

Saturday 30th January 10am - 4pm
Sunday 31st January: 11am - 4pm

Online Workshop 6

**Workshop Name: The Silver Thread: Life Writing for Therapists and those in
the Healing Profession**

Facilitators: Martina Breen M.A MIAHIP SIAHIP MICP

The Silver Thread

Life Writing for Therapists and those in the Healing Profession

This workshop is a resource for writing for therapy or personal development. Some of the exercises covered you can offer it as a tool of support for your clients in the therapy room and also as a tool for personal growth for yourself.

Therapy is a process of creativity - it is a process of changing awareness and behaviours. Creativity and Psychotherapy are interconnected at a fundamental level: transformation, metamorphosis, change. Writing offer a powerful avenue towards finding out what one thinks, feels, knows, understands, remembers. By helping people manage and learn from negative experiences, writing strengthens their immune systems as well as their minds.

Writing in therapy is now being used in various settings such as psychotherapy practices, hospitals mental health settings, rehabilitation clinics, and social work agencies. This experiential workshop gives therapists an experiential overview of the potential of writing in therapy

Helping people make contact with such essential, deeply vial personal material is a responsible practice and as a therapist, it's always beneficial to have different tools to draw from to support our individual client needs.

Therapeutic writing differs significantly from merely keeping a journal. One of the major differences is the way internal experiences, thoughts and feelings are captured.

With therapeutic writing, individuals write down and dialogue with aspects of their life, significant others in their lives and with their body. This facilitates a creative, reflective, introspective and intentional way to gain access to their internal world.

In this workshop, I draw on my the work of Ira Progoff and Depth Psychology along with other creative therapeutic writing tools. The workshop provides a progressively deepening atmosphere, away from daily routine for experiencing the exercises as they apply to your life. You will learn by experience and be able to discern how they might apply as tools you can use with your clients. After each exercise, a period of quiet follows when you apply this exercise to your life. Participants may ask questions and read what they have written voluntarily. We do not engage in intellectual discussion about our lives or the method so you can progressively work deeper on your unfolding life process. Confidentiality, trust, respect, pacing, boundaries and how to introduce writing effectively are covered on this workshop.

Over this 2-Day Workshop you will have the opportunity to explore your life story through

- Identifying the 'significant steps' in your life that has brought you to where you are
- Dialogue with your relationships - with self and others
- Roads taken and not taken on your life path
- Spirituality - connecting to your search for meaning
- Dream-tending - learning from your dreams and learning how to listen to them.
- The use of Storyboarding in the therapeutic Process
- Exploring your Life Cycles

About the Facilitator

Martina has over 20 years professional experience in the areas of personal development and emotional wellness. She trained with the Irish Gestalt Institute (formally IGC) under Hank O'Mahoney and Tricia Norris and went on to do an M.A. in Applied Christian Spirituality with SpIRE. She trained in Supervision under Brian Howlett at DCTC. She has taken numerous creative development trainings over the years and is currently studying integrative medicine with Arizona University.

She has worked in a wide variety of settings including community, commercial and private company settings . Currently, Martina works full-time as an Integrative Health Specialist with the VHI and continues a small practice as a psychotherapist and supervisor.

Martina has a passion for personal writing. She has been journaling since her teens and has facilitated the well-known Artists Way for a number of years. She was introduced to the Progoff Intensive Journal Programme in 2012 and has been deepening her knowledge and experience of this method since. She has run a number of 6-day Progoff Intensive Journal Programmes in Ireland and studies under the mentorship of Dr. Faye Schwelitz. Martina is also a member of the Irish Facilitation Team for the Art of Living and Dying Series which is run by the Sacred Art of Living Centre. <https://sacredartofliving.org/>

She has a passion for supporting the healing journey for individuals and in conscious ageing and is part of the various trainings with Sageing International.

Workshop Name:

Facilitators: Martina Breen

Max number of delegates: None

Min number of delegates: None

Two-Day Workshop Fee: €130.00	All categories of IAHIP members and Non-members	Payable to IAHIP
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Name: _____

Address: _____

Contact Number: _____ E-Mail: _____

Please confirm YES or NO to the following statement: _____

The IAHIP office has my permission to share my email and contact number with the facilitator, in order to ensure I receive my online invitation link to the workshop.