

PAM MCFARLAND, M.A.



Pam McFarland is a versatile writing coach, teacher, and journalist. She received her certification from the Center for Journal Therapy in Denver, Colorado, to lead therapeutic writing groups for personal growth, development, and healing.

Since 2012, Pam has conducted writing workshops for diverse groups, including incarcerated women, the homeless, middle-schoolers, church groups, and women in treatment for substance use addiction. Additionally, she has taught courses in memoir, writing for wellness, and creative writing at Montgomery College's Lifelong Learning Institute.

As an empath and creative, Pam employs her coaching and facilitation skills to make people feel heard and validated. Through attentive listening, insightful questioning, and the use of writing as a tool for self-exploration and discovery, she empowers her clients to uncover their voices and recognize their capacity for positive change in their outlook, lives, and communities.

Pam holds an M.A. in fiction writing from Johns Hopkins University. Her short stories and poems have been published or are forthcoming in Cobalt Review, Appalachian Journal, Saturday Evening Post, and Grace in Love, an anthology featuring works by DC-area women writers. She is currently working on her first novel.

An award-winning journalist, Pam has specialized in environmental and policy news for nearly two decades and has been involved in various aspects of publications management for over three decades.

Pam believes that almost everyone has the potential to write competently and professionally and that everyone can improve as a writer. Having personally experienced the therapeutic benefits of writing, she firmly advocates for its use as a tool for healing, self-awareness, and resilience. Pam adopts a supportive, encouraging, and patient approach with her clients.