



WordsWorkWell

**Creative Facilitation for Care-givers, NHS staff, Librarians,
and those that work in Hospitals, Mental Health Centers,
Prisons, Parks...and Your Site**

A Professional Development Residential Weekend

18th 19th 20th September 2015

**Friday from 5pm till Sunday 4pm
at Whatton Lodge, East Lothian with a view to**



Bass Rock

The rock punctuates the sealine.
Our boat circles the Bass.
Seals swim beneath us,
pop fruit-machine heads up
three at a time, outstare us.

People press towards them,
lean to starboard all at once.
We lurch below the cliffs.
On their dung-yellow rock,
gannets rest a beak-stab apart.

(from *The Cream of the Well* by Valerie Gillies)

Join us for a Residential Weekend

Join us for a full weekend of intensive creative experiences of facilitating, writing, and critiquing the best of individual and group work skills using reading & writing, storytelling and literary resources. The focus will be on 'seeing' and 'recording', 'observing' and 'writing', and facilitating and planning for future bibliotherapy groups.

WordsWorkWell was launched this year by NHS Education Scotland and Lapidus Scotland as a pilot on-line toolkit. At this weekend we will utilize the on-line web site as one tool for facilitators to be supported and equipped to utilize reading, writing, story-telling and literary resources for their volunteer or professional work. Participating in a residential course is one of the best ways to refine or develop one's craft of bibliotherapy (reading & writing for wellbeing).

Plans envision a seamless integration of experiencing processes while also developing and refining facilitation skills. Issues to be explored include:

- how best to facilitate new writers and readers
- the tension of content (writing, readings,) and process (group facilitation)
- creating a safe environment for self-expression and self-awareness
- exploring the many ways of facilitating reading & writing for wellbeing
- considering the effect different conditions have on our writing, reading, and storytelling
- skills needed when something emerges that stretches the facilitator's or group's capacity to cope with what's happening
- facilitator self-care when doing this important work

Who might benefit from this training?

Writers, readers and counsellors who work in hospitals, prisons, day centres, residential homes, etc.; community education leaders; rangers and gardeners who guide walks and other outdoor activities; librarians who lead reading for well-being groups; health workers in both primary and tertiary care. Previous experience in facilitating creative words for health and well-being is not necessary, just a willingness to learn and try it out.

Course Leaders



Ted Bowman, poet, editor and grief educator will guide the sessions, with support from Lapidus Scotland trainers. Ted is a community instructor in Family Education at the University of Minnesota and an adjunct professor in Social Work at the University of St. Thomas. He is co-editor of *The Wind Blows, The Ice Breaks*, a volume of poems by Minnesota poets addressing themes of loss and renewal, and author of two booklets, *Loss of Dreams: A Special Kind of Grief* and *Finding Hope When Dreams Have Shattered*.
<http://bowmanted.com/>



Valerie Gillies is a poet and non-fiction writer, the author of eight books. She was the Edinburgh Makar, poet laureate to the city, from 2005 to 2008. Currently, she is an Associate of Harvard University. Valerie received a Creative Scotland Award to make a journey to the healing wells and springs of Scotland and Ireland, to write *The Spring Teller* (Luath, 2009). She is the facilitator of courses in creative writing, journaling and life story at Maggie's Centre, Edinburgh. Her book – *The Cream of the Well: New and Selected Poems* – appeared from Luath Press in 2015.
www.valeriegillies.com



Larry Butler is a poet, editor, researcher convenor for Lapidus Scotland, teaches tai-chi for health, leads creative writing, journaling, and life story at Maggie Cancer Care Centre; publications include *Butterfly Bones* (Two Ravens), *Han Shan Everywhere*, *Arts on Prescription* (Greater Glasgow Health Board). He leads writing retreats and edits pamphlets for PlaySpace Publications. His latest book *There Are Others*, is still in the making! And recently he became a grandfather and a knitter. www.playspacepublications.com

We are grateful for support from:



APPLICATION FORM

Workshop fee: £250 (including accommodation & food)
(early bird fee £220 – before 5th August)
Further information contact Carl: lapidus.scotland@yahoo.co.uk
tel 07786674300

Please return this form before the end of August to: Lapidus
Scotland, C/O Carl Pickard: 54 Clifford St, Cessnock, Glasgow
G51 1PB

(cheques payable to **Lapidus Scotland**) or use Paypal -
lapidus.scotland@yahoo.co.uk stating your name and course title
Please contact if you prefer to make a BAC transfer

WordsWorkWell Facilitator Training
18th 19th 20th September 2015

Name.....

Address.....
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Post Code.....Tel.....

Current work as a facilitator.....
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Previous experience (if any) facilitating words for well-being
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What you hope to gain from the course?.....
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Email.....

Cheque enclosed.....

