

Correspondence Course

TRAVELING WHILE SITTING STILL - an introduction to writing for wellbeing (W4W) for individuals



The TWSS course offers you the opportunity to write creatively, expressively and reflectively, gently stimulated by carefully designed questions, exercises and prompts and other material such as poems and images.

Structure:

We will communicate by telephone and by email or post (your choice), as follows:

1. We have an initial conversation by phone or email to establish your needs and to set the

frequency of our email exchanges. You can choose a time frame to suit your pace and availability for the work, ie weekly, fortnightly, monthly.

2. I will then send you an introductory session assignment, followed by seven ensuing session assignments (eight sessions in total). The pattern is that I send you an assignment and you return each one to me within the agreed time. I recommend a minimum of one week's frequency to allow for immersion and reflection.

3. I will respond to your writing with my constructive feedback within an agreed time.

4. After four assignments, ie halfway through the course, we will have a thirty minute telephone conversation to check in and address any arising questions or issues. We can make adjustments if necessary at any point in the correspondence course ie if you find you need more time, or, conversely, more stimulation.

5. Within the title theme - traveling while sitting still - each session assignment will have its own individual theme eg the introductory session is called 'in the harbour'; the second one is 'casting off' and so on, until we 'return to land' in the final session.

6. At the end of the assignments, we will have a final thirty minute telephone conversation.



Content

Some examples of what the assignments will include:

You will have the chance to explore feelings and thoughts in writing using innovative and creative prompts as starting points. The stimulation to write is gentle but inviting;

You will be introduced to the practice of reflective writing - the process of actively digesting and making sense of what happens in your daily life;

You will be guided in how to dialogue, for example, with people who are absent for one reason or another, or with people who are very present in your life and to whom it would be useful to write letters without sending them. Dialogues can also be set up between different parts of yourself, using a simple props and structure;

You will be invited to consider the story you tell yourself and others, to look at the consequences of the telling of your chosen narrative, and to recognise that you have choices in where you lay the emphasis in your narrative. You will be invited to explore alternative ways of telling your story.

Cost

This course costs £280, payable by BAKS, postal order or cheque at the beginning of the course.