

Journaling for PWMS Outline

Session	Active Listening	Group Sharing	Journal Basics	Techniques	Journaling	Stages of Rebirth	Message
1	<ul style="list-style-type: none"> * Facilitator introductions; * Why are we here? See Session 1 – Why are you here?; * About this workshop; and Protocol (reviewed each week) 	<ul style="list-style-type: none"> * Participant introductions & Discussion * Have you ever established a journal? What kind? What prompted you to start a journal? * What types of journals do you want to experiment with? * What kind of atmosphere is best for journaling? * What are you currently struggling with? * What do you expect to gain from this workshop? 	<ul style="list-style-type: none"> * What is journaling? * Why journaling? * What kind of atmosphere is conducive to journaling? * What atmosphere is not? How to get started 	<ul style="list-style-type: none"> * Journal types * Creating Atmosphere: What is comfortable and peaceful to you? Consider your senses, time, and feelings. * Discuss what settings would be conducive for journaling and settings that would not be conducive. Experiment with different settings when journaling. Determine what works best for you. 	<ul style="list-style-type: none"> * Thank all the participants for coming. * During the week, think about the types of journaling that interest you. Experiment with atmosphere when journaling. * For next time, bring in some pictures, poems, prayers, etc. to include in your journal as next week's topic is Artistic Journaling. * Encourage the participants to contact the Multiple Sclerosis Society at (585) 271-0801 with any questions or concerns, or if they are looking for information regarding resources available in the community. Inform them there will also be materials available at each meeting that they are welcome to take. 	<p>During the first stage, you experience the ebbing and flowing of past pain until total openness is reached.</p>	<p><i>And a woman spoke, saying, "Tell us of Pain."</i> <i>And he said:</i> <i>Your pain is the breaking of the shell that encloses your understanding.</i> <i>Even as the stone of the fruit must break, that its heart may stand in the sun, so must you know pain.</i> <i>From "The Prophet" by Kahlil Gibran</i></p>
2	<ul style="list-style-type: none"> * Welcome * Protocol 	<ul style="list-style-type: none"> * Discuss and review the previous week's topic (Journaling Types & Creating Atmosphere). What settings/atmospheres did you experiment with when journaling at home? What worked? What didn't? Why? What would you do differently? * Provide the opportunity for group members to discuss what they are currently struggling with. Give all participants an opportunity to share. 	<ul style="list-style-type: none"> Using artistic journals to cherish memories 	<ul style="list-style-type: none"> * Artistic Journaling * Examples. Show participants different examples of creative artistic journaling. There is no right way to do this. Stress if they want it to be a lasting memory to use the correct materials. * Talk about making memory books. * Exercise. Ask each participant to get out the items they have brought with him or her for this exercise. Have some generic materials available if they have forgotten to bring their own. Introduce the consultant from Creative Memories. 	<ul style="list-style-type: none"> * Thank all the participants for coming. * During the week, experiment further with scrapbook, artistic & poetic journals. * For next week, think about what brings you joy and what you are thankful for. * Encourage participants to contact the Multiple Sclerosis Society at (585) 271-0801 with any questions or concerns, or if they are looking for information regarding resources available in the community. * Remind the participants to take whatever resource materials are available at the meeting. 	<p>In the second stage known as "delivery", you begin to actively cross over from your old way of life into a new way of life. This can take quite awhile so pace yourself to fully experience everything.</p>	<p><i>Then said a rich man, "Speak to us of Giving."</i> <i>...</i> <i>It is when you give of yourself that you truly give.</i> <i>...</i> <i>For in truth it is life that gives unto life</i> <i>From "The Prophet" by Kahlil Gibran</i></p>
3	<ul style="list-style-type: none"> * Welcome * Protocol 	<ul style="list-style-type: none"> * Discuss and review the previous week's topic (Artistic Journaling). Did anyone use the scrapbook pages they created to reflect on memories? Did anyone share the pages with loved ones? Did anyone find that expressing themselves in a way other than the formal written word was easier? * Provide the opportunity for group members to discuss what they are currently struggling with. Encourage all members to share. 	<ul style="list-style-type: none"> Looking back with gratitude before moving forward. 	<ul style="list-style-type: none"> * Using Joy Journals, Prayer Journals and Letter Writing to express gratification and reaffirm gratitude as a way of making your journal experience more worthwhile. * List 25 things you are grateful for and why. * Write a letter to be sent or not sent. * Evaluate your journey and your journaling experience. Ask questions for reflection. What did you expect to gain from this workshop? Did you get out of the class what you hoped you would? * Obtain feedback from the class as a group. What worked? Why? What didn't work? Why? What would you like to see included next time? Would you attend future sessions of this group? Are you interested in having a group get-together in the future? Are you interested in attending an 	<ul style="list-style-type: none"> * Journaling is about releasing emotions; release balloons * Thank all the participants for coming. * Encourage participants to contact the Multiple Sclerosis Society at (585) 271-0801 with any questions or concerns, or if they are looking for information regarding resources available in the community. * Remind the participants to take whatever resource materials are available at the meeting. * Continue to explore other journaling techniques. Experiment with Chat Rooms, Blogs, and Message Boards. * Provide additional resources. See Session handout. * Provide participants with encouragement to continue taking care of themselves. Give them a list of ongoing support groups. 	<p>During the third and final stage of rebirth, you experience one final wave of pain before experiencing pure joy.</p>	<p><i>Then a woman said, "Speak to us of Joy and Sorrow." And he answered:</i> <i>Your joy is your sorrow unmasked.</i> <i>And the selfsame well from which your laughter rises was oftentimes filled with your tears.</i> <i>And how else can it be?</i> <i>The deeper that sorrow carves into your being, the more joy you can contain.</i> <i>...</i> <i>When you are joyous, look deep into your heart and you shall find it is only that which has given you sorrow that is giving you joy.</i> <i>When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight.</i> <i>From "The Prophet" by Kahlil Gibran</i></p>

All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident.

Arthur Schopenhauer
 German philosopher (1788 - 1860)