



## Your Story Your Voice: Information



Breaking the silence of abuse through creative writing and story is a powerful tool for healing and change. We gather in a safe and supportive space to hear survivors' voices and use creative writing exercises to discover and develop our own, facilitated by survivor author [Jane Chevous](#) and blogger [Nicole Caroli](#).

### When?

10am – 3.30pm Saturday February 5<sup>th</sup> 2022

### For Whom?

Survivors (16+) of any kind of abuse or violence, experienced as a child or as an adult. You can be a beginner or an experienced writer, or just looking to use writing in your healing.

### What?

We'll use writing prompts and published work to explore the language of trauma and abuse, the role of story in healing and change, and to find our voice. There will be time to write, discussion and the chance to share your work, if you wish, for support and feedback.

We will hold a safe space but please be mindful that this is not a therapy group, and ensure you have the support you need around you.

### How much?

£25 waged, £10 low waged, free unwaged. Please pay what you can, and consider donating if you can afford to, enabling us to offer free places.

**BOOK NOW** Click [here](#) to book through our website.

### Your Story Your Voice

Telling or writing about our experiences of abuse and trauma can be a profound release for survivors. Abuse is about what is secret, hidden, untold, not believed. Writing our story liberates us

Photo by [Kelly Sikkema](#) on [Unsplash](#)



from the secrecy and validates our experience. It also helps us to reframe what has been done to us from a healthy perspective: it wasn't my fault; the responsibility lies with my abuser. 'The truth shall set us free.' There are lots of examples of survivors' writing to inspire us. It can be really helpful especially at the start of a healing journey to read about other people's experiences, because these voices say: you are not alone; we have shared some similar experiences; you can get through this.

### **Voicing as healing**

As well as telling your story, it can help to share how the abuse has affected you and how you have dealt with that. Keeping a journal is a good place to start. It can help to track your healing journey and reflect on what helps, what are the blockages, how far have I come? The insights from that reflection can help you to heal. Sharing your experiences with trusted others – a friend, partner or counsellor – can bring fresh and important insights. Sharing parts of our journeys with other survivors can bring wisdom and reassurance. We will look at journal writing in the gathering and you may choose to have a go.

### **Story as Journey**

Story has a role in every part of our journey from victim to survivor. We will explore the importance of our story in silence, disclosure, sense-making and using our story to help others.

### **Finding my voice**

A blank sheet of paper can be daunting but with encouragement, everyone can tell their story or express themselves on paper if they want to. We will use writing prompts to help us find our voices and develop our creative writing skills.

### **Facilitators**

Jane Chevous is a survivor author and activist, and leader of [Survivors Voices](#). Nicole Caroli is a survivor activist and blogger. Together they run a fortnightly survivor writers' peer group.

### **Safety and Support**

To ensure this is a safe group where boundaries and confidentiality are respected, we will ask all participants to review and agree to our [safety guidelines](#) beforehand. You will not be asked to share details of the abuse you have experienced. There will be no pressure to share your work unless you wish to.

We will work together as a group to create a safe and supportive space at the gathering. Jane and Nicole will be available for a debrief call after the workshop. Further support is available through our peer support groups, and information about other sources of support is on our website.