

## **CHANNELING YOUR INNER YODA: REFLECTIVE WRITING PRESENTATION STFM FEB 10 2017**

### **PART 1 REFLECTIVE WRITING BENEFITS**

**3:30 Slide 1 – 7: Intro, Overview, Learning Objectives, What is Reflective Writing? – Jo Marie 5 min**

**3:35 Slide 8-11 – Writing as Creative Act, Communal act, Healing Act, Writing as Noticing, Reflecting, Healing – Johanna 20 min**

**Slide 8 – Creative act: Important to remember that writing can be an end in itself, not for an instrumental purpose, but simply as a way of creating something beautiful or truthful or meaningful that gives personal joy and satisfaction**

**Slide 9 – Communal act: Writing seems a solitary pursuit, but in fact there is always an always an audience – sometimes imagined, sometimes real, sometimes no one more than the self. Shared writing requires an environment of safety and respect. Sharing writing and receiving writing forges bonds of recognition, validation, and community. It challenges isolation and alienation.**

**Slide 10: Research exists indicating that writing can have therapeutic psychological and even physiological effects, so it is a method of promoting healing in self and others**

**Slide 11: To elaborate on how reflective writing may be healing, it encourages first noticing, which allows hidden aspects of self and others to rise to the surface, to be recognized; as its name suggests, it promotes reflection, which helps us connect logical thought and analysis with heart and soul, so that our understanding is more full, more whole; and finally, writing helps us to learn to be present with vulnerability in ourselves and others, which in itself is a healing experience.**

**Slide 12-13 Benefits of Writing – Jo Marie**

**3:55 PART 2: FORMS OF WRITING – 15 min**

**Slide 14-15 Introduction to forms of writing - Jo Marie**

**Slide 16-19 – Reflective essay, Point of View writing definitions and technique – Johanna**

**Slide 16 Let's start with a form we all know: the reflective essay. A reflective essay requires reflection, that is analysis and insight, not mere description. It asks questions such as how did you feel, what did you learn, how were you changed?**

**Slide 17 Techniques for reflective essay: remember initial event, then revisit. What else might have been going on? What might be other perspectives on the event? What are other feelings, meanings, interpretations that you were not aware of at the time? How is this event related to other patterns or experiences in your life?**

**Slide 18 Point of view writing: Take a point of view not your own, and describe significant event**

**Slide 19 Technique pov writing: Select the person; write in the 1<sup>st</sup> person, I voice, but not as yourself, as the other; write with humility, avoid attachment to what you write – this is imagining, not reality**

**Slide 20-23 – 55 word story, letter-writing definition and technique – Jo Marie**

**Slide 24-27 – poetry and haiku, definition and technique – Johanna**

**Slide 24 Poetry expresses feelings and ideas through distinctive image, language, rhythm**

**Slide 25 Choose a central image, scene, phrase; Pay attention to imagery, simile, metaphor, language; use concrete rather than abstract words; use images, similes, metaphors; rhyme scheme, meter, or free verse; avoid cliché, sentimentality; show don't tell**

**Slide 26 Haiku; Japanese form of poetry; very precise, specific form (3 lines, 5-7-5 syllables); present tense, nature imagery; various images in haiku are all connected**

**Slide 27 Technique for haiku: follow form, present tense, nature imagery, connection among images**

**Slide 28-31 – song, skit, definition and technique – Jo Marie**

### **PART 3: LET'S WRITE**

**4:10 Slide 32-34 Let's Write 1 introduction – Johanna 10 min**

**Slide 32 – Let's Write. Enough talk, now we're going to write**

**Slide 33 Choose one of the 8 modalities we discussed, maybe one you haven't tried before; choose the patient or incident you're going to write about, a poignant, troubling, uplifting moment that touched you personally or professionally; spend about 10 minutes writing and 5 minutes editing**

**Slide 34 List of writing forms**

**4:20 Slide 35 Explanation of structured feedback – Jo Marie 5 min**

**4:25 Slide 36 – Small group feedback 15 min**

**4:40 Slide 37 Facilitation large group discussion - Jo Marie, Johanna 10 min**

**4:50 Slide 38-40 – Let's Write 2 – Johanna 10 min**

**Slide 38 Let's Write Again; choose something different**

**5:00 Slide 39 Structured discussion – give each other feedback using structured debriefing tool 15 min**

**Slide 40 Structured debriefing tool**

**5:15 Slide 41 – Facilitation large group discussion – Jo Marie, Johanna 10 min**

**5:25 Wrap up – Jo Marie, Johanna 5 min**

