



Community Education      Spring 2024

# Healing Through Words: The Art of Expressive Journaling

**Instructor:** Carrie Lynn Thatcher, published author, writer, blogger, journal keeper

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**Course Description:** Journaling is soul renewing art. Anyone can participate in it. Our journals hold our life stories. Our life stories effect the world. Through journaling we can heal pain, increase joy, and find fulfillment. Not only for ourselves, but for generations past and present. Bring pen, paper, or a laptop, and let's let your soul soar. Carrie is a lifelong journal-junkie, author of two published memoirs, multiple independent articles, lover of life.

**Learning Outcomes:** *As a result of taking this course, students will:*

- Participate in writing expressively about your life. The good days and the bad
  - Explore how to use writing to heal personal wounds and trauma
  - Discover the healing science behind writing about yourself
  - Examine various journal styles
  - Create a viewable concrete legacy for generations to come
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- **Outcome #1:** Learn the skill of writing expressively about your life.
  - **Outcome #2:** Discover the healing science behind writing about yourself.
  - **Outcome #3:** Actively write to heal wounds and trauma.
  - **Outcome #4:** Create a shareable journal for generations to come.

## **Course Schedule:**

### **Week 1: April 11 – Your Journal is Your Mind**

- General Class Introduction
- Journals Through History
- Your Journal is your mind
- Weekly prompts

### **Week 2: April 18 – Power to Create**

- Morning pages
- History and intent of technique
- Prompts
- Morning page practice

### **Week 3: April 25 – Writing for Healing**

- Sorting the past
- Scientific studies of practice
- Pain releasing writing practice

### **Week 4: May 2 – Neuroscience/Neuroplasticity**

- Rewrite the past
- Scripting the future
- Writing prompts for rewiring the mind

### **Week 5: May 9 – Journal Variety Discovery**

- Commonplace books
- Journal Jars
- Scrapbooks

### **Week 6: May 16 - Personal Journal Project Night**

- Difference between journal and diary
- Memoir or life focus journal
- Ancestor and family recollections
- Free write prompts

### **Selected Bibliography/Resources:**

*Below you will find recommended references and online links to give you more information about the topics of this course. If you have a special interest on a topic we discuss, please ask me for further references.*

Cameron, J. (2016). *The Artist's Way, A Spiritual Path to Higher Creativity*. Penguin Random House.

Pennebaker, J. (1990). *Opening. The Healing Power of Expressing Emotions*. The Guilford Press.

Siegel-Acevedo, D. (2021). *Writing Can Heal Us from Trauma*. Harvard Business Review. July 1, 2021

Doidge, N. (2015). *The Brain's Way of Healing*. Viking Publications

De Salvo, L. (1999). *Writing As a Way of Healing*. Beacon Press

**Class Evaluation:** Class evaluations are sent by email. Sometimes the email will be delivered to your "junk mail," but we can assure you it's from Clark College only. Your responses are completely anonymous. If you do not see your evaluation immediately after class, look in your junk mail and send it to your email address. If you do not receive an evaluation, please email [Continuingeducation@clark.edu](mailto:Continuingeducation@clark.edu) or call 360.992.2939.

### **Inclement Weather:**

If the College cancels due to icy conditions you can find this on the college website [www.clark.edu](http://www.clark.edu) ~ If Community Education concludes that the weather is too hazardous, we may also decide to cancel this class. In that case you will receive both a phone call and email. Make certain that we have your correct contact information by viewing the class roster.

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