

Course Information Sheet

Therapeutic Journaling (2 education hours)

Course Description: This course is intended to demonstrate how journaling can be used as a healing intervention. We will distinguish between the various types of journal writing and identify who is appropriate for journal writing. Practical tips for beginning a first journal will also be given.

Course Objectives:

1. Distinguish between the various types of writing
2. Examine a broader purpose for journaling
3. Present hints to get one started on journaling

Click here to enroll in this course:

<http://substanceeducation.com/moodle-subed/course/view.php?id=24>

