

LOST AND FOUND

WRITING INTO THE HIDDEN MEANINGS OF CHILDHOOD ARTIFACTS

SUNDAY, MAY 3, 2025

10:30 A.M.–12:00 P.M. EDT (VIA ZOOM)

PRESENTED BY PCOP FELLOW CHARITY HUME

ABOUT THE WORKSHOP

In this 90-minute creative writing workshop, Charity invites participants to engage with their own creative identities, using writing as a bridge between conscious insight and the hidden layers of the psyche. Her extensive experience as an educator, private writing coach, and workshop facilitator, has shaped her belief that writing can unlock unconscious feelings, safely recall memories, and foster reflection—beneficial for therapists, teachers, patients and students. Drawing from psychoanalytic theory, depth psychology, and years of experience as a writing coach and educator, she will demonstrate how focusing on specific childhood objects can help us access memories, uncover hidden emotions, and discover an empowering creative practice of self-reflection. Concepts from Jungian depth, e.g. psychology, object relations theory, and narrative therapy, will inform the discussion. Participants will participate in guided exercises designed to illustrate how writing can be a powerful tool for insight and transformation.

There will be a handout and writing prompt during the workshop; students will be asked for a 5–10-minute reflection upon conclusion.

ABOUT CHARITY HUME

CHARITY HUME is a lifelong educator and writer whose work explores creative writing as a therapeutic process. A Psychoanalytic Fellow at the Psychoanalytic Center of Philadelphia (2023–25), she completed a Certification in Memoir from Pacifica Graduate Institute, where she was trained in Jungian Depth Psychology techniques that integrate psychological frameworks into the writing process. A graduate of Yale University, she holds an M.A. in English and Creative Writing from NYU, where she later served as Director of the Graduate Creative Writing Program. While there she wrote the foundational grant for the New York Times Writing Fellows, and produced the NYU Reading Series, which featured Toni Morrison, E.L. Doctorow, Allen Ginsberg, Susan Sontag and others during her four years of university leadership. In LA, she has offered workshops at The Huntington Library for Writegirl and the E.E. Ford Teachers' Institute. She is a contributing author for The Huffington Post, Ms. Magazine, and Cultural Weekly. Her story "The Competition" was a finalist for the Winter 2022 Story Contest at Narrative Magazine. She has written three books: *The Naked College Essay*, *The Path to Creativity*, and *The Wisdom in the Room: A Teacher's Guide*. Based in Los Angeles, Charity teaches in person and online, offering workshops, individual coaching, and academic counseling for writers of all ages. Learn more at CharityHume.com.

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For all questions and concerns, contact Membership & Events Coordinator Julia Seixas at jseixas@philanalysis.org.