

THERAPEUTIC WRITING CAN ENHANCE 12-STEP RECOVERY (212)

Tuesdays, 10:30 – 12:00, 6 classes 10/27 – 12/1) in Room 19	Tuition \$50	Limited to 15
---	---------------------	---------------

Therapeutic writing is an effective, self-directed recovery tool which can be used by all 12 Step program members. It is a writing method that increases physical, emotional and mental health. It is not journaling.

The goal of this workshop is for you to learn new tools which are Step and Program centered. Many of the 12 Steps are worked through writing; therapeutic writing continues and enhances this practice.

No matter what Program you identify with, you are welcome to join us. Please bring your preferred writing materials to class (paper, pen, notebook). To get the most out of the experience, there will be some minimal homework.

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