

CREATIVE WRITING SELECTIVE
Expanded Course Outline

Week One: Introduction

Presentation by creative writing instructor (TBA)
Presentation of theoretical and empirical work on therapeutic and health-promoting aspects of expressive writing
Individual goal-setting and identification of writing project

Week Two: Free writing exercise

Reading and discussion of writing

Week Three: Point of view writing exercise

Reading and discussion of writing

Week Four: Poetry writing exercise

Reading and discussion of writing

Week Five: Mindful writing exercise

Reading and discussion of final project

There will be a weekly reading assignment drawn from the following texts:

Writing Down the Bones; Living the Writer's Life Natalie Goldberg

The Triggering Town Richard Hugo

Opening Up James Pennebaker