

Julie Mariouw

Writing Workshop Facilitator

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Experience

2022 - Present

In-Person & Online Writing Workshop Facilitator

In Chelsea, MI using lower level of home + wilderness acreage, & online through Zoom.

2016 - Present

Writing Workshop Facilitator

Wellspring Writing Workshops, LLC

- Founded Wellspring Writing Workshops.
- Created original lesson plans and handouts.
- Created writing prompts using metaphor, polarity, the senses & the physical body.
- Led online and in-person workshops using the Amherst Writers & Artists workshop method, including: “Write from the Senses”, “Memory & Metaphor”, “The Magic of Objects in Writing”, “Create Characters through the Body”, “Follow a Golden Thread”, and others.
- Facilitated sessions in which writers read their work out loud.
- Led a “Launchpad Group” for Amherst Writers & Artists.
- Led “Metaphor & the Body” online workshop for AWA Retreat.
- Led “From Head to Heart: the Power of Journaling in Recovery” for the Ann Arbor Women’s Group.
- Led two AWA “Write Around the World” fundraising workshops.
- Edited four novels.
- Worked individually with four different writers, helping to increase their writing skills and bring about personal healing.

2009 - 2016

Journal Workshop Leader

Ann Arbor Recovery community

- Led Journal Workshops for women in recovery
- Created writing exercises and handouts.
- Did research on subjects pertaining to lesson plans.

- Facilitated sessions in which writers read their work out loud.
- Created take-home writing prompts for writers to use.

2006 - 2007

Volunteer Reading Coach

Washtenaw Literacy

- Tutored individual adults in reading and writing skills.

2006

Substitute Teacher

Maxey Boys Training School

- Taught delinquent boys—ages 13 - 20 years.
- Small-group classroom instruction in Social Studies and Language Arts.

2005 - 2006

Substitute Teacher

Ann Arbor Public Schools

- Full classroom instruction in various subjects - 3rd to 8th grades.

2002 - 2005

English Instructor

Sylvan Learning Center

- Worked individually with students on various programs.
- ACT/SAT prep, reading, writing, basic math, algebra, study skills.

Previously

Volunteer Tutor

HOSTS (Help One Student to Succeed) Program, Ann Arbor Public Schools

Volunteer Counselor

Ozone House

- Worked with at-risk women.

Volunteer Music Coordinator

University Musical Society

- Served on planning board for musical events.
- Hosted receptions for various musical artists.
- Brainstormed ideas for future offerings.

Was a mother of two!

Education

- Nov '24 - May '25 **Forest Therapy Guide Training & Certification**
Association of Nature & Forest Therapy Guides & Programs
<https://anft.earth/>
- Sept 2024 **Post-Certificate Training in Manuscript Review**
Amherst Writers & Artists
Maureen Buchanan
- Jan - Sept, 2022 **Healing Trauma Certificate Program**
Sounds True - Dr. Jeffrey Rutstein
- Currently studying “Trauma & the Body”, “Co-Regulation from a Polyvagal Perspective”, “Body, Mind and Relationships”, among other subjects.
- Oct 2021 **Professional Development & Writing Retreat**
Amherst Writers & Artists
- Discussed workshop structure.
 - Learned strategies for improving online presence.
 - Received instruction on leading manuscript workshops.
 - Learned new techniques for facilitating discussion groups.
- Nov 2020 **Post-Certificate Training Workshop in Prose**
Amherst Writers & Artists
- Learned new strategies for teaching prose.
- Nov 2019 **Veterans Writing Program Initiative**
AWA Post-Certificate Training Session
- Received training in how to create and offer writing workshops for military service people and their families.
- May 2016 **Writing Facilitator Training Program**
Amherst Writers & Artists Training
- Received training & certification in leading writing workshops.
 - Increased workshop skills.
 - Learned methods to develop craft.
 - Learned how to form successful groups for writers.

- Received guidance on starting a business for general groups and with specific populations, such as prisoners, low-income groups, seniors, chronically-ill, and youth.

1998 - 2002

Elementary Education Graduate Program

Eastern Michigan University

- (I am just 12 credits shy of this degree—I did not finish student teaching. I realized I was meant to teach adults!)

Dec 1985

Bachelor of Arts

University of Michigan - English Department

Summer 1975

Summer Language Program

Middlebury College

June 1974

High School Diploma

University Liggett School

Published nonfiction:

- “Writing and the Forest” - Story Sanctum, Feb '25
- “Lessons from a Turtle on Writing & the Body” - Wilderness House Literary Review - Oct '24
- “The Power of Bluebirds & Writing” - Teach. Write. A Literary Journal, Oct '24
- “My Hero’s Journey Through Words” - Recovering the Self Journal, April '24
- “Whispering is the Same as Whistling at the Girls” - WCC Double Anthology, Oct '21
- “Writing to Free the Body” - The Brick Magazine, July 2021
- “How Muses Are Healing Me” - Recovering the Self: A Journal of Healing & Hope, June '21
- “Write with Color: Rediscover your Childhood Genius” - The Brick Magazine, May 2020
- “The Healing Power of Metaphor: Energy from an Unseen World” - The Brick Magazine, January 2020
- "Writing as Transformation: How Your Muse Can Heal You" - The Brick Magazine, July 2019
- “Making Friends with Your Subconscious in Creative Writing” - Crazy Wisdom Journal, 2018, Issue 68
- “Practice Writing For Better Health” - Natural Awakenings Magazine, Dec 2017

- “The Extraordinary Power of Writing” - Crazy Wisdom Online Blog, Feb 6, 2017
- “A Better Way to Teach Writing” - Crazy Wisdom Journal, 2017, Issue 65

Published poetry:

- “The Angel & the Paper Doll” - Huron River Review, Issue 20, 2021
- “A Soft China Blue” - WCC Poetry Club, March 2021
- “Dust Like Stars” - Verdad Magazine, Volume 12, 2012
- “Resurrection” - Huron River Review, Issue 11, 2012
- “Raw” - Huron River Review, Issue 10, 2011