EVENT TITLE: Writing is Not Therapy: Using Craft to Contain the Uncontainable

Description
Though writing about trauma can be therapeutic, it is not therapy. Too much discussion of writing about trauma focuses on the traumatic events themselves rather than the craft, form, and structure of the writing. Panelists will discuss techniques to help contain the unruly nature of traumatic experiences and consider how writers can stay grounded when confronting some of their most difficult experiences.

Event Category
Multiple Literary Genres Craft & Criticism

Event Organizer & Moderator
Megan O’Laughlin: Megan O'Laughlin's essays can be found in Watershed Review, Cleaver Magazine, Defunkt Magazine, and others. She is the Managing Editor of The Black Fork Review, cohost of the I'M TRIGGERED podcast, and is writing an essay collection about therapist burnout. She lives by the sea in Washington State.

Event Participants


Maggie Smith: Maggie Smith is the New York Times bestselling author of You Could Make This Place Beautiful and six other books of poetry and prose, including Goldenrod, Keep Moving, and Good Bones. Her poems and essays have appeared in The New Yorker, the Paris Review, The Nation, and The Best American Poetry.

Kelly Sundberg: Kelly Sundberg's memoir GOODBYE, SWEET GIRL was released by HarperCollins in 2018. Her essays have appeared in Best American Essays 2015 and many literary magazines. She has a PhD in Creative Nonfiction from Ohio University and is an Assistant Professor of Creative Writing at Ashland University.