

# Creative Writing *for Therapists*

**SATURDAY WORKSHOP November 12<sup>th</sup> 2022 10.30-12.30**

A practical, hands-on workshop for counsellors and psychotherapists.

- Write playfully for relaxation and a chance to recharge and replenish.
- Write reflectively for self-care and to deepen your work as a therapist.
- Write mindfully, as a portal to fresh thinking about your clinical caseload

Structured, inviting exercises — space for your own silent writing — optional sharing in a small, safe group of fellow therapists.

**£22** INCLUDES coffee/teas/cake/fruit

Workshop leader **Susan Mayfield** is a BACP accredited and BPC Registered Counsellor and Psychotherapist in private practice. An experienced writing facilitator and published writer, she uses writing therapeutically within her clinical work and has been writer-in-residence in a number of healthcare and community settings.



The workshop will take place at:  
**Amron House, Borough Road, North Shields NE29 6RN**  
in a calm, comfortable setting with good ventilation.

email: [mail@findingwords.co.uk](mailto:mail@findingwords.co.uk) to book a place