



Three days of professional development for helping professionals and community leaders interested in therapeutic writing. Includes a journal writing retreat, instructional workshops, networking, yoga, mindfulness and social events - all in beautiful Gros Morne National Park. **Eligible for 18 Cont. Ed. Credits.**  
details: [www.dimadupere.com/words-and-waves](http://www.dimadupere.com/words-and-waves)  
[info@dimadupere.com](mailto:info@dimadupere.com)



**Dima Dupéré, MSW, RSW, Social Worker, Psychotherapist and Consultant from Ottawa, offers you an unforgettable event held in one of the most beautiful places on earth.**



Register for **WAW2019** via [eventbee.com](http://eventbee.com).

Retreat: \$150 + tax

Training \$475 + tax

see ticket page for details.

### Goals:

- Know what makes writing therapeutic and what are the benefits of writing
- Learn which theoretical models support the use of writing in clinical settings
- Learn specific writing exercises
- Learn about the 4 relational schemas (MOSS) and how to use them to situate oneself in an issue
- Be able to set up journal writing groups and use writing with individuals
- Know how to use guided meditation in a group setting