

Program Title: Writing Resilience

Faculty: Tara Hardy, Sem II 2102, tara.hardy@evergreen.edu

Teaching Style: Tara is passionate about teaching, cares deeply about student success, and strives to live up to teaching as an art form. She fosters a lively environment that is rich with humor and compassion.

Description: In this program, we'll examine the writing of survivors and write about the impact of trauma and oppression on ourselves, and the people, communities, and world around us. We'll explore writing as part of a transformative and resilience-building process. How can we foster resilience in communities? Is resilience inborn or something that can be cultivated? Is healing preferred? If so, why? Is healing possible, and if so, how? Who has access to resilience and what are barriers to access? Is the concept of wholeness helpful and/or detrimental?

This is primarily a writing class, but the study of trauma, systematic oppression, and resilience will be part of how we approach writing. We'll study and write poems, stories, and spoken word. We'll read poems, stories, essays, scholarly literature, and we'll watch videos of spoken word and comedy. Students will assemble a collection of writing related to trauma, healing, and resilience. If you are interested in writing, and social psychological healing, through the arts, this program is for you. This program will be taught with trauma-informed lens and is specifically designed to support those living at the intersections of identities and lived experiences.

This course is offered through Complete Online Learning.

This is one of three programs that comprise the Writing Trauma, Resilience, and Healing Certificate at Evergreen. Programs can be taken in any order.

Students will earn 8 credits in ten weeks.

This offering will prepare you for careers and advanced study in: Writing, Literature, Psychology, Social Work

Course Reference Number (CRN): (8): 30023

Class Standing: freshman-senior

Special Expenses: none

Weekly Program Schedule: Two evenings per week, Tuesdays & Thursdays, 6:00-9:00pm

Credits Awarded In: Psychology of Trauma and Creative Writing

Required Winter Texts:

- *Emergent Strategy*, Adrienne Maree Brown
- All else provided as supplemental reading, free

Major Assignments:

- Two weekly seminar preps
- One weekly 2-page creative writing assignment