

MEDIA RELEASE from the Calaveras County Arts Council, Literary League, Manzanita Writers Press

FOR IMMEDIATE RELEASE

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Event Title: Writing to Heal Workshop with Linda Abbott Trapp, PhD
A Writing and Healing Workshop for all skill levels

Event Date: Saturday, January 19, 2013

Event Time: 12PM-4PM (12 PM to 1 PM lunch – Workshop from 1PM to 4:00PM)

Place: Angels Camp World Mercantile and Bakery
1267 S. Main St., Angels Camp, CA

Workshop Cost: \$80.00 includes lunch at noon –for workshop only, \$70.00

Contact: mrosemanza@jps.net to reserve your space– or call 209-754-0577
Mail check to Manzanita Writers Press/CCAC, PO Box 632, San Andreas, CA 95249

Memo: Workshop space is limited

Manzanita Writers Press, a member of Calaveras County Arts Council's Literary League is hosting a writing workshop, Writing to Heal, by popular presenter, Linda Abbott Trapp, a psychologist, author, speaker and artist who now resides in the Mother Lode. In November, Linda led a large writing workshop in San Andreas that met with great reviews. She has led writing classes in Lodi and Stockton, as well as three previous writing workshops in the Mother Lode hosted by MWP. The Angels Camp World Mercantile and Bakery will be the setting for the workshop and the event includes lunch and a three-hour journey into writing purposefully about trauma, pain, anxiety, and caring for others experiencing pain. Friends and loved ones are encouraged to sign up as partnerships and attend together.

Writing to Heal: About the workshop

Trauma is a certainty of life; healing isn't. However, there are a number of ways a person suffering from pain or loss can regain control and develop a purposeful, passionate life again. There is a great deal of evidence that writing can hasten the healing process. This workshop offers guidance in implementing a writing program for the express purpose of rediscovering hope, health and joy. The workshop is open to caregivers as well as those suffering trauma.

How to Handle the Pain and Problems in Writing your Life Story

No one wants to read a story that begins with "they lived happily ever after".... No, we expect to meet some interesting people, thrust up against even more interesting problems. How they met the challenges, solved the problems, and grew in the process is what makes the story compelling. If you're struggling with writing about your own difficult life experiences, this workshop will provide guidelines, reassurance, and a few examples. Learn how to write your story with love, forgiveness, understanding, and humor- after all, you're here to tell the story, aren't you?

Information about the presenter:

The Instructor, Linda Abbott Trapp, is a former Dean of the California School of Professional Psychology and has had a counseling practice in several states and abroad.

Dr. Linda Abbott Trapp returned to California from Puerto Vallarta, Mexico where she spent 5 years researching and writing. A former Dean at the California School of Professional Psychology, Certified Speaking Professional, and owner of the consulting firm Abbott & Associates, she's an internationally known speaker who has authored seven books and more than 250 articles, columns, and reviews. Her recent books can be previewed at: www.Amazon.com., and her artwork can be viewed at www.lindaabbotttrapp.com.

Intentional Living; Lessons from the Tree of Life ISBN 978-1-4196-8617-7 \$15

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