



Change – Loss – Grief — Healing

**How to Facilitate Using the Literary Arts
alongside Visual Art, Music and Movement**

A Residential Workshop for Experienced Facilitators AND Potential Trainers
of Reading, Writing and Storytelling for Wellbeing

2nd to 5th November 2017

Thursday from 5pm till Sunday 4pm

at Whatton Lodge, East Lothian



Whatton lodge is located on Hill Road, Gullane and overlooks Gullane Bay and offers spectacular views over the Firth of Forth, quoted in the 'Times' "one of the finest views of the United Kingdom

**Now come thoughts
knocking my heart, of the high waves,
clashing salt-crests, I am to cross again**
from The Seafarer, translated from the Anglo-Saxon by Michael Alexander

**What words will you say
now that you could say anything? What hands
will you hold? Whose heart will beat inside you?**
Joyce Sutphen

Join us for a Residential Weekend

Disruptive changes, losses and the resulting grief, and the yearning for healing and hope are the stuff of life. Yet, group facilitators find losses of group members one of the most challenging situations in groups. In this residential training workshop, registrants will be presented with, practice, discuss, and extend their comfort zone, competence and confidence when facing change in a ***words-for-wellbeing*** support group.

A further emphasis will be on the use of experiential processes when leading such groups. The use of the arts – literary, visual, music and movement will equip facilitators with these tools. Picture yourself not only skilfully guided by the leadership team but also surrounded by other experienced facilitators...all seeking to extend and deepen their skills in facilitating healing through reading, writing, and storytelling.

Advanced means that the registrant has attended a previous Lapidus Scotland basic facilitation workshop or residential; has led several reading and writing for wellbeing groups in past years; would like to train others; or has a diploma that includes attention to facilitation of groups.

This residential will include perspectives and tools for enriching both content and process of facilitation. Projected topics include:

- How facilitators run their groups
- Containment of difficult or emotional material
- Balancing content and process
- Building a repertoire of literary resources
- Responses to personal disclosure
- Ethical issues related to boundaries
- Meeting challenging behaviours
- Clarity about purpose and what is allowed
- Co-leadership and consultation with colleagues
- Giving feedback to oneself and to co-leaders
- Moving groups to deeper considerations
- Balancing diverse needs of individual members
- Responding to offensive comments or prejudice
- Diversity in its many variations:
(age, race, country of origin, spiritual, sexual orientation, etc)

The residential will be a rich mixture of experiential and reflective processes. Practice, discernment of individual strengths, feedback, demonstration, and sharing of perspectives and resources will occur.

Limited Registration!! – Only 20 registrants can attend this experience. Register soon to ensure your slot.

Course Leaders



Ted Bowman, poet, editor and grief educator will guide the sessions, with support from Lapidus Scotland trainers. Ted is a community instructor in Family Education at the University of Minnesota and an adjunct professor in Social Work at the University of St. Thomas. He is co- editor of *The Wind Blows, The Ice Breaks*, a volume of poems by Minnesota poets addressing themes of loss and renewal, and author of two booklets, *Loss of Dreams: A Special Kind of Grief* and *Finding Hope When Dreams Have Shattered*.

<http://bowmanted.com/>

Valerie Gillies is a poet and non-fiction writer, the author of eight books. She was the Edinburgh Makar, poet laureate to the city, from 2005 to 2008. Recently, she was an Associate of Harvard University. Valerie received a Creative Scotland Award to make a journey to the healing wells and springs of Scotland and Ireland, to write *The Spring Teller* (Luath, 2009). She is the facilitator of courses in creative writing, journaling and life story at Maggie's Centre, Edinburgh. Her book – *The Cream of the Well: New and Selected Poems* – appeared from Luath Press in 2015 and shortlisted for a Saltire Award'.

www.valeriegillies.com

Larry Butler is a poet, editor, researcher convenor for Lapidus Scotland, teaches tai-chi for health, leads expressive writing, journaling, and life story at Maggie Cancer Care Centre; publications include *Butterfly Bones* (Two Ravens), *Han Shan Everywhere*, *Arts on Prescription* (Greater Glasgow Health Board). He leads writing retreats and edits pamphlets for PlaySpace Publications. His latest book *There Are Others*, is still in the making! And recently he became a grandfather and a knitter. www.playspacepublications.com

Plus Guest Artist – Penny Stone



Penny Stone is a songleader, community musician, songwriter, singer and activist. She runs various community singing groups in Edinburgh as well as using music with patients and staff at the Royal Edinburgh Hospital. She teaches music and song from all over the world as well as using songwriting to help enable people to find their own voices and voice their own experiences. Penny specialises in using music with vulnerable groups. She also co-leads Protest in Harmony and runs Radical Voices, a monthly folk club/open mic night raising money and awareness of a variety of issues such as environmental justice, peace and social justice and inclusion. Penny believes that everyone can sing and anyone is welcome to participate in sessions that she leads.

Facilitating Changes, Losses, Grief & Healing

A Residential Workshop for Experienced Facilitators

2nd to 5th November 2017

APPLICATION FORM

Workshop fee: £290 (including accommodation & food)

(early bird fee £260 – before 1st October - 20 places available)

5% reduction for current Lapidus members

Further information contact: lapidus.scotland.1@gmail.com

Please return this form before the end of August to: Lapidus Scotland, C/O

Larry Butler, 2/1, 14 Garrioch Drive, Glasgow G20 8RS

(cheques payable to **Lapidus Scotland**) or use Paypal –

lapidus.scotland.1@gmail.com stating your name and course title

Please contact if you prefer to make a BAC transfer

Payment can be made by instalments. To guarantee a place please send a £50.00 non-returnable deposit.

Name.....

Address.....

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Post Code.....Tel.....

Current work as a facilitator.....

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Previous experience facilitating words for well-being

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What you hope to gain from the course?.....

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Email.....

Cheque enclosed.....or Paypal.....or BAC.....