



Institute for Professional Development

The Rosa J. Kolker Professional Development Series

JOURNAL TO THE SELF

November 5, 12, 19 and December 3, 10, 17, 2021
12:00 - 2:00 pm
via Zoom

Presented by: Jennifer Taylor, LCSW-C, RPT-S, *JCS Therapy Services Team Manager and Certified Journal to the Self Instructor*

Journaling is a great technique to process thoughts and emotions, bringing about personal growth and transformation. In this six-part series, clinicians and counselors who work with individuals or groups will gain the skills and abilities to utilize journaling as a therapeutic intervention.

As a result of this training, participants will be able to:

- Learn and practice therapeutic writing interventions that can be used in individual or group therapy sessions, or as between-session homework assignments
- Identify the rationale for choosing specific therapeutic writing interventions based on an individual or group's specific needs and abilities
- Learn the purpose and benefits of writing a reflection after the initial journal entry to help the individual or group gain longterm insight from the exercise

Registration required. Limited space available. Fee includes six sessions and a workbook.

General Public - \$250.00

Teachers from Jewish Day Schools/JCS Retirees - \$200.00

JCS Staff and Associated System Employees – Free

Register by October 29: [HERE](#)

You will receive log-on instructions once you complete the registration process.

Social workers and other clinicians attending this program will receive 12 Category I CEUs. Attendance at four out of the six sessions is required to receive CEUs.

Jewish Community Services is approved by the Maryland Board of Social Work Examiners to sponsor Continuing Education for social workers (psychologists and licensed professional counselors). Jewish Community Services maintains responsibility for this program and its content.

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