



13 North Common Road
Ealing, London W5 2QB
Telephone: 020 8579 2505
Facsimile: 020 8832 3070
www.metanoia.ac.uk

Metanoia Institute & Middlesex University

An investigation into how Creative Writing for Therapeutic Purposes can be an effective self-care tool for parents/carers of adults with Asperger's Syndrome.

I am conducting research on the benefits of using Creative Writing for Therapeutic Purposes (CWTP) tools for parents/carers of adults with Asperger's Syndrome (AS).

I am looking for parents/carers of adults with AS who would be able to attend a Writing for Wellbeing workshop in Bristol in March 2018. The workshop is not about producing 'good' writing, it is about using writing exercises to explore and share experience. Participants will be given the option of doing some writing at home before the workshop. I will also have a follow up meeting or telephone call with people who have participated in the project to reflect on their experience of using CWTP.

Thank you for your consideration.

If you are interested in taking part or learning more about the project please email me – Asha.Sahni@metanoia.ac.uk

Registered in England at the
above address No. 2918520

Registered Charity No. 1050175