



Kathleen P. Perkins, Ph.D.

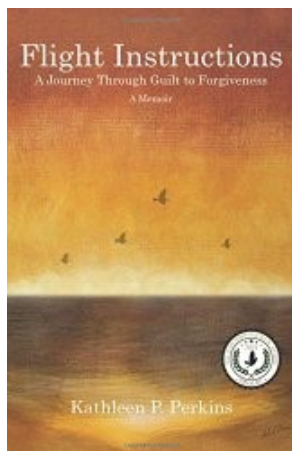
Dr. Perkins is an award winning author. She has published three books, the most recent is her memoir: Flight Instructions: A Journey Through Guilt to Forgiveness. Her workshop, **The Write Remedy: Healing through Writing**, evolved out of her personal journey of using writing as a tool for her own healing. A former college professor and licensed therapist, she holds both a Ph.D. and Masters in Social Work. Her expertise includes:

- Group/Workshop facilitation
- Grief counseling
- Addictions therapy
- Individual/family counseling

**Keynotes and Workshops for:
Behavioral Health/Mental
Wellness facilities, Cancer
Survivors, Spiritual Centers**



Forgiveness opens the
heart for love



The Write Remedy **Healing through Writing**



DO YOU LONG TO HEAL A PIERCING LIFE WOUND?

Writing becomes a powerful outlet for expressing thoughts and feelings about emotionally challenging experiences.

In this unique interactive workshop you will learn how to:

- Write your feelings
- Listen to self and others
- Bear witness to each other
- Discover **forgiveness** as part of a vibrant life.
- Bring closure to painful life events

“Dr. Perkins provides a safe environment and honors each person with deep listening and a compassionate sensitivity. Her love of fearless writing is inspiring. Kathleen is generous in her sharing of tools, books, and poems to create a sense of abundance and possibility. Her kindheartedness and soulful self create a warm container that I would return to for more.”
Diane Jacobson, Soulcollage® Facilitator/Trainer

CONTACT:

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