



MISS Foundation Conference 2006

When a Child Dies: Vow to remember, Call to Comfort

Writing to Heal the Heart

Thursday, June 1, 2006 1:30-3 PM

Workshop with Kara & Hawk Jones

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Groundrules

- This is safe, sacred space. Please don't critique yourself or others.
- Share only what you feel like sharing. You can just write and say nothing if you wish
- It is okay to show emotion, read through tears, or ask others to read for you. No one here will cluck-cluck you or try to "make it better". We will all just listen.
- Play with your writing. There is no right or wrong to this process.

Introduction

Voicing your story over time

Writing is just another tool

Evolution of story

Writing now, writing for specific goal, writing as a check-in over time

Do nothing

Relaxation meditation



Automatic Writing

Foster your different kind of parenthood, relating to your child



Find inspiration

Take one random line from grief materials & reply to it



Play Word Games

Mourning and Morning, how definitions change over time



Check Out Forms

Haiku, Tanka, Tanka train

5-7-5 or 5-7-5-7-7

You can repeat the 5-7-5-7-7 pattern multiple times to make a train.

