

**Wednesday June 23rd, 6.30-8.30pm**



**Healing Through Writing Workshop  
The Moving Arts Base,  
Liverpool Rod, N1, £10**

Ever feel you have something unsaid still locked inside? Then this workshop might be for you. Learn How Writing really can heal your life. Journaling is often overlooked in our busy lives. With a sensitive approach, truthful writing can be used a therapeutic tool to uncover long buried feelings to gain insight, and thus regain power. Writing your way to health is simple, easy and even good fun.

Kieron's approach to writing is a unique synthesis of ideas about how writing releases emotions, thus clearing the way for self growth; it is based on a variety of methods developed by pioneers in the field. The added bonus is that he also uses techniques from energy psychology.

During the session you will be shown how to:

- write freely without self censorship
- become centred and focussed
- release blocked emotions
- clarify long standing or unresolved issues
- be more in contact with your dreams

Who is it for? The workshop is most valuable for people who have recently been through a difficult transition, a major illness, relationship break down, or other traumatic experiences. However because writing can also be a fun activity, it is really open to anyone who feels they have a story they have not yet voiced, or are you just somebody with a story to tell, then writing could be the answer for you.



**Kieron is a practising writer. He has taught Creative Writing and is authoring a book on the subject for which he has done extensive research. He is also a qualified Hypnotherapist, EFT and Lightning Process Practitioner.**

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