



Victorian Adoption Network for Information and Self Help

Writing As Therapy - A free short course for Adoptees with Dr Sian Prior by Zoom Saturday 30th May 1pm-3pm

Writing is a tried and tested method for coping with and understanding personal crises, depression, anxieties, stress and traumatic events. The simple act of putting down words on the page can reflect our attempt to make meaning from the thoughts and feelings and experiences we have. It helps us to gain distance from the things that cause us distress. From keeping a daily diary to penning a poem, all forms of writing can help us to shape narrative from chaos. Therapeutic writing can also help us re-discover our playful selves. Research shows that the short term benefits of expressive writing include decreased distress and psychological arousal. In the longer term, the benefits of expressive writing include self-reported physical and emotional health, improved mood and greater psychological well-being (Pennebaker, 1988)*



In this free short course Dr Sian Prior will lead you through a series of ideas and exercises in therapeutic writing, using a variety of techniques and exploring the methods that might work best for you. No experience is necessary and grammar, spelling and writing ability are irrelevant. All participants need to bring is an urge to express themselves, a journal (or notepad) and a pen. There will be class activities but everyone's writing material will be kept as private as participants wish.



Dr Sian Prior is a writer, broadcaster, musician and writing teacher. She has a doctorate in Creative Writing from RMIT and teaches short courses at RMIT and The School of Life. Her book *Shy: a memoir* is published by Text Publishing. We are delighted that Sian is able to offer this course to VANISH members and service users.

* For more information about research into the benefits of expressive writing see <https://www.americansforthearts.org/sites/default/files/338full.pdf>

To register, please complete the form attached and send to info@vanish.org.au

For more information, email us at info@vanish.org.au or call (03) 9328 8611

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Forced Adoption
Support Services
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