



Five week writing group with our multi-storied bodies

Welcome to this unique offering bringing our multi-storied bodies ideas and practices together with the craft of writing.

This five week writing group invites a re-engaging with lived experience through playful invitations. Perfect for reinvigorating curiosity. Ideal for exploring the stories, projects or practices you are in relationship with through a surprisingly collaborative and political stance. Wonderful for coming away with material for a personal piece, a short story, a scene, a poem, an offering.

Everyone is welcome - multi-storied bodies practices invite inclusive, cross-discipline/practice/interest terrains. We do not discern between professional, formal and informal practices and engagement. Come with your multi-storied selves!

Previous workshops have included parents, musicians, community members, dancers, teachers, artists, researchers, theatre makers, therapists, filmmakers, social justice workers, writers...Number of participants is not limited for this series.

At no point will you be asked to share or announce what you are choosing to write/create. Fragments are invited to be shared and discussion about process is always welcomed.

Sessions run for an hour with guided prompts.

(remembering that writing can be so many things alongside the actual placing of words on a page! Writing includes dreaming, drifting, moving, researching, assembling images, creating a playlist...)

At the end of the hour the zoom room stays open for casual 15min reflections/chats.

**Sessions will not be recorded*

Padlet will be offered across the series for posting fragments of writing.

**Thursday
8.30am - 9.30am EDT or 3 - 4pm EDT
9th, 16th, 30th January, 6th & 13th
February 2025**

Cost for the series is \$120US (one sign up can be up to 3 people in a shared physical space)

Registration rate \$120US

To register please complete this [form](#). An invoice will be sent to you (payments accepted card, PayPal, Klarna)

Poh is a practitioner interested in considering non-extractive and decolonial approaches to engaging with lived experience, whether this be in therapeutic, community or creative processes. For many years Poh was



engaged in co-research with people and communities responding to themes of experience within family and state violence, displacement (from rights, land, home, body, identity, relationships), liminality and reclaiming practices of *staying with* experience and preference. Poh collaborated on the award winning film [Island of the Hungry Ghosts](#) (2018) and The [Wolves Always Come at Night](#) (2024) with director, Gabrielle Brady and for the past decade has been innovating with narrative therapy to create workshops and consultations that offer anti-oppressive pathways, movements and possibilities in creative, research and therapeutic

projects and practices. To find out more visit www.narrativeimaginings.com

Poh is on the teaching faculty of [Dulwich Centre](#); the teaching faculty & Board of [Re-authoring Teaching](#); a honorary clinical fellow of the [School of Social Work](#) and a lecturer for [VCA](#) Film and Television, University of Melbourne; on the International Advisory Committee of the [Latin American Journal of Clinical Social Work](#), the Editorial Board [International Journal of Narrative Therapy and Community Work](#) and a sessional facilitator for [Dokomotive Collective](#); [Filmhaus Köln](#); [DocX Archive Lab](#), [International Documentary Association](#); [The Flaherty](#) and [The Pritzker Pucker Studio Lab for the Promotion of Mental Health via Cinematic Arts](#).

To read more please visit www.narrativeimaginings.com

What people say...

"This is a space of permission, refusal, arriving, warming up, listening, suspending meaning and the self-critic, and starting anew. The experiences in these sessions constantly affirm that we write not from a single "I", and there are multiple authors, collective voices, collective resistances, overlapping realities, senses, and memories present with us. All of the time. We are invited to resource from these rich experiences and a community within us and surrounds us. Poh facilitates these sessions in a way that extends beyond writing as an articulation or a productive project but a process of listening and receiving from voices that need the right prompts to emerge." Xiaolu Wang, filmmaker+translator

"In our multi-storied bodies meetings Poh has invited us to engage with writing in community with parts of self and others in ways that have moved and surprised me. There was often the possibility of accompaniment through sharing our experiences with others in the group, or remaining alone together in our imaginings. I have gone on trips to the outer edges of the galaxy and met more than human creatures, as well as teetered on the precipice of a cliff staring into the abyss of a gaping expanse of nothingness at a very specific location between my belly button and my Xiphoid Process. It has informed my therapeutic practice as well as delighted my inner writer no end. Highly recommend it!" Kitty Thatcher, psychologist, Santiago, Chile www.kittythatcher.org

"Writing with Multi-Storied Bodies led by Poh has been a unique experience and has created a place for me to explore writing and my relationship with my body and my stories from a multi-storied bodies perspective. The gatherings are always generative, sweet, and explore creative terrain I haven't been to before. I very much look forward to continuing to foster what I have connected with in this group." Sarah, United States