

# Creative Writing Workshops from author Anne Goodwin

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## **The art of the 99-word story**

Do you have a story to tell but fear you lack the skill, stamina or patience to fill a page? Perhaps it would feel less daunting if you had to find only 99 words.

Are you an experienced writer so in love with language you struggle to cut your stories down to size? The discipline of the 99-word story will hone the editing skills you need.

Alongside an international group of enthusiasts, Anne Goodwin has produced a 99-word story roughly once a week for almost five years. Join her to dissect some of those stories and produce one of your own.

Anne is also the author of two novels and a short story collection.

**Duration: 2 hours**

**Suitable for writers at all levels of experience or none.**

**Resources: helpful if participants can work on a word processor (for ease of monitoring the word-count) but not essential.**

## **Creating a fictional therapist: the how and why**

Have you ever wondered how realistic the therapists you encounter in fiction really are? Have you ever wondered about creating one of your own but been unsure how to go about it?

Through presentations, discussion and analysis of extracts from novels, Anne Goodwin will introduce you to the pleasures and pitfalls of fictional therapists and therapy. She will guide you through the various roles a therapist character can play in a story and steer you away from the errors authors most commonly make. She will share some of her own 99-word therapy stories and offer you the opportunity to compose one yourself.

As a former clinical psychologist, Anne Goodwin has experienced therapy from both sides of the “couch”. As a book blogger, she has reviewed over eighty novels featuring a fictional therapist, and writes regular guest posts for the Counsellors’ Cafe online magazine.

**Duration: 3 hours**

**Suitable for all writers: no prior knowledge or experience of therapy is required.**

## **Writing sensitively about mental health matters in fiction**

How can writers capture the reality of mental disturbance without perpetuating negative stereotypes such as “the mad woman in the attic” in Charlotte Brontë’s *Jane Eyre*? Through discussions of texts, experiential exercises, a myths and facts quiz and, of course, some time to write, this workshop assists participants to approach mental health issues with empathy and sensitivity.

As a former clinical psychologist, Anne Goodwin has over 20 years’ experience of working directly with people with serious mental health problems, and training others in relevant attitudes and skills. As an author, her debut novel, *Sugar and Snails*, addresses self-harm and her second novel, *Underneath*, is narrated from the point of view of a mentally disordered offender. Her next novel is set in a long-stay psychiatric hospital in the process of closure.

**Duration: 4 hours**

**Suitable for those with some experience of writing.**

**Resource requirements: sufficient space for participants to break into small groups.**

## **Writing about diversity from the outside in**

Many writers want to reflect a diversity of identities and experience among our characters but fear accusations of cultural appropriation or offending people for getting it wrong.

Drawing on her background in psychology and experience of publishing a novel about a woman with a marginalised identity, Anne Goodwin’s workshop provides the building blocks to write empathically about “the other” from the outside in. Through presentations, writing exercises and discussion, the workshop explores concepts of difference and offers a framework of empathy, curiosity and humility to reduce stereotyping and create diverse characters who live and breathe on the page.

Anne Goodwin’s debut novel, *Sugar and Snails*, was shortlisted for the Polari First Book Prize and highly praised by readers with a similar lived experience to the main character.

**Duration: 4 hours**

**Suitable for those with some experience of writing.**

**Resource requirements: space for participants to break into small groups; an overhead projector (for PowerPoint) is useful for this workshop but not essential.**

***Fees on application (reduced rates for smaller groups and nonprofits). Other content available: see <https://annegoodwin.weebly.com/author-talks.html>.***