



Lisa M Billingham

HEALING THROUGH CREATIVE WRITING

COURSE OUTLINE

www.lisambillingham.com

HEALING THROUGH CREATIVE WRITING

COURSE OUTLINE



Healing through creative writing is a very powerful tool for anyone who is:

- Going through trauma,
- Experiencing mental health issues,
- Or struggling to come to terms with past actions.



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The course is two-fold and focuses on participants using their creative skills as part of their healing journey. At the end of the course, participants will produce a magical piece of creative writing to do with whatever they wish.

Throughout the course, participants will:

- Be asked to journal about their feelings,
- Keep a writer's notebook,
- Undertake a variety of exercises and tasks.

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Tasks include breathing, automatic writing and writing prompts, based on self-healing.

This course is available for businesses, public sector services and individuals. Offered in a group setting face to face or via video link.

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The standard course is 12 sessions delivered fortnightly. This is to allow participants to process their healing. Their creative writing skills will develop alongside their healing journey.

Shortened or bespoke versions are also available.

WHAT EACH PARTICIPANT WILL NEED



- A journal or notebook,
- Writers Notebook (separate from your journal),
- Pen/Pencil,
- Post-it notes,
- An open mind,
- Time to dedicate to yourself to do the exercises throughout this series, even if it's only 10 minutes per day.

COURSE CURRICULUM



1. Introduction and 1st Writing Prompt.
2. Journaling.
3. Automatic Writing.
4. Use a Book, Magazine, or Newspaper for Inspiration.
5. Your Happy Place Breathing Exercise.
6. Using Visual Prompts for Inspiration.
7. A Love Letter to Yourself.
8. Deep Healing Writing.
9. Writers Notebook.

COURSE CURRICULUM



10. Character Building Based on Your Traits.
11. Location Settings.
12. The Hook.

Bonus Lessons:

1. Character & Location Setting Bonus Exercise
2. Writing Prompt - That Was the Day...
3. Using an Object as a Writing Prompt.

COURSE OUTCOMES



Participants will:

- Learn a proven way to release the past and learn to love their life,
- Build their confidence,
- Have an increased awareness of themselves and others,
- Learn a new skill,
- Unleash their creativity,
- Unearth their self-worth,
- Learn new good habits,
- Feel calmer,
- Produce a short story or first chapter of a novel, a poem (or several poems.)

COURSE OUTCOMES

Current participants feel inspired, supported, and included. They are also building their confidence. Some, who have never spoken in public before, have read their work on my former radio show and now regularly take part in open mic events.



A BIT ABOUT ME

I am an author, inspirational speaker, and intuitive.

In 2020, I wrote my debut novel, *Katie, A New Chapter*, a self-help work of fiction based on my life experiences. I touch on mental health, abuse, and trauma in my story. Working recently in a prison I have seen many breakthroughs with the men. I am also proud to say the book has helped to save a life.

I love writing for enjoyment and to facilitate the healing process for myself and others. I often use writing to help channel spiritual messages. My second novel, *Tom, The Next Chapter* was published in 2022. My first romance novella, *Falling in Love at 40*, was published in 2024.



A BIT ABOUT ME

As an inspirational speaker, I openly share my story and speak on topics including:

- *Being your authentic self,
- *Building your confidence and,
- *Developing good mental wellbeing.

My talks are interactive so make sure you have a pen and a piece of paper. I also help you tell your story using creative writing.

Very often, it only requires a small change to make all the difference in your life. I'm here to help you change the areas you feel stuck in or struggle with. A change in one area will undoubtedly improve other areas of your life. Career, health, wealth, and relationships, to name but a few.



A BIT ABOUT ME



I am open to collaborations and strive to bring love, light, and inspiration to those around me.

In my spare time, I love to sing, walk, and read.

If you're drawn to contact me, please email me or book a video call with me.

Lots of Love, Light & Gratitude

Lisa xxx