

Writing as a Release

Have you been carrying pain or guilt for weeks, months...maybe even years?

Does an old heartache still bring quick tears to your eyes?

Do you know someone who is going through something like what happened to you? You want to help, but don't know what to say?

Have you noticed changes in yourself since that "terrible thing" happened to you? Have you developed phobias? Nightmares? Unfounded fears?

If you answered YES to any of the above questions, this course is FOR YOU. You DON'T have to live in fear. You DON'T have to walk in guilt. You DON'T have to keep looking over your shoulder.

Writing as a Release

is a guided course, facilitated by *Dory Oda, (M.S. Univ of Indianapolis, B.A., Tennessee Temple Univ), an award-winning writer who shows you how writing helped her let go of pain and guilt.

Hurry! Class starts Feb. 5, 2024

*Dory Oda and *Writing as a Release* do not purport to be a substitute for counseling and/or therapy.

Writing as a Release

WEEK 1: Why Do People Write their Stories?

People write in various ways and for many reasons, but their writing often stems from a need for healing. This class will focus on how we can use memoirs, journaling, short fiction, short nonfiction, poetry, and essays to release grief and pain.

WEEK 2: Do I Have a Story?

Everyone has a story. This segment of our class will focus on how to choose which part of your story you should write and will discuss how even the smallest event can stir an emotional reaction in your reader when written properly.

WEEK 3: Finding Your "Why"

Effective writing comes from knowing your "why." This portion of our class helps you find your "Why," then gives you tools to get from here to there with tips on how to start, how to transition between ideas, and how to bring it to a graceful close.

WEEK 4: The Rules and Tools of Writing

Let's do it right. This week, participants will learn the basics of writing a good story—things like "show, don't tell" and how to trade passive voice for action verbs and descriptive imagery. We'll also take a tour of some of my favorite online tools for writers.

WEEK 5: Let's Get Our Feet Wet!

We'll start by overcoming a common fear that grips us all from time to time. "Where do I start?" The goal for this session is that each participant leaves class knowing exactly how to start, and what comes next. This session will involve peer tutoring and informal guided class discussion. Expect homework this week.

WEEK 6: Improving the Rough Draft

Make your story better by exchanging common words for more descriptive ones, varying sentence structure, and making the story feel more intimate to the reader. Can you make your reader laugh or cry? Learn to make your writing tight; make every word justify why it has a place in your story.

WEEK 7: Peer Presentations

Class participants may read their own stories to the group if they would like constructive feedback on ways to make their story more powerful. Though I highly encourage all participants to share their stories in this way, it is not a requirement of this course. Do you have to? No. But I hope you will.

WEEK 8: Now What?

Entering contests and other ways to share your work.

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