And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom.
—Anais Nin

“Jan Marquart’s healing journaling class was the opportunity to start writing honestly and in a loving atmosphere about my trauma. It came at the right time for me; the journaling exercises and the healing tools provided a strong and efficient background which allowed me to put words on the unbearable and slowly but surely start embarking on my long healing journey. I highly recommend it.
—Sabrina, Bordeaux, France

“From the beginning, Jan’s class, which focused on moving through and beyond a difficult experience, felt hopeful. With each writing we took another significant step toward deep healing. Jan brings to her teaching rich, relevant experiences from her own life and work, and she always was supportive and encouraging in her assignments and feedback. She shared with us valuable tools and resources to help us continue healing after the class is over.
—Susan
Workshops to encourage healing, well-being and writing

**Write to Heal**

- Learn to write for well-being
- Decrease PTSD and chronic pain symptoms
- Write to reduce the harmful effects of stress
- Let your pen be your body’s voice
- Write to prompts

78 pages • $8.99 • 5” x 7.5”
Order at: www.JanMarquart.com

**The Mindful Writer**

*Still the Mind, Free the Pen*

- Learn how to get out of your own way when you write
- Find your own process
- Know your mind and let go
- Write to prompts

176 pages • $14.95 • 5.5” x 8.5”
ISBN 978-1-60643-808-4
createspace ISBN 9781456547134
Order at: www.createspace.com/3546101
Also available as an ebook on Amazon.com

**Write to Heal PTSD and other symptoms of stress**

Post Traumatic Stress Disorder is a series of symptoms that leave the mind overwhelmed, broken, fragmented, disturbed, and over-reactive to just about any kind of stressor.

These symptoms can feel unbearable, make relationships disintegrate, tempt the use of addictive substances, incite suicidal ideation, and more. Medication can help but medication only sedates symptoms; it does not heal the core issue, nor help put a life’s brokenness back together.

Writing deeply accesses the subconscious mind and allows it to recover from wounds caused by traumatic events. With focused writing, the mind can uncover, discover, and recover the energy needed to create a healthy life. The sting of trauma released, the mind can begin to resolve, transform and heal which then unites the fragmented parts of the mind for a healthy new self.

Jan Marquart, LCSW and author, teaches intense and focused writing techniques that help the mind/body/spirit resolve and heal the life-tearing effects of PTSD symptoms and other life stressors.

Jan Marquart offers the following:
- four-hour process-oriented workshop
- six-part experiential intensive writing workshop
- hourly counseling sessions focused on writing to relieve PTSD symptoms

Jan can be contacted for further details at:

jan_marquart@yahoo.com

**About the Author**

Jan Marquart LCSW has counseled individuals, groups, and families since 1979 and noticed that when her clients wrote about their problems, visions for wellness, and future goals, they healed faster and made much more progress than those who didn’t.

Through Jan’s personal daily writing journey combined with her indefatigable determination to recover from her own PTSD symptoms, she discovered a process which she now offers to others.

Jan Marquart is the author of eight books about writing, self-help, memoir, and the power of writing to heal.

Jan can be reached at:
jan_marquart@yahoo.com
www.JanMarquart.com
www.freethepen.wordpress.com
www.awarelivingnow.blogspot.com
janmarquartlcesw.wordpress.com