



Somatic Writing G26100102

with Carrie Nassif
October 4-10, 2026

Welcome!

Dear writers,

I wanted to offer you a very special welcome to this class. Ghost Ranch is already a beautiful environment and I feel so honored to be able to share it with you all, leaning into the physical realm of the body, where our sensory perceptions are encoded into memory, and where our sense of self emerges from emotional encounters.

In order for us to access the full wisdom of our body and its intuitive knowing, I invite you to cultivate several qualities that are just good practice in authentic writing in the first place: a sense of introspection, a suspension of judgment, a willingness to move the body, and an openness to vulnerability all in a group setting.



I am a poet, and also a clinical psychologist, so I will strive to provide a safe container within the class and outside of it. I'll be sharing readings and offering exercises to help you connect to your body in what might be new ways for you; each of these is an invitation to witness, absorb, and participate actively in – but only to the level of your comfort and readiness. I'd love for you to be able to stretch yourself, and trust that you can protect yourself and avoid a metaphorical strain.

The same goes for sharing your work with classmates and/or with the larger Ghost Ranch writing week community and/or asking for feedback from your peers – feel free to participate (or not) only to the level of your own comfort and readiness.

Similarly, we will determine, as a group, the definitive hours of attendance, and the extent to which we will utilize hiking trails – taking into consideration the weather and trail conditions.

I'm also happy to be available outside of class for fine-tuning your work in terms of craft or technique, to review and provide feedback on a specific piece, and/or to provide coaching to enhance your performance/reading skills.

PLEASE let me know if you have any questions ahead of time via email at cnassifphd@yahoo.com



I am looking very forward to meeting and writing alongside each one of you!

Carrie Nassif

www.carrienassifphd.com

Supply List:

Bring whatever you need to write/doodle comfortably.

I would prefer that you write by hand whenever possible because that is how much more of a somatic experience, so please plan to bring a journal or notebook as well as favorite pens or pencils. However, there will be absolutely NO JUDGMENT if you also bring a tablet, laptop, or cell phone. PLEASE bring your charger and battery packs because we are likely to be moving around some and you may not always have access to power...and just so you know, there is NO access to a printer at Ghost Ranch.

Bring comfortable clothing you can stretch in, move with, and even hike in. Don't forget outdoor gear including bug spray, hiking shoes, and layers to accommodate varied temperatures throughout the day. Bring a water bottle! It's arid here AND at high altitude, so keep your body nice and hydrated to avoid headaches or other discomfort. Take a bag or backpack with your snacks, sunglasses, a hat, whatever you need. (I will have a small first aid kit with the basics on me for minor concerns when/if we go hiking)

Bring any reference materials.

I'll email everyone with a list of reading materials and/or links where available. You will need to download and/or print them out so that they are available to



use when you arrive. There is usually decent internet in most of the classrooms and housing areas as well as the library. But there may not be copying services available in the visitor's center. It will be SO much easier if you have your packets with you when you arrive, and have downloaded any links on your devices ahead of time.

Bring your curiosity and compassion.

Much of what you need in order to write well is your present/mindful self and its authentic and observing perception. Reading the works of the masters, your classmates, or yourself requires the same - with maybe a little extra kindness for your own words. We can benefit from criticism only in the "evening" of writing when we're in our heads and ready to edit on an intellectual level. For us, however, it's important that we stay supportive and open during the generative "morning" of writing when we're first creating something new and vulnerable and uncertain.

GHOST RANCH



Workshop Itinerary:

10/04-SUNDAY	3PM	CHECK-IN
	5:30-6:30	Dinner in Dining Hall
	6:30	Quick Group Meet-up after dinner @ dining hall
10/05-MONDAY	7:30-8:30	Breakfast in Dining Hall
	9 AM-12	Meet in classroom: introductions
	12-12:30	Lunch in Dining Hall
	12:30-2	Meet in classroom: readings/exercises/prompts/writing
	2-5:30	on your own
	5:30-6:30	Dinner in Dining Hall
10/06-TUESDAY	7-8 PM	individual craft consultations
	7:30-8:30	Breakfast in Dining Hall
	9 AM-12	Meet in classroom: readings/exercises/prompts/writing
	12-12:30	Lunch in Dining Hall
	12:30-2	Meet in classroom: readings/exercises/prompts/writing
	2-5:30	on your own
10/07-WEDNESDAY	5:30-6:30	Dinner in Dining Hall
	7-8 PM	individual craft consultations
	7:30-8:30	Breakfast in Dining Hall
	9 AM-12	OPTIONAL: meet in classroom for quiet writing time
	12-1	Lunch in Dining Hall
	12:30-2	OPTIONAL: meet in classroom for quiet writing time
10/08-THURSDAY	5:30-6:30	Dinner in Dining Hall
	7:30-8:30	Breakfast in Dining Hall
	9 AM-12	Meet in classroom: readings/exercises/prompts/writing
	12-12:30	Lunch in Dining Hall
	12:30-2	Meet in classroom: readings/exercises/prompts/writing
	2-5:30	on your own
10/09-FRIDAY	5:30-6:30	Dinner in Dining Hall
	7-8 PM	individual craft consultations
	7:30-8:30	Breakfast in Dining Hall
	9 AM-12	Meet in classroom: readings/exercises/prompts/writing
	12-12:30	Lunch in Dining Hall
	12:30-2	Meet in classroom: readings/exercises/prompts/writing
10/10-SATURDAY	2-5:30	on your own
	7:30-8:30	Breakfast in Dining Hall
	10 AM	CHECKOUT