

Agenda

Journaling Therapy for Healing and Self-Discovery

Friday, January 29th

9:30am – 4:30pm EST

9:30 – 9:45 AM Welcome, Introductions, Course Overview, and Learning Objectives

9:45 – 10:45 AM Module 1: Foundations of Journaling Therapy

- History and evidence supporting therapeutic writing
- The psychology of expressive writing and meaning-making
- Clinical benefits of journaling for emotional processing, insight, and healing
- Narrative therapy, expressive arts, cognitive-behavioral, and trauma-informed foundations

10:45 – 11:00 AM Break (15 minutes)

11:00 AM – 12:30 PM Module 2: Therapeutic Journaling Approaches and Clinical Applications

- Expressive writing and emotional processing
- Letter-writing interventions
- Narrative reconstruction and story revision
- Parts work and dialoguing exercises
- Gratitude, strengths-based, shadow, and future-self journaling

12:30 – 1:00 PM Lunch (30 minutes)

1:00 – 2:30 PM Module 3: Tailoring Journaling Interventions to Client Needs

- Adapting journaling for trauma, anxiety, depression, grief, and life transitions
- Working with neurodivergent, resistant, perfectionistic, and highly self-critical clients
- Mixed-media and creative journaling approaches
- Facilitating emotional regulation and therapeutic insight through structured writing

2:30 – 2:45 PM Break (15 minutes)

2:45 – 4:15 PM Module 4: Ethical Considerations and Integrating Journaling into Clinical Practice

- Assessing client readiness and contraindications
- Ethical considerations, informed consent, confidentiality, and documentation
- Developing treatment-focused journaling prompts and homework assignments
- Case examples and implementation strategies for clinical practice

4:15 – 4:30 PM Questions, Discussion, Reflective Exercise, Course Evaluation, and Closing Remarks

Instructional Time: 6 CE Hours