



## Workbook & Curriculum created by Nicolle Nattrass CAC II

This course has been approved by CACCF for 6 CEUS, Certificate issued upon completion.



**CANADIAN ADDICTION COUNSELLORS  
CERTIFICATION FEDERATION**

**FEDERATION CANADIENNE D'AGREMENT  
DES CONSEILLERS EN TOXICOMANIE**

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Sample worksheet & lesson

# CREATIVE JOURNALING

Self Care for the Helping Professional

# Journal

## Creative Journaling: Self-Care for the Helping Professional

(CACCF Approved 6 CEUS)

*SAMPLE Lesson & Worksheet*

### SESSION ONE/WEEK ONE~

*(Each Session contains~ Theme, Hand-outs from workbook, Journal Writing Assignment, Inspirational Quote and/or Definition, weekly Creativity & Action challenges as well as **ONE optional, 30 minute session via Zoom meeting with myself as journaling coach at any time during the 4 week course)***

### Theme: Impact~

The focus of this session is to gain a comprehensive understanding of the power and impact of journaling & its value on self-care and client care as well as to begin practical applications of journal techniques.

In this session you will have the opportunity to:

- Listen to my PowHERtalk keynote on the power & impact of Creative Journaling.  
<https://www.youtube.com/watch?v=FPF5Cs5C9Q8&t=2s>
- Explore & review the scientific benefits of journaling for mental, physical, emotional and spiritual health and wellness.
- Learn new Journaling tools & techniques to use with clients.
- Explore self in relationship to journal as a self-care practice.
- Explore what a writing prompt is first-hand in journal assignment.
- Experience a Creativity & Action challenge for the week for your own self-care.
- Receive the following via email for Session 1/Week 1:

*Your Creative Journal Part 1 & 2, Journal Writing Tools Part One*

*Journal Writing is Tuning Into your Story, Health Benefits,*

*How does Writing Affect Your Brain, Client Story/ Renascent Alumni Article*

*The Power of Words Article by James Pennebaker, Fill Your Bucket Self Care weekly check list.*

## SELF CARE AS A HELPING PROFESSIONAL

Creativity is a powerful antidote to burn-out.

<http://www.helpguide.org/articles/stress/preventing-burnout>

The combination of creativity, the exploration of and a practice of journal writing is transformative. This allows a process to occur that leads us to pay closer attention to our own “story” that will feed and fuel our forward movement and growth. This journal writing process increases awareness and intimacy within ourselves. Awareness is the key when we take the time to connect then we can see clearly any warning signs of:

- ❖ Stress
- ❖ Burn-out
- ❖ Secondary trauma/Vicarious trauma
- ❖ Compassion fatigue
- ❖ Countertransference

This awareness allows us to then process what is necessary to keep and maintain wellness. For some of us, the above words can be and are often treated as the proverbial “elephant in the room” which we do not want to speak about for many reasons.

*“I had an incredibly stressful time last year when one of the students at the school that was in my community commit suicide. I worked only part-time but when I shared about it at school with staff, it was like no one wanted to talk to me about it and it felt like a taboo subject when I said that I couldn’t take the stress of my phone going off at all hours and scheduling meetings and support for the teens. I felt like it wasn’t ok to admit I had feelings about it.” Heidi S.*

### For Reflection~

Do I have a support network? How often do I use it? What are the resources that are available to me? How can I better support my own processing? Picking up a journal, putting pen to paper is one way that I can tune into myself and support my own process as well as an outlet for my creativity ~ even some fun or discovery of my own lost interests or hobbies.

Just as we encourage clients to build support networks and practice self-care with a self-check in. It is vitally important that we take the time to check in and tend to our self-care so we can evaluate what is best for us, the story of our life and knowing when to take reflective time, replenish and renew focus.

This course is designed to **enhance knowledge, improve quality, health and function of the Counselor in the following areas-** based on CACCF's Global Criteria- (12 Core Functions- Case Presentation Method) for 6 CEUS. [www.caccf.ca](http://www.caccf.ca)

**Treatment Planning-** Journaling is now commonly being used and recommended by counselors in treatment centres, not only those clients who are working through the 12 step modality but also for clients who are dealing with trauma and substance abuse. Addiction counselors are likely to encounter clients with a history of trauma and/or current traumatic stress reactions in their clinical practice. They need to know how to plan for this individual treatment and how to process this as professionals. Global Criteria-**A, B, C, D.**

**Counseling- (Individual, Group & Significant Others)** Counselors need to expand their working knowledge through utilizing journaling tools, when recommending to clients. In this course, counselors have the opportunity to experience first-hand the journaling exercises that they can recommend and utilize with clients. This allows counselors to not only engage in their own self-care practice but will solidify their special skills as counselors to assist individuals, families and groups. Global Criteria- **B, C, D, E, F, G**

**Case Management-** Counselors can use Journaling to bring services, agencies, resources together and use for **A, B,** ongoing services for client care and rationale of case management activities to the client. For counselors, dealing with a large case load and coordination of multiple services plan can be challenging, in this Course, they learn how to use journaling techniques, to compile framework action plans, effective lists, cluster maps and tools to manage stress of working in addiction treatment contexts (including the pressures of managed care, high caseloads, and the demands of justifying treatment to funding sources).

**Client Education-** Journaling is being used and encouraged by counselors in treatment centres and serves to be an educational tool used by clients in recovery from drug and alcohol addiction both in group and individual sessions. It can help the client to write and identify how their alcohol/drug abuse affected their lives and others, how to handle emotions, set goals, explore relationship to the substance itself, increase tolerance of emotions, as a grounding tool when cravings are present, for exploration of family history, trauma, grief and for working through the 12 steps. This course educates the counselor in different methods, techniques to use with the client as an educational and therapeutic tool. Article called, **Writing to Heal,** posted on the American Psychological Association <http://www.apa.org/monitor/jun02/writing.aspx>

**Consultation with other Professionals in Regards to Client Treatment/Services-** This course provides the professional workshop opportunity to connect with myself, as Addiction counselor and to connect various agencies. Professionals taking this course have the opportunity to expand resources that assure comprehensive, quality care for the client. Counselors need not only to expand their networks for client support/ treatment but also to expand their own resources, in order to stay healthy and avoid burn-out in their profession. My course allows the counselors to experience journaling tools first-hand and can use to process work stress, secondary trauma, compassion/fatigue, vicarious traumatization, and sometimes intense countertransference reactions.

This course supports the health, professionalism and resiliency for the counselor as well as for the client as discussed by Thomas Skovholt, The Cycle of Caring, Essence of the Work. Caring for oneself and one's client.

**Avoiding Counselor Burnout While Seeking Resilience: An Interview with Thomas Skovholt, University of Minnesota Counseling Psychologist**

<http://www.counselor-license.com/articles/avoiding-burnout-skovholt.html#context/api/listings/prefilter>

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