

# Trauma to Testimony: Intro to Writing About Pain and Purpose

**Instructor: Dr. Rachel Panton**

June 15th – July 13th

**Self care is a radical form of social  
justice work for women of color.**

Mental, physical, and spiritual wellbeing  
are worth fighting for.

Are you ready to go within?

Acknowledging old traumas helps us to  
unravel grief and make sense of pain,  
so we can remain grounded as we  
move towards healing.

Join us as we build a sacred and safe  
space for women to write about loss,  
regret, and hope.

All you need for this course  
is a tool to write, a sacred  
space to write, and a  
willingness to work.

## Special Guest



The Chief Grief Crusader  
Herdyne Mercier, LCSW



All meetings will take place live via  
Zoom on Monday evenings from  
6:00pm-7:30pmEST. Find coursework  
details & more below.



## Weekly Schedule

Week One:

Confronting Crisis, Creating Sacred Space to Write, Creating Sacred Time to Write

10 Tips to writing about Trauma, with Chief Grief Crusader Herdyne Mercier, LCSW

Week Two:

Mindful Meditation, Meditative Journaling and Writing about Loss

Week Three:

Writing about rejection, reconciliation, regret

Week Four:

Manifestations of faith, compassion, generosity, hope, resolve.

A link to join the Zoom meeting will be sent to your e-mail once you purchase the course. There will also be a writers' roundtable Facebook group for support where writers can check in everyday, hold each other accountable and get extra writing tips and support from the instructor.

