

Intervention Toolbox: Journaling for Mental Health

Presented by: Ashley Myhre, M.A., LMFT, RYT-200

Delivery method: Pre-recorded webinar/Self-Study

Length: 66 minutes (1 hour CE)

Information gained in this course will offer opportunities for clinicians to utilize research-supported and creative interventions that incorporate expressive writing and journaling with a wide variety of client populations.

Objectives

Participants will be able to:

- Recall the research-supported benefits of journaling/expressive writing to health and therapy
- Identify ways in which journaling/expressive writing can be integrated into therapy for effective therapeutic outcomes
- Describe diagnoses or conditions where journaling/expressive writing may be helpful, and may be contraindicated
- Discuss considerations for utilizing journaling/expressive writing as an effective intervention
- Name the basic techniques and benefits of many journaling methods/themes/styles

What knowledge will be gained upon completion:

- Overview of research that supports use of expressive writing/journaling as an effective therapeutic intervention, and journaling as having a positive impact on mental and physical health
- Considerations when utilizing journaling as a therapeutic intervention
- Review of theories and reasons why journaling is a helpful intervention
- Introduction to various journaling methods/themes/styles/formats as intervention options

Course Content

- Introduction (3 minutes)
- Journaling: research, benefits, theories, considerations (27 minutes)

- Journaling methods: intervention options (32 minutes)
- Reflection, next steps, references (4 minutes)

Participants will meet objectives through:

- Lecture
- Post-test

Method used to evaluate the course:

- Post-course survey

Qualifications of presenter:

Ashley Myhre, M.A., is a Licensed Marriage and Family Therapist in MN (#3443), and a Registered Yoga Teacher at the 200-hour level (RYT-200). Additionally, she is an AAMFT and MN Board Approved Supervisor, an EMDRIA Certified EMDR Therapist, a Certified Transgender Care Therapist, and a Ph.D. student in Clinical Sexology. She sees clients at her private practice, POW! Psychotherapy, in Minneapolis, MN, where she frequently utilizes journaling and expressive writing as an effective therapeutic intervention.