



Community Education

Winter 2025 – January 16 – January 30

Journaling for Beginners

Instructor: Carrie Lynn Thatcher, certified journal coach, author, writer, blogger, journal keeper

Phone:

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Course Description:

Journal writing is a 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. Bring pen, paper, or a laptop, and let's let your soul soar.

Learning Outcomes:

- Learn the art of writing expressively about your life.
- Explore how to use writing to heal personal wounds and trauma
- Discover the healing science behind writing about yourself
- Craft your own story through journal writing

Course Schedule:

Week 1: January 16 – Your Journal is Your Mind

Week 2: October 23 – Writing for Healing

Week 3: October 30 – Power to Create

Selected Bibliography/Resources:

- Pennebaker, J. (1990) *Opening Up, The Healing Art of Expressing Emotions*. The Guilford Press.
- * Cameron, J (2016) *The Artists Way, A Spiritual Path to Higher Creativity*. Penguin Random House.
- *Siegel-Acevedo, D. (2021) *Writing Can Heal Us from Trauma*. Harvard Business Review. July 1, 2021

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 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 ~ 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.

Looking for classes? Visit our Community Education webpage:

www.clark.edu/cce/