

**Writing Resume**  
**Lynda Monk, MSW, RSW, CPCC**  
**lynda@creativewellnessworks.com**  
**(250)653-2085**

The following writing resume highlights my studies and residencies devoted to deepening my writer's craft and publication credits. I use writing as a tool for creative wellness, as well as for both personal and professional development.

**Writing Courses, Workshops & Intensives**

- **Writing with Style**, The Banff Centre for the Arts, September 14-21, 2008 (Memoir with Bill Schermbrucker)
- **The Writer's Studio** with Peter Levitt, online writing workshop, May - June 2008
- **Creative Writing Diploma**, Quality of Course Inc., Ottawa, Ontario, in progress
- **Collaborating with a Publishing House**, Continuing Education Course, Salt Spring Island, BC, May 2008
- **Self-Publishing Workshop** (Trafford Publishing), Continuing Education Course, Salt Spring Island, April 2008
- **The Sound and Shape of Poetry**, Mona Fertig, sponsored by the Writer's Trust of Canada, March 3, 2008
- **Catching the Moment: An Experiential Workshop for Writers**, Peter Levitt, sponsored by the Writer's Trust of Canada, November 3, 2007
- **Non-Fiction Book Proposal Workshop**, Derek Lundy, sponsored by the Writer's Trust of Canada, November 17, 2007
- **Non-Fiction Book Proposal Course**, Deborah Bouziden (online) 2007/08
- **Writing as Narrative**, Lorraine Gane, October - December 2006
- **Memoir Writing**, Sharon Butala, May 2005, Hollyhock Educational Centre
- **Writing Workshop**, Lorraine Gane, September 2004
- **How Close Can You Get? A Retreat for Writers**, Natalie Goldberg, author of Writing Down the Bones, Hollyhock Educational Retreat Centre, September 2003
- **Transformative Memory Work and Writing**, workshop and conference sessions (at the Helpers, Healers and Leaders Conference – April 2004, Victoria, BC and the National Social Work Conference – June 2004, Saskatoon, SK)
- **Writing & Movement: A Creative Writing Course**, Ahava Shira, Spring 2000
- **Creative Expressive Therapy Course** (including writing as a healing art), University of Northern British Columbia, 1997/98, part of Social Work degree program

**Publications**

- **Life Source Writing™: A Reflective Writing Practice for Self-Care, Self-Discovery, Wellness and Creativity** © 2009, Creative Wellness, Salt Spring Island, British Columbia

- **A Guide for Mental Health Clinicians Working with Suicidal Adults** (co-authored with Dr. Joti Sumra) © 2007, Ministry of Health & University of British Columbia.
- **Suicide Postvention is Prevention: A Proactive Planning Workbook for Communities Affected by Youth Suicide** (co-authored with Brenda Dafoe) © 2005 BC Council *for Families*.
- **Professional Burnout within Social Work: Are we doing enough?** © 2004 in *Perspectives*
- **Suicide Postvention Protocol: When A Youth Dies By Suicide** (co-authored with Brenda Dafoe) © 2003 Ministry of Children and Family Development
- **Resiliency Among Child Welfare Workers: An Organizational Health Perspective** © 2002 in *Canada's Children*
- **Suicide Among Professionals in the Human Services** © 2001 in *Lifenotes*, Vol.6, no.1
- **Professional Burnout: A Conceptual Model**, Masters of Social Work thesis © 1998 University of Northern British Columbia
- I have also published numerous training manuals, curriculum guides, workbooks and online articles. I currently write a blog and publish a bi-weekly Creative Wellness Tips & Tools Museletter (<http://www.creativewellnessworks.com>)

### **Current Book Writing Projects**

**Umbilical Cord: A Memoir of Adoption** (memoir in progress)

**Writing Alone Together: The Public-Private Art of Journaling** (creative non-fiction, co-authored with Ahava Shira, PhD and Wendy Judith Cutler, M.Ed manuscript in progress)

**Leaders in Balance: strategies for work-life balance for yourself, your team and your organization** (non-fiction toolkit being co-authored with Jennifer Britton – expected completion date: Summer 2010)

**Beyond Bubble Baths: The Art of Sustainable Self-Care for Helpers & Healers** (non-fiction manuscript in progress)

### **Current Writing Communities**

**Writing Alone Together** – bi-monthly writing group with Ahava Shira (author of a book of poetry entitled *Womb: The Weaving of my Being*) and Wendy Judith Cutler. Collectively we have been journal writing for more than seventy years. For over three years, we have come together to write in the moment and to support our respective writing projects. This process has resulted in us collaborating on a current manuscript in progress entitled *Writing Alone Together: the public-private art of journaling*.