



# Institute for Professional Development

The Rosa J. Kolker Professional Development Series

## JOURNAL TO THE SELF

February 23, March 2, 9, 16, 23, 30, 2022  
6:00 - 8:00 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, individuals will gain the skills and abilities to utilize journaling as a therapeutic strategy or for general personal growth.

As a result of this workshop series, participants will:

- Learn and practice therapeutic writing interventions that can be used in individual or group therapy sessions or for personal growth and self-care
- 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 gain long-term insight from the exercise

*"The journaling process has allowed me to better connect with myself and truly evaluate how I'm feeling about a certain situation. So often I would think about writing something down but wouldn't. Now, when that happens, I hear the quote referenced in the training: "thinking is not writing." I then realize I should write out what I'm thinking in that exact moment or commit to writing it down ASAP. Definitely an a-ha moment. Thank you for providing the necessary tools and guidance for helping me get back on track with myself." - Allison, participant in 2021 training*

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 February 16: [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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