



# Dive into Memory & Metaphor this Summer

Online Workshop led by Julie Mariouw



Wednesday Evenings

7-9:30pm Eastern

June 1 - July 20

2022

Cost \$260 USD

(payment plan available upon request)

No prior writing experience necessary

In this workshop we will:

- Write with childhood memories, remembered & forgotten
- Allow metaphor to release and expand those memories
- Work with polarity, the senses & body movement
- Allow metaphor to shift trapped energy in our bodies
- Write narratives using the material we uncover



## Participation in this workshop will:

- Increase sensory experience
- Provide greater access to imagination & memories
- Open up creative material for use in writing
- Enhance ability to write with detail
- Create the conditions necessary for physical/emotional/spiritual healing

## Some texts I will use to create handouts for the workshop:

- *Metaphors of Memory* by Dr. Natwar Sharma
- *Writing the Natural Way* by Gabrielle Rico, PhD
- *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel Van Der Kolke
- *Body Memory, Metaphor & Movement* Edited by Koch, Fuchs, Summa & Müller
- *The Healing Wisdom of Africa: Finding Life Purpose through Nature, Ritual, & Community* by Malidoma Patrice Somé

“Metaphor helps to create a bridge between the 'ordinary' world and the trauma world.”

-----Susan Lien Whigham

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