

## Journaling for Caregivers: The Plan

<b>Audience:</b>	Caregivers
<b>Objectives:</b>	To explore the basics of the journal-writing process, along with the use of a variety of journal-writing techniques and tools as a means of self expression.
	To experience journal-writing as a means of learning about one's self in a safe environment.
	To learn and develop a personal journal-writing style.
	To create and share meaningful experiences.
	To reap positive rewards in a relaxing, stimulating environment.
	To have fun!
<b>Plan:</b>	There will be six sessions; the first session will be 120 minutes with the remaining five sessions being 90 minutes each. There will be one session per week, based on a butterfly's life cycle.
	A small group with a maximum of 12 members.
	Each member receives a journaling book and a binder containing a pocket folder for storing the journal.
	Each session includes time to share with other group members.
	Each session includes a review of last week's technique and as well as time to experience a new technique.
	Students are encouraged to write in their journals whether they follow the ideas or techniques given in class. This is their creation!
	We hope to have journaling reunions (similar to ESSG parties) after the session ends to keep the momentum going.
<b>Protocol</b>	Create and maintain an atmosphere of trust by maintaining mutual respect for self as well as for others; respecting the privacy of others; and remaining truthful to self and others.
	Take attendance (completed each week).
	Maintain confidentiality (reviewed each week).
	<i>Everyone is responsible for his or her own participation, so feel free to share as much or as little as you would like. Information shared within the group will remain confidential, with the exception of a dangerous or abusive situation, in which the group facilitator will inform the appropriate individuals/organizations in order to provide additional assistance.</i>
<b>Components:</b>	
<b>Session #</b>	The week number of the six-week workshop.
<b>Active Listening</b>	Used at the beginning of each class as a warm-up, this technique allows the participant to share and to be listened to without interruption. Participants are given a topic and paired off. Each person takes their turn as the teller while the other person actively listening (no questions or observations). Appreciations, suggestions, or questions may be shared depending on the task's objectives and the teller's desires.
<b>Small Group Sharing</b>	A small group discussion of experiences from the past week. Participants will not be asked to read from their private journals unless they wish to share. Various topics will be discussed such as what worked, what didn't work, reflections, questions, issues, concerns, tips, tricks, and finding the time to write.
<b>Journal Basics</b>	One journaling topic per week: finding purpose, become familiar with surroundings, cherishing memories, reaping rewards, celebrating special memories, and looking back before moving forward.
<b>Techniques</b>	Exploring and experiencing one technique per week that demonstrates a journal basic.
<b>Journaling</b>	Journaling allows you to experiment with a learned technique and to prepare for a new one. You don't have to be a great writer, perfect speller, an artist, or creative thinker to keep a personal journal. A personal journal is where you regularly express your thoughts, dreams, emotions, and desires in response to life experiences and events. Diaries contain a description of daily events. A journal may include those descriptions, but it also contains reflections on what took place, expression of emotions, and understanding of them. It doesn't matter what you call your creation, it is a gift to yourself.