

# CREATIVE & REFLECTIVE WRITING GROUP FOR THERAPISTS

*A shared space for personal and professional development –  
facilitated through Zoom, Jan-April 2021*



**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 fortnightly group led by therapist and lecturer **Simon Forsyth (MIACP – Practitioner Cert Creative Writing for Therapeutic Purposes)**, who has facilitated writing and wellbeing workshops at Big Smoke Writing Factory and PCI College.

The group is open to qualified practitioners and will run with a maximum of 10 participants.

- ↪ **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
- ↪ **Attendance certs** will be issued, with full participation hoped for due to group nature
- ↪ Deadline for sign-up is **January 20**

## Dates (all Saturdays):

Jan 30	Feb 13	Feb 27	March 13	March 27	April 10
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**Time:** 10:30 – 13:00

**Delivery:** Online through Zoom

**Cost:** €60 per 2.5hr session

**Info/Book:** 086 308 9235/writingtherapydublin@gmail.com



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