DEFYING GRAVITY

Female Creative Writers, Self-Destruction, and Resilience

By Tessa Torgeson
Mental Illness + Creativity

Plato - poets possessed by “divine madness”

Aristotle: “No great imaginative power without a dash of madness”
Why does a correlation exist between female creative writers and self-destruction?

How can we approach mental illness in a more positive, holistic way?
Unraveling the Research

• The craft of creative non-fiction

• Works by and about female creative writers (Sylvia Plath, Virginia Woolf) who struggled with mental illness and addiction

• Creative metaphors for self-destruction, Astronomy
Creative Non-Fiction: A fractured narrative

1. Narrative voice: Women Writers + Self-Destruction
2. My Creative Non-Fiction
3. Astronomy metaphor using Carl Sagan’s Cosmos as a guide
Deconstructing my writing process

• Free write often
• Create annotations on sources while reading
• Experiment! Literally Cut and Paste
• Revision, Revision, Revision
NASA. "Planetary Nebula." NASA Hubble Site.
les brumes. “081508300430.” Collage on Canvas.


