

## THERAPEUTIC WRITING FOR PEOPLE IN 12 STEP RECOVERY (212)

Wednesdays, 12:30 – 2:00 (6 Classes 10/8 - 11/12) in Room 19	<b>Tuition \$50</b>	Limited to 15
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Therapeutic writing is an effective, self-directed recovery tool for all 12 Step program members. Many of the 12 Steps are worked through writing - further your recovery by learning therapeutic writing. The goal of this workshop is for you to leave with new tools which are Step and Program centered. This is not journaling, it is a writing method which has been proven to improve physical, emotional and mental health. No matter which 12 step program you identify with, you are welcome to join us. Please bring your preferred writing materials to class (i.e. paper, pen, notebook, laptop, etc.).

**Grace Abbey** was a psychotherapist for over 30 years. She has ghost written over 300 published articles, covering a wide variety of topics. She has over 40 years' experience in the 12 Step Recovery community.