

# Journal to the Self

*"In moments of ecstasy,  
in moments of despair,  
the journal remains an  
impassive, silent friend,  
forever ready to console,  
to confront, to contain,  
to cheer on.*

*Its potential as a tool  
for holistic mental health  
is unsurpassed."*

*- Kathleen Adams,  
Journal to the Self*

Lisa Hunter is a writer and artist based in the township of Dereel, 30 minutes south of Ballarat, in Victoria. Her studio is located in a peaceful bushland setting, perfect for inspiration from nature.

Working as a curriculum developer and instructional designer, Lisa believes there are many ways to share information and learn new techniques. She holds a Bachelor of Arts (Social Science) and a Master of Creative Media (Creative Writing).

For more information, contact Lisa or visit her website:  
[www.LisaGHunter.com/Courses](http://www.LisaGHunter.com/Courses)

Journal  
to the Self

# Journal to the Self

A journal writing  
workshop  
based on the work  
of Kathleen Adams

Your Certified Instructor:

**Lisa Hunter**

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THE CENTER FOR JOURNAL THERAPY

*The power of writing.*

[www.journaltherapy.com](http://www.journaltherapy.com)

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*Discover the writer within you.  
Journal writing workshops  
for personal growth,  
creative expression  
and life enhancement.*

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The Journal Journey is not always dreary, heavy or tumultuous. Sometimes, to be sure, the path is a steep uphill climb; sometimes it seems you're hiking the Grand Canyon. But remember that your journal will log your joy just as faithfully as your pain, your laughter with as much expression as your tears, your triumphs in as much detail as your tragedies. Notice the parts of the journal journey that are playful, joyful and exuberant, and write about them, too. Remember that rainbows are real, even if the pot of gold isn't."

– Kathleen Adams, *Journal to the Self*

Thousands of people who have benefited from this workshop series agree: *Journal writing is a joy!*  
You can learn how to:

- Safely release tension, frustration, anger and other strong emotions.
- Access your subconscious and unconscious minds and tap into the vast knowledge stored there.
- Keep a record for the future of how your life unfolds.
- Track cycles, patterns and trends in your life.
- Unlock the mysteries of your dreams.
- Experiment with creative writing.
- Outwit dreaded writer's block and increase overall writing skills.
- Find support for your journaling from your peers.
- Write your own autobiography.
- Clarify goals.
- Increase time-management and organizational skills.
- Write spontaneously and with joy.
- Regard your journal as a trusted, valued friend.

If you are presently in psychotherapy, please show this brochure to your therapist.

## The Journal to the Self® Workshop

Learning different ways to write in your journal adds colour, perspective, and dimension to your reflective writing. With the help of these journal tools, you can gently but powerfully explore the various aspects of yourself, your life and your relationships with others.

In the Journal to the Self workshop designed and developed by Kathleen Adams and based on her book of the same name, you will experience 18 different journal techniques: Alphapoems, Artmaking, Captured Moments, Character Sketch, Clustering, Dialogue, Dream Log, 5-Minute Sprint, Guided Imagery, Inner Wisdom, Inventory, Lists of 100, Perspectives, Springboards, Stream of Consciousness, Time Capsule, Topics du Jour, and Unsent Letters.

Journal to the Self workshops are taught by Certified Instructors and can be customized for specialized applications and audiences. For more information, or to request a speaking engagement for your group or organization, please call the instructor.

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