

# When?



## 1:1 Client Sessions

- Most Common--**as homework**
- Very Occasionally as an in-session tool



## Group Work

food for thought... journaling can be used in group work to bring in the **4 levels of learning** (*intellectual, emotional, spirit-level, and body level*)

The focus of the remainder of this module will be on Journaling as a transformational tool in **1:1 Client Sessions**

# Purpose

When might we want to bring in Journaling as a transformational tool?

# Purpose

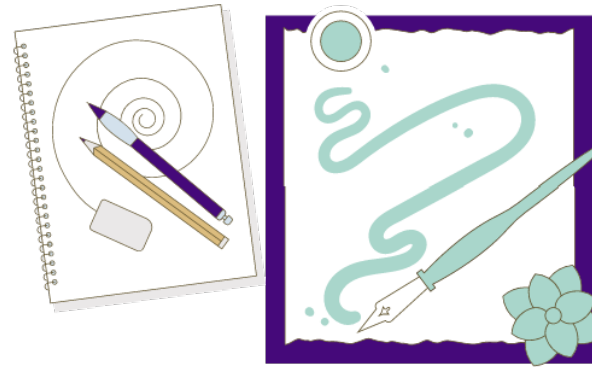
When might we want to bring in Journaling as a transformational tool?

- Reenforce New Awarenesses
- Embodiment & Deeper Integration
- Practice the New Learning
- Post-session
  - Support pieces you didn't have time to get into in the session
- Privacy
  - If working on something a client might feel more comfortable exploring on their own

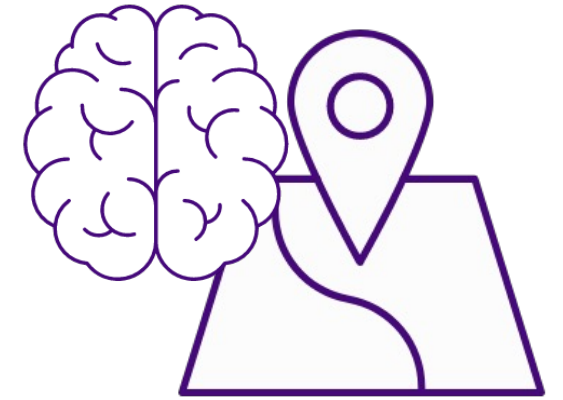
# Styles & Forms



Answering  
Questions



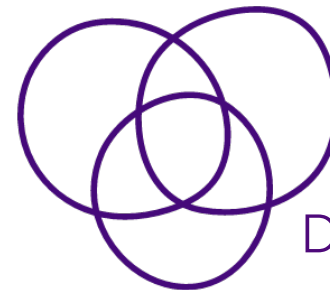
Sketching, Drawing,  
Collaging



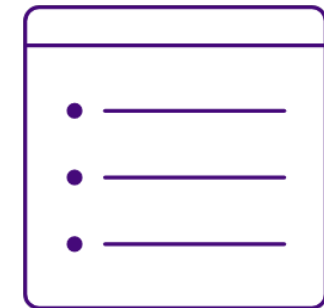
Mind Mapping



Dialoguing



Diagramming



List Making

# Guidelines

## 1. Time

You are looking for that sweet spot. Not so much that it's overwhelming, but enough that the client feels invested

## 2. Focus

Invite the client to carve out time for themselves without distraction

## 3. Integrate

Invite the client to review their journaling on a future day

## 4. Witness

Either via email, or in the next session, ask how it went, what they learned, and what's come through



# Categories



One-Time  
Homework

Long-Term  
Journaling Practice\*

\* **Long-term Journaling Practice Examples:** morning pages, "I AM" statements, gratitude journal, an automatic writing practice, dreamwork journal

Journaling As A Transformational Tool

# In-Class Exercise

## CASE STUDIES