Reset Therapy

Writing *the Self*

A 4-WEEK THERAPEUTIC WRITING WORKSHOP SERIES

Your stories matter. Let's explore them together.

Join counsellor, writer and educator Dr Ivy Ireland for a nurturing 4-week series exploring identity, memory, creativity and personal reflection through writing.

Through guided writing exercises, reflective discussion and practical techniques, you'll discover tools to express yourself, gain insight and connect more deeply with your story.

No writing experience is necessary. You don't need to think of yourself as "creative." You simply need curiosity and a willingness to put pen to paper.

Sharing your writing is always optional.

OVER 4 WEEKS YOU'LL EXPLORE:

- Creative and reflective writing techniques
- Expressive writing for wellbeing
- Memory, identity and personal narrative
- Developing a sustainable writing practice
- A safe, supportive creative community

BEGINS
THURSDAY 27TH AUGUST
and every Thursday night following for 4 weeks

5.30 – 7.30PM
(2 hours including a tea break)

RESET THERAPY
103 Verney Rd W,
Graceville QLD 4075

SMALL GROUP
A supportive and welcoming space

INVESTMENT
$95 per workshop
or $350* for the full 4-week series
**Paid upfront*

Get in touch for financial hardship rates.

FACILITATED BY DR IVY IRELAND
Counsellor | Lecturer | Poet | Writing Facilitator

Sometimes we don't find the story. Sometimes the story finds us.

GET IN TOUCH
Ivy@resettherapy.com.au
0478 581 848
www.resettherapy.com.au