

Healing Words Therapy

Writing for Wellbeing

www.healingwordstherapy.com



What is Healing Words Therapy?

Healing Words Therapy - Writing for Wellbeing is when you put pen to page and write freely by accessing your subconscious mind.

You are a soul having a human experience. Experiences can be reflected upon to identify current behaviour patterns and unchallenged beliefs

Writing freely and spontaneously brings about clarity, awareness, a paradigm shift, sometimes closure. It brings about healing.

Awareness brings about necessary transformation.



Why Healing Words Therapy?



Putting pen to page engages the part of the brain responsible for speech, decision-making and attention.



Healing Words Therapy
Writing For Wellbeing

Free-writing brings about mental
wellbeing, catharsis
and stress release.



Healing Words Therapy
Writing For Wellbeing

To reflect and find clarity in
thoughts therefore find clarity in
goals, dreams and yearnings.

To de-stress from the
pressures of
work and life.



Healing Words Therapy
Writing For Wellbeing

Helen Keller

*“I don’t want to live in a
hand-me-down world of others’
experiences. I want to write about me,
my discoveries, my fears, my feelings,
about me.”*



Healing Words Therapy
Writing For Wellbeing

Benefits of Healing Words Therapy



America's Dr. James W. Pennebaker researched on the health **benefits of expressive writing.**

"46 healthy college students were asked to write about either personally traumatic life events or trivial topics for **15 minutes on four consecutive days.**

Result: For **six months following the experiment,** students who wrote about traumatic events visited the campus health center less often, and **used a pain reliever less frequently,** than those who wrote about inconsequential matters." Celeste Robb-Nicholson, M.D.

Editor in Chief, *Harvard Women's Health Watch* Originally published: October 2011

Source: <http://www.health.harvard.edu/healthbeat/writing-about-emotions-may-ease-stress-and-trauma>



Workshops

www.healingwordstherapy.com



Workshops customised for

Adults

Individuals, couples or groups wanting

- Clarity
- Purpose
- Awareness
- Positive thinking
- Confidence
- Creativity
- Joy
- Prosperity
- Success
- Freedom from negative thoughts



Workshops customised for

Children

Specifically designed for young minds to realise

- Unlimited potential
- Creativity
- Excellence
- Responsibility
- Courage
- Confidence
- Positive thinking



More customised workshops

Corporate

SWYM

Sell With Your Mind

Put pen to page and access unlimited potential. Understand the faculties of the mind and how to use them to achieve desired outcomes.

**Healthcare & Social
Workers**

REFLECTIONS

Experience clarity that comes from reflective, explorative and therapeutic writing. It is a profound and unique way to enhance your abilities and realise true passion for the work you do.

Individuals

PRIVATE/GROUP

Empower yourself to design a life of joy, prosperity and purpose. Therapeutic writing brings about a cathartic release and clarity in thoughts and feelings.



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David Hare

*“The act of writing is the act
of discovering what you
believe.”*



Healing Words Therapy
Writing For Wellbeing

Examples of Healing Words Therapy Workshops...



SOUL TO SOUL

**Love, trust, understanding and
mutual respect**



This workshop is for couples hoping to rejuvenate their relationship and connect on a deeper level...a level that transcends material and physical expectations and connects them in a soulful bond of unconditional love and friendship.



MIRROR, MIRROR!

Therapeutic Writing for Mental Health and Wellbeing

Mental health issues are on the rise. Writing your thoughts and feelings down can help with finding clarity and inner peace...sometimes closure. A safe environment to do so is important and an understanding facilitator is vital.





THOUGHT SWITCH

Program for children

Specifically designed for young minds to help them understand their unlimited potential and how to access and train the mind to live their authentic genius selves and achieve excellence.



JOURNEYS



Therapeutic Writing for people with terminal illness and their carers

This workshop helps with processing thoughts and feelings and brings about clarity and inner peace to embrace the unknown. Our soul is pure and free from fear.



SWYM

Sell With Your Mind

Put pen to page and access your unlimited potential. SWYM Program, customised for corporate teams, helps understand the faculties of the mind and how to use them to achieve desired outcomes.



Healing Words Therapy
Writing For Wellbeing

FINAL CALL PROJECT

FREE WORKSHOP

Program for Refugees and Asylum Seekers

Healing Words Therapy initiative to provide a safe environment to refugees and asylum seekers to experience healing through therapeutic writing - language no bar.

If you work with refugees and asylum seekers, this FREE workshop will benefit you and your clients.



...and many more
customised workshops
to suit the needs of
individuals and groups.



William Makepeace Thackeray

*“There are a thousand thoughts
lying within a man that he does
not know till he takes up the pen to
write.”*



Healing Words Therapy
Writing For Wellbeing

What happens in the workshop?



Typical Healing Words Therapy workshop

*Pledge of confidence

*Introductions

*Warm-up activity - SMS - Six Minute Start

*Writing activities using all five senses - sight, smell,
taste, touch and hearing

*Facilitator **NEVER** reads participant's writing -
writing is PRIVATE

*Sharing is VOLUNTARY



Complimentary Kit for every participant



- printed resources
- downloadable resources
- self-care goodies
- writing prompt cards
- journal
- pen



Testimonials



Healing Words Therapy
Writing For Wellbeing

"I would recommend Healing Words Therapy workshops to any multicultural, recovery, domestic violence and mental health programs and service providers."

**Mandy Cox - Multicultural Programs & Community Development
Coordinator - Community Qld**

"The workshop that I attended was very beneficial and therapeutic. I was able to reflect deeply and write about my feelings about past events and situations. I look forward to attending another workshop perhaps in the future."

(A. Ishaq - Social Worker - Qld)

"A safe nurturing environment to explore perceptions, conditioned responses and gave the freedom to uncover true inner feelings...let the pen take you on a journey of self discovery. I was surprised what came forward for me - another layer on my self development journey."

(J. Edwards - Natural Therapist - Qld)

"I could feel mercy and forgiveness for those who hurt me, as well as myself, and to feel deeper reliance on our Creator in all situations."

(A. Mrazek - Teacher - Qld)



Contact

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Thank you



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