



**Presentation Notes**

<b>Presenter:</b>	Charise Jewell Author of "Crazy: Memoir of a Mom Gone Mad".
<b>Topic:</b>	"Writing Pain and Trauma" Saturday August 14, 2021; 6pm EST
<b>Key Message:</b>	Can surviving and choosing to write about traumatic events transcend us? Is there a risk of being dragged too deeply back into the experience? Is it worth facing your biggest pain and trauma for the sake of creating? What do you hope to gain? Who, if anyone, is changed by the writing?
<b>1<sup>st</sup> point:</b>	A writer has to be ready to write about pain after sufficient processing time (if work is to be published). The amount of time varies for every person/trauma.
<b>2<sup>nd</sup> point:</b>	No processing time is needed for journaling/therapeutic writing if you enjoy it. This is FOR YOUR EYES ONLY, so you can express everything without filters or doubts about a reader's critique.
<b>3<sup>rd</sup> point:</b>	A good portion of a journal is stream-of-consciousness and not publishable. If you decide you want to work this into a manuscript, you need to be healed enough to revisit strong feelings. You should be able to talk about it without feeling overly triggered.
<b>4<sup>th</sup> point:</b>	Working a journal into a publishable manuscript can be painful for the author who experienced the trauma, but it will not be as painful as the initial journaling or the traumatic experience.
<b>5<sup>th</sup> point:</b>	The first step to rework a COPY of the journal is to go through and trim stream-of-consciousness and repetitive writing. This often feels cathartic. It is important to keep a saved version of

	the original journal and make changes to a copy, in case it one day feels traumatizing that your original journal no longer exists.
<b>6<sup>th</sup> point:</b>	The next step to rework this manuscript draft is to go through it from a reader's perspective, adding scenes and missing details so it makes sense. At this point the manuscript often feels like it's more for an audience than private, so it will likely not feel as triggering.
<b>7<sup>th</sup> point:</b>	Some scenes will be easier to write/edit than others. There is no need to write in chronological order even if the book is chronological. If a difficult scene is too tough to revisit one day, pick another one to work on that is less challenging. You'll be able to tackle the difficult scene another day.
<b>8<sup>th</sup> point:</b>	As the author you decide what you're comfortable exposing. Readers don't have to know every single detail.
<b>9<sup>th</sup> point:</b>	You need reliable self-care strategies and must self-monitor in case strong emotions start to become too intense.
<b>10<sup>th</sup> point:</b>	As with all writing, you cannot rush the process. Not being ready to talk/write about your experience or not having proper self-care and support will likely retrigger trauma. Pay attention to your body's warning signs.
<b>11<sup>th</sup> point:</b>	Readers benefit if they can relate to the traumatic experience and feel comforted, or if not, if there's something they can learn.
<b>12<sup>th</sup> point:</b>	A writer benefits because it is validating in terms of the trauma, which others might have dismissed or disbelieved. It is also meaningful to help others experiencing similar pain, and making meaning from trauma is one of the best ways to heal.
<b>Important vocabulary:</b>	Stream-of-consciousness, self-care, validating, making meaning from trauma.
<b>Questions?</b>	charise.jewell@gmail.com charisejewell.com