

CREATIVE & REFLECTIVE WRITING GROUP FOR THERAPISTS

A shared space for personal and professional development



Would you like a confidential peer space where your personal and professional selves can meet and be nourished?

Combining techniques and exercises from creative writing, reflective practice and therapeutic journaling, this group aims to provide its participants with:

- ↪ A space to **connect** with personal creativity and self-care
- ↪ A space to **reflect** in a supportive peer environment
- ↪ A space to **explore** your work as a counselling professional through a creative lens

This is a 6-session pilot initiative led by therapist and lecturer **Simon Forsyth (MIACP)**, who has previously co-facilitated writing and wellbeing workshops at Big Smoke Writing Factory. It is open to qualified practitioners only, and will run with a minimum of 5 participants, maximum of 8*.

- ↪ No previous experience of creative or reflective writing is needed
- ↪ Sharing of work will be encouraged but always optional
- ↪ Emphasis is on *process*, rather than production of polished work
- ↪ Due to the group nature, full attendance from all participants over the 6 days is hoped for
- ↪ Deadline for sign-up is September 13

Dates (all Sundays):

Sept 20	Oct 4	Oct 18	Nov 1	Nov 15	Nov 29
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Time: 11:00 – 13:30

Location: Insight Matters, 106 Capel St, Dublin 1

Cost: €50 per session**

Info/Book: 086 308 9235/nozomicounselling@gmail.com

* Social distancing guidelines recommended by the government at the time shall be followed

** Discount available if paying for all 6 sessions upfront



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