

## **Julie Mariouw**

Writing Workshop Facilitator/Forest Therapy Guide

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## **Experience**

- 2026 - Present      **Writing For Recovery Facilitator**  
through Face Addiction Now <https://faceaddictionnow.org/about>  
Leads monthly online writing workshops to help people/families in recovery.
- 2025 - Present      **Forest Therapy Guide**  
Certified through Association of Nature & Forest Therapy  
<https://anft.earth/>  
Leads walks in Chelsea, MI on 20 acres wilderness land.  
Incorporates Forest Therapy into nature-based writing workshops.
- 2022 - Present      **In-Person & Online Writing Workshop Facilitator**  
In Chelsea, MI using lower level of home + wilderness acreage, & online through Zoom.
- 2016 - Present      **Writing Workshop Facilitator**  
*Wellspring Writing Workshops, LLC*
- Founded Wellspring Writing Workshops.
  - Created original lesson plans and handouts.
  - Created writing prompts using metaphor, polarity, the senses & the physical body.
  - Led 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.
  - Facilitated 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.
- Worked individually with four different writers, helping to increase their writing skills and bring about personal healing.

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**

Nov '24 - May '25 **Forest Therapy Guide Training & Certification**  
Association of Nature & Forest Therapy Guides & Programs  
<https://anft.earth/>

Sept 2024 **Post-Certificate Training in Manuscript Review**  
*Amherst Writers & Artists*  
Maureen Buchanan

Jan - Sept, 2022 **Healing Trauma Certificate Program**  
*Sounds True - Dr. Jeffrey Rutstein*

- Currently studying “Trauma & the Body”, “Co-Regulation from a Polyvagal Perspective”, “Body, Mind and Relationships”, among other subjects.

Oct 2021 **Professional Development & Writing Retreat**  
*Amherst Writers & Artists*

- 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**  
*Amherst Writers & Artists*

- Learned new strategies for teaching prose.

- Nov 2019                    **Veterans Writing Program Initiative**  
*AWA Post-Certificate Training Session*
- Received training in how to create and offer writing workshops for military service people and their families.
- May 2016                    **Writing Facilitator Training Program**  
*Amherst Writers & Artists Training*
- 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**  
*Eastern Michigan University*
- (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*

**Published nonfiction:**

- “Tales from the Vault” - (“Writing & the Forest”) A Story Sanctum Anthology, Dec ‘25
- “Athena’s Owl” & “Birch Tree Stories” - Teach.Write.A Literary Journal, Oct ‘25
- “Writing and the Forest” - Story Sanctum, Feb ‘25
- “Lessons from a Turtle on Writing & the Body” - Wilderness House Literary Review - Oct ‘24
- “The Power of Bluebirds & Writing” - Teach.Write. A Literary Journal, Oct ‘24
- “My Hero’s Journey Through Words” - Recovering the Self Journal, April ‘24

- “Whispering is the Same as Whistling at the Girls” - WCC Double Anthology, Oct ‘21
- “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

**Published poetry:**

- “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