

Julie Mariouw

Writing Workshop Facilitator
Forest Therapy Guide

Phone: 734-730-6175

Email: julie@wellspringwritingworkshops.com

Website: <https://www.wellspringwritingworkshops.com>

Facebook: <https://www.facebook.com/wellspringwritingworkshops/>

Substack: <https://www.wellspringwritingworkshops.substack.com>

Instagram: <https://www.instagram.com/wellspringwritingworkshops/>

Experience

- | | |
|----------------|---|
| 2025 - Oct/Nov | Release Your Body's Stories Through Creative Writing
Angel Whispers Healing Center, Dexter, MI
Led writing workshop |
| 2025 - Present | Forest Therapy Guide
<i>Association of Nature & Forest Therapy Guides & Programs</i>
Leads forest therapy walks on property in Chelsea. |
| 2016 - Present | Writing Workshop Facilitator
<i>Wellspring Writing Workshops, LLC</i> <ul style="list-style-type: none">• Founded Wellspring Writing Workshops.• Creates original lesson plans and handouts.• Creates writing prompts using metaphor, polarity, the senses & the physical body.• Leads online and in-person workshops using the Amherst Writers & Artists workshop method, including: "Write from the Senses", "Memory & Metaphor", "The Magic of Objects in Writing", "Create Characters through the Body", "Follow a Golden Thread", and others.• Facilitates sessions in which writers read their work out loud.• Led a "Launchpad Group" for Amherst Writers & Artists.• Led "Metaphor & the Body" online workshop for AWA Retreat.• Led "From Head to Heart: the Power of Journaling in Recovery" for the Ann Arbor Women's Group.• Led two AWA "Write Around the World" fundraising workshops.• Edited four novels.• Works individually with writers, helping to increase their writing skills, bring about personal healing, and move their work toward publication. |
| 2009 - 2016 | Journal Workshop Leader |

Ann Arbor Recovery community

- Led Journal Workshops for women in recovery
- Created writing exercises and handouts.
- Did research on subjects pertaining to lesson plans.
- Facilitated sessions in which writers read their work out loud.
- Created take-home writing prompts for writers to use.

2006 - 2007

Volunteer Reading Coach

Washtenaw Literacy

- Tutored individual adults in reading and writing skills.

2006

Substitute Teacher

Maxey Boys Training School

- Taught delinquent boys—ages 13 - 20 years.
- Small-group classroom instruction in Social Studies and Language Arts.

2005 - 2006

Substitute Teacher

Ann Arbor Public Schools

- Full classroom instruction in various subjects - 3rd to 8th grades.

2002 - 2005

English Instructor

Sylvan Learning Center

- Worked individually with students on various programs.
- ACT/SAT prep, reading, writing, basic math, algebra, study skills.

Previously

Volunteer Tutor

HOSTS (Help One Student to Succeed) Program, Ann Arbor Public Schools

Volunteer Counselor

Ozone House

- Worked with at-risk women.

Volunteer Music Coordinator

University Musical Society

- Served on planning board for musical events.
- Hosted receptions for various musical artists.
- Brainstormed ideas for future offerings.

Was a mother of two!

Education/Training

Nov '24 - May '25	Forest Therapy Guide Certification <i>Association of Nature & Forest Therapy Guides & Programs</i>
September 2024	Post-Certificate Training Manuscript Review
Jan - Sept, 2022	Healing Trauma Certificate Program <i>Sounds True - Dr. Jeffrey Rutstein</i> Currently studying “Trauma & the Body”, “Co-Regulation from a Polyvagal Perspective”, “Body, Mind and Relationships”, among other subjects.
Oct 2021	Professional Development & Writing Retreat <i>Amherst Writers & Artists</i> - Discussed workshop structure. - Learned strategies for improving online presence. - Received instruction on leading manuscript workshops. - Learned new techniques for facilitating discussion groups.
Nov 2020	Post-Certificate Training Workshop in Prose <i>Amherst Writers & Artists</i> Learned new strategies for teaching prose.
Nov 2019	Veterans Writing Program Initiative <i>AWA Post-Certificate Training Session</i> Received training in how to create and offer writing workshops for military service people and their families.
May 2016	Writing Facilitator Training Program <i>Amherst Writers & Artists Training</i> - Received training & certification in leading writing workshops. - Increased workshop skills. - Learned methods to develop craft. - Learned how to form successful groups for writers. - Received guidance on starting a business for general groups and with specific populations, such as prisoners, low-income groups, seniors, chronically-ill, and youth.
1998 - 2002	Elementary Education Graduate Program <i>Eastern Michigan University</i> (I am just 12 credits shy of this degree—I did not finish student teaching. I realized I was meant to teach adults!)

Dec 1985 **Bachelor of Arts**
University of Michigan - English Department

Summer 1975 **Summer Language Program**
Middlebury College

June 1974 **High School Diploma**
University Liggett School

Previously-published magazine articles:

- “Birch Tree Stories” & “Athena’s Owl” in Teach.Write.A Literary Journal, October ’25
- “Writing and the Forest” - Story Sanctum, March 2025
- “Lessons from a Turtle on Writing & the Body” - Wilderness House Literary Review, October 2024
- “The Power of Bluebirds & Writing” - Teach.Write.A Literary Journal, Oct 2024
- “My Hero’s Journey Through Words” - Recovering the Self, April 2024
- “Whispering is the Same as Whistling at the Girls” - WCC Double Anthology, Oct ‘21
- “How Muses are Healing Me” - The Brick Magazine, September 2021
- “Writing to Free the Body” - The Brick Magazine, July 2021
- “How Muses Are Healing Me” - Recovering the Self: A Journal of Healing & Hope, June ‘21
- “Write with Color: Rediscover your Childhood Genius” - The Brick Magazine, May 2020
- “The Healing Power of Metaphor: Energy from an Unseen World” - The Brick Magazine, January 2020
- "Writing as Transformation: How Your Muse Can Heal You" - The Brick Magazine, July 2019
- “Making Friends with Your Subconscious in Creative Writing” - Crazy Wisdom Journal, 2018, Issue 68
- “Practice Writing For Better Health” - Natural Awakenings Magazine, Dec 2017
- “The Extraordinary Power of Writing” - Crazy Wisdom Online Blog, Feb 6, 2017
- “A Better Way to Teach Writing” - Crazy Wisdom Journal, 2017, Issue 65

Previously-published poems:

- “The Angel & the Paper Doll” - Huron River Review, Issue 20, 2021
- “A Soft China Blue” - WCC Poetry Club, March 2021
- “Dust Like Stars” - Verdad Magazine, Volume 12, 2012
- “Resurrection” - Huron River Review, Issue 11, 2012
- “Raw” - Huron River Review, Issue 10, 2011