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Chapter 1 : Journal Writing - The Therapeutic benefits of Keeping a Journal - ICPPDICPPD

He has written Healing Words: The Counsellor Training Course Manual, Therapeutic Journal: A Four-Month Diary for Counselling and Personal Growth, Personal Counseling Journal, and Personal Recovery Journal also available at calendrierdelascience.com

Brief history[edit] Ira Progoff created journal writing [2] in in New York. The intensive journal method is a structured way of writing about nature that allows the writer to achieve spiritual and personal growth. This method consists of a three-ring, loose-leaf binder with four color-coded sections: These sections are divided into several subsections. Some of these subsections include topics like career, dreams, body and health, interests, events and meaning in life. Progoff created the intensive journal so that working in one part of the journal would in turn stimulate one to work on another part of the journal, leading to different viewpoints, awareness and connections between subjects. The intensive journal method [3] began with recording the session in a daily log. In the s, James W. Pennebaker published multiple studies which affirmed that writing about emotional problems or traumas led to both physical and mental health benefits. These studies drew more attention to the benefits of writing as a therapy. Generally, journal therapists obtain an advanced degree in psychology , counseling , social work , or another field and then enter a credentialing program or independent-study program. The benefits of expressive writing include long-term health benefits such as better self-reported physical and emotional health, improved immune system, liver and lung functioning, improved memory, reduced blood pressure, fewer days in hospital, fewer stress-related doctor visits, improved mood and greater psychological well-being. Other therapeutic effects of journal therapy include the expression of feelings, which can lead to greater self-awareness and acceptance and can in turn allow the writer to create a relationship with his or herself. The short-term effects of expressive writing include increased distress and psychological arousal. Journal therapy often begins with the client writing a paragraph or two at the beginning of a session. These paragraphs would reflect how the client is feeling or what is happening in his or her life and would set the direction of the session. Journal therapy then works to guide the client through different writing exercises. Subsequently, the therapist and the client then discuss the information revealed in the journal. In this method, the therapist often assigns journal "homework" that is to be completed by the next session. Journal therapy can also be provided to groups. In all journal therapy techniques, the writer is encouraged to date everything, write quickly, keep writings and always tell the complete truth. Some of the journal therapy techniques are as follows: Lists The writer writes any number of connected items in order to help prioritize and organize. Captured moments Writer attempts to completely describe the essence and emotional experience of a memory. Dialogue The writer creates both sides to a conversation involving anything, including but not limited to, people, the body, events, situations, time etc. Setting[edit] A quiet and private environment must be created and provided throughout the entire journal writing process. This environment should contain features or elements that can make the writer feel good such as music, candles, a hot drink etc. To transition into writing, a journal writing session can be started with a drawing or sketch. After journal writing, something active should be done, such as running, walking, stretching, breathing etc.

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Chapter 2 : Five reasons why you should keep a journal | Psychologies

Books by Daniel Keeran. A Guide for Personal Growth and Healing by. Therapeutic Journal: A Four Month Diary For Counselling And Personal Growth by.

If you are like most women, you record only what you must. A pen coupled with paper can serve as a powerful life tool. Journaling or keeping letters or diaries is an ancient tradition, one that dates back to at least 10th century Japan. Successful people throughout history have kept journals. Presidents have maintained them for posterity; other famous figures for their own purposes. Oscar Wilde, 19th century playwright, said: One should always have something sensational to read on the train. All you need is a piece of paper and a pen or pencil. Health Benefits Contrary to popular belief, our forefathers and mothers did know a thing or two. There is increasing evidence to support the notion that journaling has a positive impact on physical well-being. University of Texas at Austin psychologist and researcher James Pennebaker contends that regular journaling strengthens immune cells, called T-lymphocytes. Other research indicates that journaling decreases the symptoms of asthma and rheumatoid arthritis. Pennebaker believes that writing about stressful events helps you come to terms with them, acting as a stress management tool, thus reducing the impact of these stressors on your physical health. Scientific evidence supports that journaling provides other unexpected benefits. The act of writing accesses your left brain, which is analytical and rational. While your left brain is occupied, your right brain is free to create, intuit and feel. In sum, writing removes mental blocks and allows you to use all of your brainpower to better understand yourself, others and the world around you. Begin journaling and begin experiencing these benefits: Clarify your thoughts and feelings. Do you ever seem all jumbled up inside, unsure of what you want or feel? Taking a few minutes to jot down your thoughts and emotions no editing! By writing routinely you will get to know what makes you feel happy and confident. You will also become clear about situations and people who are toxic for you – important information for your emotional well-being. Writing about anger, sadness and other painful emotions helps to release the intensity of these feelings. By doing so you will feel calmer and better able to stay in the present. Solve problems more effectively. Typically we problem solve from a left-brained, analytical perspective. But sometimes the answer can only be found by engaging right-brained creativity and intuition. Writing unlocks these other capabilities, and affords the opportunity for unexpected solutions to seemingly unsolvable problems. Resolve disagreements with others. And you just may come up with a sensible resolution to the conflict. In addition to all of these wonderful benefits, keeping a journal allows you to track patterns, trends and improvement and growth over time. When current circumstances appear insurmountable, you will be able to look back on previous dilemmas that you have since resolved. How To Begin Journaling Your journaling will be most effective if you do it daily for about 20 minutes. Begin anywhere, and forget spelling and punctuation. Privacy is key if you are to write without censor. If it helps, pick a theme for the day, week or month for example, peace of mind, confusion, change or anger. The most important rule of all is that there are no rules. And she may provide the cheapest therapy you will ever get. Best of luck on your journaling journey!

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Chapter 3 : 10 Journaling Tips to Help You Heal, Grow and Thrive

Writing a journal is not just about keeping a record of daily events - journal writing provides a unique therapeutic opportunity for facilitating healing and growth.

Journaling can help with personal growth and development. By regularly recording your thoughts you will gain insight into your behaviors and moods. Journaling can be used for problem-solving and stress reduction. It can lead to increased self-esteem. Anxiety disorders, mood disorders and substance abuse can be treated with a combination of medication and counseling. In addition, writing in a journal is an effective tool for use in the healing process. I started keeping a diary at age 8. As I grew up, I wrote the normal kinds of teen angst entries but eventually I turned journaling into a more sophisticated practice. Using his methods I was able to sort through turbulent emotions during the divorce from my first husband and discover hidden lessons from the experience. Using mixed media has helped me express myself in refreshing and unusual ways. There is a lot of power in the written word but occasionally words are hard to find. By drawing or making a collage I have been able to create a representation of how I feel that moves beyond my analytical writing. Writing has helped me to process not only failed relationships but also to recover from grief and loss. Reading back through my journals has helped me reflect on where I used to be and where I am now in my life. I found myself creatively energized when I participated with a group for 12 weeks using her book as a guide. If you want to improve your perspective on life and clarify issues, start writing in a journal. Be sure your journal will remain private or write online so that you are writing for your eyes only. Here are 10 tips to get started: Start writing about where you are in your life at this moment. Describe your living situation, your work, and your relationships. Are you right where you want to be? Start a dialogue with your inner child by writing in your subdominant hand. Answer with your dominant hand. Cultivate an attitude of gratitude by maintaining a daily list of things you appreciate, including uplifting quotes. Keep it in one journal or in a separate section so that you can read through it all at once. When you feel down you can read through it for a boost of gratitude and happiness. Start a journal of self-portraits. You can take pictures, draw colors or shapes or collage images. Learn to love and accept yourself just the way you are today. Keep a nature diary to connect with the natural world. The world we live in is a magical and mysterious place. Record the things you notice about the sky, the weather, and the seasons. Maintain a log of successes. Begin by writing the big ones you remember then regularly jot down small successes that occur during the week. As you pay attention, your list will grow and inspire you. Keep a log or playlist of your favorite songs. Write about the moods they evoke. When you hear a song that triggers a strong memory, write down how you feel and explore that time and space of your life. This will give you distance and provide a new perspective. Write down what you learned about yourself. Write down questions or concerns then take a deep breath and listen for a response from your Higher Self. Let yourself write automatically. We all have dark days, black moods, and anxious feelings. Use writing in a journal to explore the darkness. You will find your inner light when you do. Loran Hills Loran is a travel guide on the spiral journey of life.

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Chapter 4 : The Health Benefits of Journaling

Journal Writing - The Therapeutic benefits of Keeping a Journal. Journal writing and the ancient practice of putting pen to paper is still a very popular activity, despite the impact in the modern world of social media, phones and TV.

Abstract The issue of personal therapy in the training of counsellors and counselling psychologists has long been debated and is still being discussed. Others argue that personal therapy is an integral part of training for future therapists revealing the characters and personalities of those who are fit or unfit to practice this profession. In most European countries a certain number of hours of personal therapy are mandatory to qualify for admission to the profession. In other countries, only certain training programs require it. What are the arguments for or against personal therapy in training? What does research indicate? How is the necessary breadth and depth of "the work with oneself" which is contained in good educational training programs ensured? The present article reviews some of the relevant research in an effort to answer the questions raised and discuss the arguments developed. The answer is in an analysis of himself, with which his preparation for his future activity begins" p. Freud also suggested that psychotherapists themselves return periodically to their own therapy without feeling ashamed about it. Nowadays, whether future therapists should have personal therapy during their training is an issue that is still being debated. Others, argue that personal therapy is an integral part of training for future therapists Atkinson, The latter premise, emphasizes this aspect of training based on the belief that counsellors and counselling psychologists should have attained a significant level of psychological maturation, adjustment, and personal awareness in order to be able to help another person do the same Norcross, But how is personal awareness achieved? How is the therapy of the trainee and the professional influenced by the therapeutic approach each one embraces? What are the arguments for and against personal therapy in training? Should personal therapy be a mandatory requirement? The article reviews some of the relevant research in an effort to answer the questions raised and discuss the arguments developed.

Personal Development in the Training of Counselling Psychologists [TOP] The issue of personal therapy, personal development or personal growth in the preparation of future therapists, has a dual role: In the present section we will explore the issue of self-awareness of the trainee counselling psychologist. The whole rationale for the inclusion of personal development in the training of counselling psychologists goes back to the concept of self-actualization introduced by Abraham Maslow and Carl Rogers. It is an inherent tendency which motivates people towards the constructive achievement of their potential, towards becoming fully functioning persons. The whole journey towards self-actualization through a continuously growing self-awareness, is believed to be beneficial not only for the counselling psychologist but for the whole counselling process. In that sense, trainees must learn to distinguish their different feelings, be aware of their beliefs, values, moral principles and their reactions to various stressful situations. Such awareness is necessary if they are to be considered sufficiently trained to exercise their profession. Counselling psychology in practice requires a high level of self-awareness and the ability to connect skills and knowledge of personal and interpersonal dynamics in the therapeutic context Reupert, ; Wosket, Moreover, the mastery of theory, research, skills and knowledge is closely related to personal characteristics and qualities as well as to interpersonal engagement skills. This is partly due to the different emphasis placed by different training programs supported by different theoretical and therapeutic approaches, as well as, by national professional associations and societies. This ambiguity in the clarification of the concept inevitably leads at times to confusion and uncertainty as to the definition of objectives that should be linked to personal development in the training of future counsellors and counselling psychologists. The need for a higher level of self-awareness in the future therapist, leads to the acceptance of personal therapy and personal development as a mandatory requirement for the completion of many training programs and as a prerequisite for accreditation in different professional associations. Nevertheless, the debate still holds. The British Association for Counselling and Psychotherapy BACP, until recently required trainees to complete a minimum of 40 hours of personal therapy;

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this changed in , and personal therapy is no longer a requirement for accreditation. This alteration in the accreditation standards, raised a long debate in the world of counselling and psychotherapy professionals Atkinson, ; Crabtree, Postgraduate students are asked to have the experience of about 40 hours of personal development work as part of their training and self-awareness process. The rationale behind this requirement is that besides getting to know themselves better, it will sensitize them to the feelings, thoughts and expectations a client might experience during the therapeutic process. The clinical psychology post-graduate programs at the Greek universities also recommend several personal development hours on an individual basis as well as 20 hours of group counselling. A Greek Committee of Psychologists of the Central Health Council of the Ministry of Health was assembled and worked for two years instituting accreditation and licensure criteria for specialty areas in psychotherapy. Unfortunately, the report submitted by the Committee to the Ministry was never activated Kalantzi-Azizi et al. All the above information take us back to the question: Counselling Psychology is a specialty of applied psychology and as such, the majority of postgraduate programs contain modules that are experiential in their essence. Besides learning that takes place in the classroom, the extra-curricular activities connected with self-awareness are usually twofold: The personal development group usually consists of several hours of group work, where trainees are invited to explore their own behaviour and develop an awareness of their impact on others. The second path towards self-awareness for the trainee counselling psychologist is personal psycho- therapy or analysis³. The difference between therapy and personal development groups lies on the depth of the work with the self. Personal therapy, whether individual or group, is concerned with a deep internal searching and working through unresolved conflicts aiming at personality changes. What route one would take towards self-awareness? The planning of a training program in Counselling Psychology and Counselling entails also these kind of choices: Additionally, a training program gets attached to a therapeutic orientation and such an affiliation in a way reflects also a stance towards all these dilemmas. In the following section we will discuss briefly how different theoretical approaches position themselves in the issue of therapy for trainees. More specifically, studies have shown that supporters of the humanistic approach are flexible, sensitive, with a tendency for intimate personal relations, internally directed, supporters of the values of self-actualization, openly expressing their feelings. Behaviourists have been found to be less flexible, over-controlled emotionally, and externally oriented. How is personal therapy of future counsellors and counselling psychologists approached by the different theoretical orientations? The person-centered, existential, psychodynamic, and many other approaches support the notion that personal therapy should be an integral part of psychotherapy training, with each one giving a different emphasis on it. The psychoanalytic approach is affirmative to the importance and the need for personal therapy of future mental health professionals; followers of other theoretical approaches are less clear and vary in their positions concerning the value of personal therapy in the training of future therapists. Below is a brief review of the stance held by the major theoretical approaches regarding this issue followed by a discussion of research findings with regards to therapy for professionals. With personal analysis he referred to the process of knowledge of the content and function of the unconscious desires that guide our thought and behavior. Very famous are his words in the First Topographical Theory, "where there is unconscious, conscious shall be", which was later changed in the Second Topographical, the Structural Theory, into "where there is id, ego shall be" Lasky, , p. More recent psychodynamic approaches support strongly personal analysis or "training analysis" as they call it of future psychotherapists, setting through different processes and outcome criteria Corey, Gestalt therapy, which also belongs to the humanistic-existential approaches, places similarly a great emphasis on self-awareness but goes one step further and is more firm on its demand that trainees pursue their personal therapy Clarkson, In general, one may conclude that the humanistic-existential therapeutic approach is based on the belief that people possess a growth trend leading to self-actualization which is considered to be always present and creates the basis for therapeutic change. Therapy was believed to be a learning experience through which therapists were teaching their clients how to change attitudes, behavior and cognitions using various techniques. However, in recent years this attitude has changed. Cognitive-behavioral approach

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advocates argue that personal therapy can be very useful in achieving the goals of training for future counselling psychologists. Knowledge of personal sensitivity and way of interaction, development of empathy, identification of inappropriate feelings toward the client and self-awareness are personal qualities or skills that can be promoted through personal therapy. A few years ago, Bennett-Levy et al. Over the last years, many cognitive-behavioral training programs have incorporated personal therapy in their training, although not as obligatory, focusing primarily on personal development in the way Rogers defined it. The first approaches based on the general systems theory and cybernetics, stemmed from disciplines other than psychology, and therefore did not raise issues of personal therapy for trainees. Even in the structural therapy developed by Minuchin, personal therapy was considered irrelevant to the training of future systemic psychotherapists. In contrast, other systemic approaches place great emphasis on personal therapy of future psychotherapists. Studies researching mental health professionals of different theoretical orientations who sought personal therapy on their own initiative have been conducted in the U. In terms of theoretical orientation, results did not differ from those reported twenty years ago: The results did not differ significantly from those in the U. Cognitive-behaviorists showed lower rates of engagement in personal therapy than the other therapeutic approaches in all countries, a finding consistent with the position of this approach as regards the importance of undergoing personal therapy of its followers. All these studies are indicative and comparisons between them should be made with caution because not all of them follow the same methodology nor do they have similar sample sizes and the different theoretical orientations are disproportionately represented. This is not to say that therapists do not choose a therapist from their own theoretical orientation. Similarly, the topic of experiential groups as a personal development tool for trainees, although extensively discussed Ieva et al. Luckily, in the last five years, some qualitative studies added the narratives of trainees both for the experience of personal therapy and for the participation in personal development groups. In this module, we review what theorists and researchers posit on all these issues. The findings of Ieva et al. The categories that emerged from the transcripts of 15 interviews with trainee counsellors included both the issue of self-awareness and personal development, as well as the issue of professional development. Also, trainees stressed that the group provided the opportunity to engage in the risk of disclosing blind spots to others, to share and interact in a more intimate way. Additionally, students emphasized that by participating in the group, they learned a great deal about the group process, had the chance to observe the leader as a model and also enhance their empathy skills. In another recent qualitative study by Luke and Kiweewa the themes that emerged revealed that the group experience enhanced personal growth and awareness of the trainees in different levels: Benefits From Personal Therapy [TOP] Strozier and Stacey claim that personal therapy contributes to the greater effectiveness in the use of different skills, the possibility of a more authentic connectedness between therapists and clients, and the protection from harmful interventions due to self-awareness and experience gained from having been in the position of the client. Consequently, exploration and awareness of personal experiences are believed to be core to the training of counselling psychologists Norcross, Referring to the benefits of personal therapy, Norcross, Strausser-Kirtland, and Missar reported six distinct benefits derived from this experience: In a similar effort, Macran, Stiles, and Smith summarized the benefits of personal therapy into three main topics: Research Findings Supportive of Personal Therapy [TOP] Personal therapy is beneficial in learning what therapy means and what issues may arise when trainees are faced with personal difficulties. Similar findings were reported by other qualitative studies as well Koskina, ; Oteiza, , in which participants stated that it was an enriching although difficult experience, but undoubtedly beneficial to their work. In a comparative study among groups of psychotherapists in the U. In a survey involving counselling psychologists, three domains in which they benefited from personal therapy were mentioned: The whole therapeutic experience was helpful in understanding the therapeutic process. An earlier study by Stefl and Prospero had similarly indicated that the main barrier to help-seeking was affordability, followed by ignorance about available services, difficulties in transportation, and fear of exposure. In surveying the reasons why clinical psychology doctoral students had

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never engaged in personal therapy, Holzman, Searight, and Hughes came to similar conclusions. Norcross, Bike, Evans, and Schatz recently found that some of the reasons therapists do not seek personal therapy have to do with support from family and friends as well as the possession of personal coping strategies. It is worth noticing that both students in training and psychotherapists report similar reasons for not entering therapy. Inhibiting factors to enter personal therapy have been very skillfully grouped into four categories in an earlier survey by Burton , p. It has been suggested that therapists who insist on the idea that they are strong and have a command of their work and therefore do not need to pursue their own personal therapy, experience internal conflict and struggle with a personal desire to support themselves searching for perfection, and an intense fear to confront unsolved internal issues which might give the impression to their therapists that they are incompetent Berman, Negative Impact of Personal Therapy During Training [TOP] Atkinson challenges the assumption that personal therapy during training leads only to positive development and posits that the overall outcome of work with oneself, is not always a desirable aspect of training Kumari,

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Chapter 5 : Counseling Journals

Journal description. Counselling and Psychotherapy Research (CPR) is an international peer-reviewed journal dedicated to connecting research with practice.

Careers in counselling Where therapists work and what they do The counselling professions include a range of different titles and specialisms, with practitioners working in settings ranging from healthcare and education to workplaces or voluntary groups. Counsellors and psychotherapists play a crucial role in improving the health and wellbeing of our society. They help people to talk about their feelings, think about their choices or their behaviour, and make positive changes in their lives. What counsellors do People seek counselling to help them resolve emotional, psychological and relationship issues. Clients may be experiencing difficult and distressing events in their lives, such as bereavement, divorce, health problems or job concerns. Or they may have more general underlying feelings of anxiety or dissatisfaction with life. Some clients feel isolated and have no one else to talk to, but even people with supportive family and friends can find it difficult to talk to loved ones about feeling anxious or depressed. They may find it easier to talk about personal, family or relationship issues with an independent professional therapist. Even short-term therapy typically involves six to 12 sessions. Therapy may involve talking about life events, feelings, emotions, relationships, ways of thinking and patterns of behaviour. The therapist will listen, encourage and empathise, but will also challenge to help the client to see their issues more clearly or from a different perspective. Counselling is not about giving advice or opinions, nor is it a friendly chat with a friend. The therapist helps the client to understand themselves better and find their own solutions to resolve or cope with their situation. Where they work Therapists may work with individuals, couples, families or groups, and may provide counselling face-to-face, over the telephone or online. They can work in a variety of settings, such as schools, universities and colleges, GP surgeries and hospitals, in the workplace, addiction agencies, disability support groups or private practice. Therapists may specialise in specific fields, such as addiction or relationships, or may work with clients on a wide range of issues. Some counsellors have dual roles, such as counsellor and teacher, welfare and advice worker, coordinator and nurse. Others work on a purely voluntary basis, with many helplines staffed by people with counselling skills. Therapists usually train in one model of therapy - or modality -but may use different techniques where they think it would be helpful for a client. Or they may use specific approaches for specific issues. You can find a brief explanation of the approaches in Types of therapy. How to become a counsellor or psychotherapist Starting out on a counselling or psychotherapy career is a big step. It will take a great deal of time and dedication, it costs a significant amount of money, and it can be personally and emotionally challenging. Personal qualities To be a therapist, you need to be: Our Ethical Framework for the Counselling Professions describes the personal qualities and values expected of a practitioner. Training and qualifications Most employers, and increasingly clients, understand the importance of using a therapist who is professionally trained and qualified, and is a member of a professional body. Our registered membership represents the minimum level of training and experience that we recommend a client should expect from a therapist. You can find more information about the training you need, how to find a course and the costs involved in Training. Supervision BACP, and most other professional bodies, expect counsellors and psychotherapists who are working with clients to receive supervision from another qualified practitioner. On BACP-accredited courses, students must have at least 1. You should have at least one hour of supervision for every eight hours of client work. A supervisor is not a manager but a professional mentor who helps the supervisee develop their skills and work to best practice standards, while providing personal and psychological support. You can use our Therapist directory to search for supervisors in your area. Personal therapy Some courses want students to have had therapy themselves or to be in therapy during their training. Personal therapy is not a requirement for BACP membership. You can use our Therapist directory to look for registered practitioners in your area. Membership of a professional body Many courses recommend that you join a recognised professional body,

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like BACP. This can benefit both your training and future career, through access to resources, knowledge and networks. It also gives you professional credibility, showing that you are committed to practising competently, ethically and safely and to continuous professional development. Find out how to join BACP.

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Chapter 6 : Books by Daniel Keeran (Author of The Richard Dawkins Delusion)

Chill & Spill is a therapeutic guided journal designed to help pre-teens and teens articulate and transform difficult issues they are dealing with into creative, healthy expression and emotional growth.

What happens when anger is blocked? What are blocks to anger? Why would anyone be unable to express anger? How can blocks to anger be overcome? What steps can be taken to overcome blocks to anger? When my anger is blocked I: Blocks to anger can be varied, including: Wanting the approval and recognition from others so much so that I hesitate to ever show my anger around them. Giving others power over me so great that I fear showing my anger in front of them, lest they get mad and make me pay a costly negative consequence. Not knowing what normal is. Need to keep the peace. Being compulsively driven to placate and appease others, I am never free enough to express my feelings of honest anger. Desire to please others. Wanting to keep others happy, pleased and relaxed with me, I choose to avoid the expression of anger around them. Looking to others for approval and personal fulfilment, I suppress, ignore, and overlook any anger that arises in me as a result of the relationship. Fear of going crazy. Believing that all emotions must be continuously kept in check leads me to ignore, avoid, or overlook any anger that I or others in my life are experiencing. Belief that anger is bad. Since I believe that all expressions of anger are bad, wrong, undesirable, and unhealthy, I believe that the way to be healthy is never to allow myself to get angry. Feeling such severe guilt, remorse, and self-denigration for past expressions of anger inhibits me from identifying, expressing, or experiencing current anger. Experiencing a flat affect, lack of interest in life, lack of enthusiasm, or energy, or constant sadness can dull my emotional response to life, leaving me unable to experience or express authentic anger. Pollyanna outlook on life. Fear of conflict or confrontation. Recognizing that if I express my anger, I open myself up for others to disagree with, criticize, or confront me with their anger. Desire to be a good role model. Believing that anger is unhealthy for our children, subordinates, or work colleagues I choose never to express anger in their presence. Need to entertain or be humorous. Always wanting to keep others from focusing on the negative aspects of reality leads me to ignore, inhibit, or fail to experience anger. Lack of clarity about what is authentic anger. Always second guessing whether or not my feelings of anger are valid will eventually leave me in an anger vacuum Feeling ridiculous. Considering anger work-out exercises to be silly, foolish, or childish will result in my inability to experience the true emotion of anger and its cathartic release during these therapeutic work-out sessions. By addictive drinking, drug use, sex, gambling, food intake, shopping, etc. Anger blocks are developed in many ways, including: Blocks to anger can be overcome by: I need to review What happens when anger is blocked? How often is my anger blocked? How is my experience of past anger different from my experience of current anger? Is one blocked more than the other? How would my life be different if my anger were no longer blocked? How is overcoming blocked anger important to my happiness? How do I feel about dealing with blocked anger? How free do I feel to pursue overcoming the blocks to my anger? What is holding me back? After exploring the results of blocked anger, I need to review What are blocks to anger? What blocks exist for my past anger? What blocks exist for my current anger? Are the blocks identified in questions A and B the same? Why and what happened in my life to change the way I deal with anger? Which blocks to my anger could be overcome? Which ones seem impossible to overcome? How willing am I to work at overcoming the difficult or seemingly impossible blocks to my anger? After identifying my blocks to anger, I am ready to speculate on how these blocks came into existence. I will answer the following questions in my journal: How was anger dealt with in my family of origin? How did this affect my own expression of anger? How does my behavioural style, developed in my family of origin, influence the way I handle anger? Which blocks to anger are characteristics of my personality style? How have my relationships with troubled persons affected the way I handle anger? How have negative experiences with the expression of anger in the past influenced how I handle anger now? What would happen to my relationships if my blocks to anger disappeared? What are my

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greatest fears about unblocking my anger? How do these fears hold me back? How do they keep my anger blocked? Having recognized the sources of my blocks to anger, I am now ready to develop a plan of action to unblock my anger. Outline for Unblocking Anger 1. Blocks to my anger include: To unblock my anger daily I will: My efforts to unblock my anger will be recorded in my journal daily. To measure my success in unblocking my anger I will make the following changes in my personal habits, emotions, and activities. If my anger is still blocked, I will go back to Step 1, and begin again.

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Chapter 7 : 8 Reasons Keeping a Journal Can Help You Reach Your Goals

Learn why thousands have joined My Therapy Journal, the #1 Source for Online Personal Journaling. Your private online diary allows you to express yourself in a completely safe, protected, and secure environment.

Susan Borkin Reviewed by: Do you find it challenging to present facts from your life using your words? Do you have a hard time trying to encourage younger clients to verbalize their emotions, thoughts, or behaviors? Many clients enter therapy with a striking apprehension that not only gets in the way of true personal growth, but causes them to become defensive toward their therapist and unable to benefit from the power of conversation. But with a trained, compassionate, and genuine therapist, journaling can become a very helpful endeavor. Borkin provides great case studies and research on the usefulness and healing power of writing, and how it can open up the connection. I often provide journaling to my own clients who find it difficult to verbalize what bothers them. One obstacle is that people often view journaling as a teenage endeavor that affords the adolescent privacy in their world. They picture a notebook with colorful pages and a lock and key. A journal is a book for minors, they think, children unable to voice their emotions or teenagers unable to express their crushes or deepest desires. But journaling is really much more than this. It is a process that allows you to reflect upon your emotions, thoughts, and behaviors during events in your life. It affords you the privacy to examine the behavior and attitudes of others and even re-inspect a situation from multiple angles. When I journal yes, even as a therapist I journal! I am able to spiritually look at myself and my interactions in the world more clearly. This provides a sense of identity, a sense of well-being, and consciousness. Some other benefits of journaling, as Borkin writes, include cognitive processing compiling fragmented thoughts and memories into a storyline , personal empowerment helping clients become responsible for their own healing , confronting and regulating emotions releasing difficult emotions and learning how to cope with them , and providing an adjunct to healing. My experience is that having clients journal results in a stronger relational bond between us. It also allows me to peek inside the emotional mind and world of the person, which further helps our sessions. Borkin gives us multiple ways that we can journal to make it effective and enjoyable. For therapists, she offers ways to structure your approach. And while her book is not really intended for clients themselves, it can provide any reader with some insight into why journaling is useful and how to begin. For example, Borkin writes that journaling can come in various formats. Whichever way you decide to try it “ if you do decide to try it “ make sure that it is something that fits your style. The Healing Power of Writing:

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Chapter 8 : Handling Blocks to Anger -

Adultspan Journal promotes accurate information regarding counseling and adult development with research, practice, literature review, conceptual, personal journey, and practically speaking articles. Adultspan Journal is published twice per year in April and October.

Inspiration , Lifestyle , Appreciation , Gratitude Journal Writing –” The Therapeutic benefits of Keeping a Journal Journal writing and the ancient practice of putting pen to paper is still a very popular activity, despite the impact in the modern world of social media, phones and TV. The diary is, first and foremost, a psychological tool, an instrument for self-understanding. Those who recognise it as such look upon their diaries as companions and confidants. Like a good therapist, the diary is the perfect listener. It is well documented that the act of putting thought and feelings on paper helps give useful emotional and mental clarity. However, there is scientific evidence that the relief that comes from writing things down is more than just psychological. James Pennebaker , a researcher in Texas, has conducted studies that show that when people write about emotionally difficult events or feelings for just 20 minutes at a time over three or four days, their immune system functioning increases. By studying the lives of creative people like Fyodor Dostoyevsky and Samuel Taylor Coleridge, Progoff found that creative people were much more aware of and attuned to their lives than were noncreative people. So Progoff developed a set of procedures to be applied in a journal format that would evoke the underlying process of growth that seemed to him to occur in the lives of these creative people. Here I outline how the Journal method can be of benefit for personal and professional growth. You become sensitive to the elusive threads of your inner lives when you have a definite method of working with them. It serves a unifying process; it is the link that holds your life process together, where your life experiences are recorded. You can feel the presence of the principles of wholeness working within you. The structured method of journal writing acts as an active instrument whereby working in one journal section leads to entries in another. The interplay of journal exercises and techniques creates a dynamic process which helps individuals build a momentum and energy; this generates breakthroughs and transformations. Life is never stagnant, always moving and always naturally seeking homeostasis. Life is moving, where is this situation, person, issue moving me to? There is always a section in the diary to meet this enquiry, so I go there, write some more and deepen my awareness of the situation, thus allowing me to allow life to live through me rather than by me. Over 60, people have participated in the popular journal-writing workshops internationally over the past couple of years. Martina has organised the workshop in Athlone over the past 3 years with workshop facilitator John Sweet, who trained with Ira. For enquiries, email thespiritofchange09 gmail. November 8, , on Page of the National edition with the headline: A spiritual path to higher creativity.

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Chapter 9 : Keep a Journal with My Therapy Journal. Voted best online journaling program for therapy jour

Journal therapy, also referred to as journal writing therapy or simply writing therapy, involves the therapeutic use of journaling exercises and prompts to bring about awareness and improve mental.

Your private online diary allows you to express yourself in a completely safe, protected, and secure environment. Enjoy the journaling benefits and experience the health of writing your daily feelings, thoughts, dreams and hopes. Plus, experience a unique feature: MyTherapyJournal is actively seeking a second round of investments and key strategic alliances. The Science of Journaling Over the last 20 years, the concept of keeping a journal or diary has been empirically shown to make therapy more effective and to diminish symptoms of depression, anxiety, panic, substance abuse, post-traumatic stress PTSD , and many other disorders. Additionally, journaling is for everyone, including individuals who are not seeing a mental health practitioner. Likewise, the proven journaling benefits include better physical health i. Why is My Therapy Journal. My Therapy Journal is the first-ever, therapy-oriented online journaling tool. It provides the most private and secure venue available for both individuals and health care providers who wish to not only journal, but also track progress of personally set goals using graphing software based on cognitive behavioral therapy. It presents you a journal that talks back and promises to aid anyone desiring to grow. Learn why our members select My Therapy Journal as the best online journaling program. Who is Using My Therapy Journal. One group of people who are using My Therapy Journal are individuals who simply love journaling and having their journals communicate with them. Adolescents, college students, stay-home parents, young professionals, insightful adults, and techno-savvy grandparents. These individuals embrace self help journaling. Some of these individuals are receiving some service from a mental health provider, and some are not. For some people, My Therapy Journal complements their work with a professional, and for others, seeking professional help is something they are not at all interested in. These centers encourage members to keep a diary for mental health. Hospital departments dealing with everything from trauma, chronic illness, and chronic pain to treatment adherence, post-operation recovery, and grief due to loss of a loved one. They utilize our program for recovery, depression, anxiety, and for journaling cancer. It also helps clients keep track of how effective different treatments have been over a long period of time. Psychodynamically-oriented therapists use My Therapy Journal for the journaling component of it whereas cognitive behavior therapy oriented therapists use it for the progress tracking graph. Psychiatrists use it to help clients track symptoms and how certain medications might be affecting these. Life coaches appear to utilize both the journaling and graphing components with their clients. Participants also use the other journaling benefits of My Therapy Journal and feel empowered by their ability to track their own reactions to the new medication. Therapy Journaling complements their goals to improve the life of their members and participants. Thus, we partnered with the most respected online security technologies to ensure your personal journaling program is completely encrypted, always protected, and only accessible by you. We appreciate the trust our existing members have placed on us and welcome new members to discover why thousands now journal online with My Therapy Journal. Use of this site constitutes acceptance of My Therapy Journal. The material on this site is for informational purposes only, and is not a substitute for medical advice, diagnosis or treatment provided by a qualified health care provider.