

# Memory & Metaphor

Online Writing Workshop  
led by Julie Mariouw



Fall 2021

Friday Afternoons

1-3:30pm Eastern

Sept 10 - Oct 29

Cost \$250

(Payment plan available)

"The metaphor is perhaps the most fruitful power of man. Its efficacy verges on magic, and it seems a tool for creation which

God forgot inside one of His creatures when He made him."

---Jose Ortega y Gasset

In this workshop we will:

- work with childhood memories, remembered & forgotten
- allow metaphor to release and expand those memories
- allow metaphor to shift trapped energy in our bodies
- write narratives using the material we uncover

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

- *I is an Other, the Secret Life of Metaphor* by James Geary
- *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

