning of the applied process of including W4W in your practice;
I will 'shadow' you and give you an opportunity for reflective and reflexive appraisal of a) your W4W practice as it evolves or b) as you introduce W4W into your professional practice.

The structure is comprised of four correspondent assignments and three thirty minute

phone conversations, arranged as follows:

1. We begin with a phone conversation to discuss where you see yourself as a practitioner in terms of training, experience and confidence. We can then establish the pace of our correspondence and, if you wish, identify areas you want particular support with.
2. Two rounds of assignments: I provide you with an assignment and a time frame for you to return it, as agreed in our initial phone conversation. I return my feedback to you, with my thoughts on your assignment, within an agreed time frame.
3. We have our second phone conversation.
4. Two more rounds of assignments, as above (2).
5. A concluding phone conversation to evaluate where you feel you are at the end of this correspondence course and what you intend to put in place to provide yourself with ongoing, self-supporting, reflective practice.



The themes of the four written assignments are:

1. Contained space - the creative and therapeutic benefits of establishing and holding a structured framework, both on a macro and a micro level.

2. Using writing creatively, expressively and reflectively as a practitioner for evaluation, reviewing, self-support and self-care – it follows (generally) that if you develop a practice that makes *you* feel safe, you will hold a safe space for others.
3. Trusting the process - the stable dynamic of triangle (practitioner, participant and activity – in this case the W4W) and the role and therapeutic value of creative, expressive and reflective writing.
4. Finding your unique approach within the discipline of W4W - the balance of authenticity and your role and responsibilities as a practitioner.