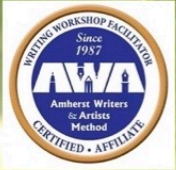


Transforming Trauma: Writing through the Body

Online Writing Workshop
led by Julie Mariouw



In this workshop we will:

- Make a list of "places our minds continually return to"--a Mind Memory Map--representing what still needs to be healed within us.
- Make a corresponding Body Memory Map, noting the sensations in our bodies that occur as we read through our list.
- Participate in exercises designed to safely access the traumatic material inside us: write with Metaphor, the Senses (Touch, Sight, Hearing, Smell, Taste), Polarity & Physical Movement of the body.

"What is *saved* or *redeemed* or *ransomed* in the act of writing?...Something in me that was broken, cracked--becomes whole. The cracks, if I write them with utter honesty, are where 'the light gets in.' The present meets the past, and healing begins...Fiction is another way of telling the truth."

---Pat Schneider

"...speaking in metaphor allows a traumatized individual to talk about what happened without being re-traumatized by the memory of the event."

--Susan Whigham *The Role of Metaphor in Recovery from Trauma*

Some Texts I will use in this workshop:

- *Writing the Natural Way*
Gabriele Rico, PhD
- *Writing as a Way of Healing*
Louise DeSalvo
- *How the Light Gets In: Writing as a Spiritual Practice*
Pat Schneider
- *The Spell of the Sensuous: Perception & Language in a More-Than-Human World*
David Abram

