

Creative Writing as a Transformational and Healing Practice

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“Creative Writing as a Transformational and Healing Practice” centers around the therapeutic power of writing. It explores how honest, vulnerable writing allows people to share experiences and lessen burdens of trauma and grief, and how joyful writing can serve as refuge. This talk also examines the role of creative writing classes at HBCUs: the need for young, Black voices, the importance of their shared stories, and the value of writing as a healing practice in college classrooms. One of the main takeaways from this talk will be about how we all have the ability to empower and transform ourselves through writing, to gain agency over our experiences by sharing those experiences, and to feel emboldened to tell our unique stories.