

Ko te tumanako me haere tahi tatou Hope moves us forward together

Bearing witness: a writing workshop

In times of illness, of injustice, of inequity, it's easy to feel as if there's nothing we can do. But we can. We can bear witness. Let the words and stories sit with us, let our bodies and minds respond. By meeting people across space and time and mortality, acknowledging their story of being human - we validate their experiences and we change ourselves too. Maybe this is one of the essential functions of medicine, and art. In this two hour workshop, we'll discuss how we all bear witness to the small and large things, and explore ways we can witness through creative practice. You might even get some ideas for clinical practice! Although this is a writing workshop, creatives working in other mediums are most welcome, at all experience levels. Note: this workshop is a safe, politically neutral space. However you are welcome to use the exercises to explore any theme or concern you choose.

