

Center for Journal Therapy

HEALING BODY · PSYCHE · SOUL THROUGH WRITING

Digging in the Dirt with Jennifer Wolfe (Interview by Jean Rowe)



Jennifer Wolfe (formerly Guidry) is a writer, facilitator, and business owner who's been facilitating change for corporate clients for the past 20 years. She's also been journaling since she was 10 years old. As a certified instructor for The Center for Journal Therapy, she hopes to bring her own change and growth experiences to others who want to use journaling and other creative tools for their own personal growth, creative expression, and self-directed change. Jennifer can be reached on the web at her blog, www.InTheGardenOfTheDivine.com.

What is your relationship between actual gardening and journaling?

My garden is both a metaphor for my life and a literal experience, where I can connect with myself and the earth. In my journal, I write about both experiences. In the process, I learn a lot, about myself and about the world. Plus, I often write IN the garden. I have a bench in my front yard, tucked under a tree and near my bluebird nest box, and it is a delightful spot to journal in the early morning, among the birds and flowers.

What have you harvested from the garden that is your journal?

Stability. It's an anchor, a root system, one that keeps me grounded. I write in my journal every morning, without fail, and often throughout the day. It's how I find out what's going on with me, how I process the events of my life, and connect with my spiritual self. These are all activities I did not do very well until recently. In my early years, I wrote in my journal about youthful angst (mostly about

boys). Then, later on, I used it for writing gratitude lists or documenting certain events. After awhile, I did not write about anything going wrong in my life which felt like I lost touch with reality.

My journal keeps me in reality now, by allowing me to write about the good and the bad, the dark and the light, and everything in between. It keeps me in touch with my real self and my real feelings. Using the variety of techniques from Journal to the Self (JTTS) has made my writing more interesting, and helpful to me.

One other "crop" I've harvested: my blog, www.InTheGardenOfTheDivine.com. After I took the JTTS certification course, I decided to start writing a blog as an experiment, just to see if I could keep up with it. It's turned out to be a marvelous adventure, and I've been able to unleash a lot of creative writing I didn't give myself enough time to do before. That's been really fun, even though I'm not as consistent with it as I'd like to be.

(Interview continues on page 2)

What have you harvested from your actual garden?

My garden is so fun! It's really so small, so modest, in terms of the "quantity" of fruits and veggies that we gather. But it's yielded so much in terms of "quality!" For starters, when we were designing it, my kids were involved, so they feel some ownership. Matthew, 15, specifically requested the blueberry bushes, the fruit trees, and purple-and-yellow pansies ("The flowers with the faces, Mom."). He likes to go outside and check on the crops: lemons and limes, blueberries, and other items we plant in the four veggie boxes each season, like lettuce, arugula, carrots, peppers, tomatoes, brussel sprouts, broccoli, cauliflower and cucumbers. Plus he likes to check on the butterfly and hummingbird garden, where he is good at spotting the monarch caterpillars.

My daughter, Camille, 17, appreciates the aesthetics of the garden. She enjoys weeding and making sure things look nice. She has a great eye for detail. I spent a wonderful day with her this summer weeding and discussing how we are all alike, biologically, so why should she focus on petty differences at school, with her peers? Each trip into the garden is a discovery journey. We never know what we might find: a butterfly chrysalis, a ripe tomato, a bumble bee nest, or baby bluebirds. I can still get the kids to come outside with me to look, even though, at 15 and 17, they might easily roll their eyes and refuse to come. But they don't. That is really the most important crop I've harvested.

What is currently blooming, both inside of you and in the yard?

Of course, what's blooming in me is my renewed sense of self. The garden has helped me find that. And so has journaling. It's really true what Kay says: we "Journal to the Self!" And for me, this is the way it has to be. This IS my method of self-discovery. I've discovered I really AM a writer! You'd think I would have known that, since I have a master's degree in journalism. Before JTTS, I never realized how essential it is to my being. That writing about my OWN experiences — the news about me and the people I love — is the story I want to tell. Not city council meetings. Not PowerPoint slides for corporate clients. My own story.

I think I am blossoming. Not long ago I was admittedly fragile, a bit trampled, and rather overextended, like a plant that's gotten leggy because it's stretched too far to get to the sun. By journaling, by gardening, by writing, I've grown roots. I've spread my branches. I've nurtured buds, and I've blossomed in different ways, in each different season. I'm still blooming! Today I'm working on accepting each loss, or painful moment, or fading blossom, as it occurs, and still rejoicing in the new blooms that lie ahead. I don't have the illusion any more that the garden has to always be perfect, and static. I can't be blown over, or trampled, by a careless wind, or a thoughtless act. I'm stronger now.

I can even share that experience with other people, such as my children, or the folks in my Happiness Project group, or participants in my JTTS sessions. I love it when I see the spark of transformation in someone's eyes, the Aha moment, the seed that suddenly germinates and sprouts.

In my yard, the third nest of baby bluebirds this year is "blooming," and I get to watch the process of them being fed every day. It's a daily reminder that happiness (the bluebird) is available to me, every day. All I have to do is sit and watch, and write about it if I want to. That is truly lovely. Oh! Plus we have ripe sungold tomatoes right now, which are delightful to pop into your mouth with a bit of salt.



(Interview concludes on page 3)

With working full time and preparing to lead others in journaling, would you share with us ways you carve out time to create and facilitate?

Carving out the time is challenging whether you are working full-time or not. One thing I learned is that "alone time" is absolutely essential for my creative activity. When I found myself alone more after my divorce, it turned out to be a creative blessing for me, especially for my writing. Alone time is like when a seed is germinating in the ground. It needs the quiet, the dark, and the solitude, to grow.

During the school year, I get up at 5:30 to journal, so I have at least an hour alone before it's time to make breakfast and shuttle the kids out the door. I am religious about my morning routine. Coffee, journaling in my special chair or in the garden, reading, prayer, and meditation. I write everything out by hand, in a notebook, so I am not seduced into getting onto my computer and having the experience diluted by the extraneous activities the computer generates.

I don't do Facebook. I keep regular office hours, and limit myself to them. I limit email. I am still a bit stuck to my phone, because I take a lot of photos with it as part of my writing process (veggies, my kids, flowers; the camera is a small window on the world). I don't talk on the phone nearly as much as I used to. I am managing my sacred energy better, to be used only for the things that are really important to me, like my kids, my garden, the commitments I've made, and that's enough.

I schedule classes whether I have participants lined up yet or not. "Build it and they will come." I find lots of lead time with the JTTS is very important. I've also done a number of one-hour previews this year, using Meetup. I offer special rates to the folks in my church and in some of my support groups. I am building my clientele slowly. I just have to keep at it.

For those new to leading journal workshops, tell us some ways that the journal has helped you with knowing how to go about your own facilitation.

I've used my journal to help me prepare, mentally, before I facilitate. It helps me find out what's going on with me and my feelings about the class, to plan out what I would like to happen, to speak to my inner wisdom for direction, and to write positive affirmations for how it will all turn out.

I also use my journal afterwards, to review what happened. I mostly do that at night. I write (after class or at the end of the day) three things I've done well, three things I'm grateful for, and one thing I'd do differently. It's a daily inventory, but also works as a workshop inventory. That sort of gentle assessment helps me focus on the good and not get too obsessed with being perfect.

A garden will always have a mess somewhere: dead plants, weeds, stray branches, disappointing crops. The question is how can I use that "mess" for good? The rose blooms, it dies, it is thrown on the compost heap, and from the garbage springs another rose, someday (as my favorite Buddhist, Thich Nhat Hanh, reminds us). Yes, everything IS a lesson. Yes, everything IS a metaphor (sorry, kids). Yes, everything in my garden IS useful, perhaps painful sometimes, or ugly, but ultimately, beautiful.

(Photos by Jennifer Wolfe)



What Do Your Clients Need From You?

by Carolyn Jennings



Carolyn Jennings credits journaling as one of the necessary practices of her rebirth. Her real life began with her recovery from an eating disorder in her late twenties; the clinic where she was an outpatient led her to journal writing, and she's been getting to know herself on the page ever since. She wonders how people who don't write can keep up with themselves. Recovery and self awareness led her to marry an awfully sweet man, to many inspiring years in Kay Adams' journal group and later through Journal to the Self training. Somewhere along that road, she discovered poetry, finding that it tenderly speaks to places inside her that have never been touched before. Proud to be a late bloomer, coming fully into her own in her 50s, she self-published the award-winning *HUNGER SPEAKS*: a memoir told in poetry in 2010 and guides writers in workshops called Writing the Wings of Our Lives (or WOW). She is honored to be part of this community.

In 2009, newly certified as a Journal to the Self® facilitator, I offered the standard six-week workshop to my niche, people in or seeking recovery from eating disorder. This niche was mine because of my own eating disorder and recovery; journaling was an essential tool of awareness in healing.

I still have writers from those first workshops in my monthly writing group, and I needed to teach all of the techniques as put together by Kay for my own familiarity. But I wasn't comfortable and the offering wasn't optimal. I padded the curriculum with ways to use the techniques to support recovery. This good intention was also a time hog, scrunching the writing, cutting into the sharing. A nagging certainty kept reminding me how crucial it was in my recovery to learn to speak out loud, to risk finding my voice.

What did my writers need most from me? How could I best bring JTTS to serve them?

I contemplated the turbulence of beginning recovery from memory and what I've seen in others. Finally getting out of the food and behaviors, we nakedly face the truth of what's left of our neglected lives. Feelings are unfamiliar, uncomfortable, unknown. Relationships are precarious and mysterious. Food and deadly behaviors continue to entice like best friends. Years of secrecy want to silence us still.

Well, there it was. My clients need help with emotions, relationships and with seeing the disease through all its lies. And they need to be heard.

Write a journal entry or a letter to you from the perspective of an average/ideal client needing your services. What is his/her life like, what are his/her needs, what challenges does this person face? What writing techniques and what else about the setup of your workshop might benefit this person? Try a Character Sketch of or a Dialogue with your ideal client.

Now in my recovery workshops, Character Sketches of emotions (guided by J. Ruth Gendler's *The Book of Qualities*) bring creativity, fun, insight, and a fresh way to work with feelings. Dialogues and Perspectives shed light on relationships. Looking at disease and recovery through new lenses are the gifts of Steppingstones and Captured Moments, Character Sketches and Dialogues--harder to fall for lies that become transparent.

I talk less and let their experience of the writing be their teacher. Every writer now has time to share every write with, of course, the option to pass. Writers are hungry to be heard and to hear from their peers, to see how alike we are, to "gang up" on the disease that once kept us in shame, isolation and silence.

Now when feelings, people or food trouble these brave writers, JTTS techniques can be their new best friends.

The Communion of Soul-Making

by Lynn D. Morrissey



Lynn D. Morrissey is founder of Heartsight Journaling, JTTS instructor, and soon-to-be graduate of Kay Adams's Certified Journal Facilitator (CJF) program. She is a Christian author, speaker, editor, and soloist, whose signature book, *Love Letters to God: Deeper Intimacy through Written Prayer*, has been highly acclaimed. She has written two devotional books and has contributed stories to numerous bestsellers. Contact: words@brick.net You may hear Lynn's interview with Kay Adams at http://exceptionalwisdomradio.com/shows/jfbl/lynn_morrissey.html

“Something is very gently, invisibly, silently, pulling at me—a thread . . .” So said renowned poet Denise Levertov in her soulful poem, “The Thread.” And just so—gently, invisibly, silently—a soulful strand unspooled across a constellation of cities, tugging at women’s hearts, drawing them to Denver for *The Art and Language of Soul-Making* retreat. And the name of that thread? *Communion*.

For five glorious days, surrounded by scenic sunrises, sweeping sunsets, and the Rockies’ ever-changing and purpling peaks, thirteen sojourners, led gently and safely by Kay Adams and Dana Reynolds, communed heart-to-heart, tête-à-tête in a sacred circle of sisterhood. Each woman reverently spun her own special strands of creativity, intelligence, humor, and pathos to weave a tapestry of joy, a bond of beauty, a benediction of “becoming.”

Through exquisitely orchestrated exercises in the spiritual arts, like journaling, prayer, poetry, art-making, collage, and dreamwork, retreatants plumbed the depths of their spirits to mine the wealth stored there. Many of these gems were artfully, prayerfully arranged into a “Book of Wonderment,” which each woman created and took

home to guide and inspire her now, keep the retreat experience alive, and become a timeless treasure for years to come.

But the greatest *wonderment* of all was the wealth of wisdom and communion each one experienced—that universal sharing and baring of the soul. Simple? Yes. Simplistic? *No*.

What happened in Denver in the daily circles, the shared meals, the walks, the talks, the prayers, the laughter, the tears, the gleanings, the healing, the commitments, *and* the embraces, irrevocably changed these women, like wine poured into water. Each heart was indelibly colored by the hues of the other.

Yes, each woman came spinning her monochromatic thread, but she left with a multicolored shawl with which to drape herself in comfort, warmth, and love.

How do you weave a shawl? One thread at a time. And how do you make a soul? One thread, one story, one tear, one voice, one beautiful life at a time, as women come together in the sacred circle, as women come together in the communion of wonderment.

* * * * *

Kay and Dana love working together and plan to offer Art & Language of Soulmaking again, and in various venues, perhaps even as an on-line multimedia course. If you want to be on the notification list for the 2013 women's writing retreat, please email info@journaltherapy.com with "Retreat notice" in the header line. We'll let you know as soon as we have dates. Dana Reynolds can be reached at www.sacredlifearts.com. Her new novel, *Ink and Honey*, will be released on December 12.

Caregivers Caring for Themselves, Too, with Journaling

by Barbara Stahura



Barbara Stahura, Certified Journal Facilitator, guides people with brain injury and family caregivers in harnessing the power of therapeutic journaling for themselves. A member of the Lash & Associates speakers bureau on brain injury, she has also facilitated journaling events for the National Guard, state Brain Injury Associations, equine-facilitated experiential learning groups, writers, and others. She lives in Newburgh, Ind., with her husband, a survivor of brain injury. <http://www.barbarastahura.com>.

Most family members caring for a loved one with a serious injury, illness, or condition are extremely stressed; many times they fall prey to illness and some even die while their care recipient is still alive. I understand: When my husband suffered a serious brain injury in 2003, caring for him led me to be diagnosed with secondary traumatic stress. Fortunately, he was able to recover and become independent over time, which meant I could recover, too. One saving grace for me during these frightening, chaotic months was journaling. Pouring my heart and soul into the always-available container of the page made our situation feel more manageable and improved, at least a little, my coping and caregiving.

Caring for oneself can be the last thing on the list when concern for a loved one overwhelms our lives and when stringing together even five or ten minutes of personal time feels impossible—or induces (unwarranted) guilt. Fortunately, journaling can be done nearly anywhere in just a few minutes, and a small journal can be tucked into a pocket or purse.

Given the opportunity and a little encouragement, family caregivers often dive right into the practice. Journaling for five to twenty minutes can feel like a mini-retreat, a private time in which to pause and reflect, vent, sorrow, regain sanity, and sometimes even rejoice. Even at my most exhausted, when scribbling a few lines was all I could manage, writing offered release and respite.

While my husband was in the hospital and then in rehab, I spent hours with him every day and, already a long-time journal-keeper, always had my journal with me. Spare moments to write—when he was asleep or in therapy, for instance—always appeared. Yet, especially for someone new to journaling, scheduling a time to write can work well. Just as we help our loved ones keep important appointments for their well-being, we deserve to help ourselves do the same. Adding a journaling break to our calendar or setting our cell phone to remind us to write is a valuable gift we give to ourselves.

When the chaos of caregiving has muddled minds and exhausted bodies, it can be hard to focus enough to write. But there are ways to begin. Something as simple as a short gratitude list can lift the spirits. Writing down worries and concerns can open avenues to a new perspective, and help with sleep. Keeping a list of prompts handy can help, too. Some simple ones to try: Today I feel... The best/worst thing about today... I want... Dear... Being a caregiver... When this happened to (loved one's name), I... When this is over... I need...

Family caregivers also can use any of the techniques in *Journal to the Self*. In addition, there are specialized journals for family caregivers as well, such as *You Want Me to Do What? Journaling for Caregivers* by B. Lynn Goodwin, which includes plenty of space to write from the prompts provided.

Pitch Perfect Marketing

by Mary Reynolds Thompson



Mary Reynolds Thompson, CPCC, CAPF is a certified coach and poetry and journal facilitator. A former copywriter and branding expert, Mary conducts writing and eco-spirituality workshops throughout the U.S., delivering a unique blend of the latest coaching methods with journal and poetry therapy. A regular presenter for the International Women's Writing Guild, she also serves on the core faculty of the Therapeutic Writing Institute. Her book *Embrace Your Inner Wild: 52 Reflections for an Eco-Centric World* was released last year. She can be contacted both through reclaimingthewildsoul.com and writethedamnbook.com.

10 Ways to Prepare to Write Great Marketing Copy

Between the Jubilee celebrations and the Olympics, it seems as if my hometown of London has been holding one long party this year. And whether toasting the Queen or hosting the best athletes in the world, the success of both events came down to one thing: preparation.

Which got me thinking--perhaps we need to approach our marketing copy the same way. Perhaps we need to spend time "preparing" to write.

See if the following can help you bring forth your best efforts!

1. Arrange your surroundings to boost your creativity and marketing resolve.
2. Make marketing appointments with yourself (and keep them).
3. Discover what time of day brings out your best marketing copy and stick with it.
4. Break a project down to bite size bits. You don't have to write the entire brochure or website in one day.
5. Schedule in procrastination time; look at it as warming up!
6. Learn to relax. When you're stressed your body goes into flight or fight mode and your thoughts become jumpy and superficial.
7. Tell your inner critic that he or she will get plenty of airtime later in the project.
8. Keep a special marketing writing log. Explore what freezes you up. When I try to write my marketing copy, I feel (describe the physical sensations as well as the emotions). Writing marketing copy reminds me of... If I were perfectly confident I would be able to...
9. Stave off the loneliness that only heightens anxiety. Hook up with a writing/marketing buddy, join a marketing mastermind group, or find someone you can talk to on a regular basis about your business.
10. Celebrate every time you show up for your marketing efforts!

And remember, do like the Brits—and don't be afraid to show others what you're good at!

Strategic Leveraging: The Story Continues

by Janice Putrino



Janice Putrino, LMSW and Certified Journal Therapist is the founder and director of Writing for Wellness based in Rochester, NY. She is passionate about teaching individuals and groups how to use therapeutic writing to achieve wellness of body, mind and spirit.

The kids have gone fishing with Dad and their two best friends and I am given the rare opportunity to sit outside and write. I am all alone surrounded by wilderness and the sounds of crickets and wildlife. I treasure this time alone, camping in the woods. I have been away from the pen for far too long and I have been aching to reconnect with the writing community to which I feel so connected.

As I reread my last contribution in *The Word Garden*, I notice that I have experienced an amazing amount of transition. Although it has been exhausting and challenging to stay on track with my goals, it has been rewarding as well. My goal of transitioning from being a business owner to restarting clinical social work and infusing my passion for journaling/therapeutic writing into my new venture, has come to fruition. I realize that my ability to use strategic leveraging has allowed me to secure a medical social work position at the Veterans Administration, create new professional relationships and begin to introduce the journal ladder and therapeutic writing to veterans, their caregivers and staff. The doors are open and my passion for sharing therapeutic writing has now been given a whole new opportunity to grow and flourish, in a system that I have been trying to break into for quite some time.

In the last Strategic Leveraging contribution I offered 4 writing prompts to help you begin to identify your goals:

Where am I in relation to _____?

Where would I like to be?

What action steps do I need to get there?

What is my time frame?

As I read my responses to my own answers from the above questions, I realized that networking, my passion for creating relationships and my clear focus, helped me secure my new position. What I also realized is that in the midst of finding this job that I am so enjoying, I lost my connection with myself and let my writing take a back seat. Am I beating myself up for this? No, I am not, but I am recognizing the importance of now taking the time to reflect on my accomplishments as well as the impact of my transitions. As I take time to reflect on my endings and new beginnings, a process originally shared with me by Leia Francisco, my trusted business coach, I am confident that I am on the right track and taking the time to reflect on my experiences.

How are you doing with meeting your goals? Are you trying to get a program out to your target audience, teach a JTTS class or develop a curriculum to present to a University? Whatever you may be striving for, it would be wonderful to hear about how you used your ability to prioritize the most important actions and network to get the most out of each contact and opportunity you encounter. Let's inspire one another by sharing how strategic leveraging helped you reach a goal or gain an important insight, client, or job. I will share an excerpt or story that I have received in our next issue of *The Word Garden*. I look forward to hearing from you. Be well and keep writing.

Janice

Please send your stories to:

jjournaling@frontiernet.net

Kay's Journal



What a beautiful issue of *The Word Garden*! I read every page straight through, pausing in between to delight in the writing and absorb the wisdom. Each and every one of you has something important to say, something you can share with your colleagues. Please keep the articles, interviews and member news coming to our editors, Laurie, Jean, and Leslie – see the last page for information on contributions and deadlines.

I've spent the summer sequestered at home, writing workbooks and editing chapters. Ten months ago I was offered the opportunity to be the editor for a series of books on expressive writing for an educational publisher. The acquisitions editor, Nancy Evans, is one of TWI's first graduates; she earned her Certified Journal Facilitator credential in 2010. As we visioned a major contribution to the literature, bringing expressive and therapeutic writing into the educational sphere—from K-12 to community colleges to teacher education to graduate programs—it became clear to me that I couldn't turn this down, even though it would mean a gigantic readjustment of life as I knew it.

Long story short, after six months of conceptualizing and developing and assigning chapters, I have wrangled three books in three months, and miraculously, it all happened. The lead book is an edited anthology called *Expressive Writing: Foundations of Practice*. It contains chapters on the theory and applied practice of journals, poetry, memoir as tools for emotional intelligence and life management. The other two books are each workbooks. One is *The Teacher's Journal: A Workbook for Self-Discovery*, co-authored with Marisé Barrierro, a TWI student whose curriculum for the Curriculum Design class inspired the book. The second is *The Flourishing Principal: A Workbook for Self-Renewal*, co-authored by Rosemary Lohndorf, a JTTS instructor, that contains a new and pretty cool model. I'm delivering all three books to the publisher in a couple of weeks. Watch for them next spring! (Linda Hendrick, business manager, and Krista Gano, program manager, have done outstanding work keeping CJT and TWI running smoothly while I was hunkered down. Big thanks!!)

As you can see, the universe of opportunities for individuals committed to doing this work is ever-expanding. Robb Jackson is editing the second year's anthology, *Expressive Writing: Teaching In and Out of the Classroom*. We'll be sending out a call for proposals very soon.

Speaking of calls for proposals, the National Association for Poetry Therapy's 2013 conference will be April 12-14 in Chicago. Have you developed a niche or specialized application for JTTS, like Carolyn J with eating disorders, or Carolyn K with clutter, or Barbara with caregivers? Have you been wondering how to break into taking a national stage? The NAPT conference is an outstanding opportunity. Consider proposing a workshop! I've been to all but one of the conferences since 1992, and they're consistently amazing. Check it out at: <http://www.poetrytherapy.org/conference.html>

May the autumn harvest bless you, and may our country make wise choices in November as we thoughtfully elect leaders. As always, I am grateful for your good work and support.

Kay Adams, Director



Fall Term at TWI (Sept 27-Nov 21). Register at www.TWIInstitute.net

****Basic Facilitation Skills**—Linda Barnes. Texts: *Becoming Naturally Therapeutic*, Jacquelyn Small, and *The Gift of Therapy*, Irvin Yalom. **Particularly recommended for JTTS instructors who have not had specific facilitation training.

Writing & Healing—Rae Hight. Texts: *Writing as a Way of Healing*, Louise deSalvo, and *Journaling for Holistic Well-Being* (ebook), by instructor.

Sensing the Spirit in Nature—Lizabeth Smith, CJT. New class by new graduate! No text.

Power of Memoir—Linda Joy Myers. Text: *Power of Memoir*, by instructor.

Fearless Creating: Writing to Address the Stages and Anxieties of the Creative Process—Cyncie Winter. New class from Cyncie! Text: *Fearless Creating*, Eric Meisel. Nearly full.

Adams Method—Rae Hight. Texts: *The Way of the Journal* and *Scribing the Soul*, both Kathleen Adams. Nearly full.

Word Arts Collage: A Poetry Therapy Memoir—Peggy Osna Heller. Text: *Word Arts Collage*, by instructor. Nearly full.

Therapeutic Journal Writing in Professional Practice & Self-Care—Kate Thompson. New class by one of TWI's core faculty! Text: *Therapeutic Journal Writing*, by instructor. Nearly full.

To register, go to www.TWIInstitute.net and click on Fall Term Registration link.



Hot Off The Press: Member News

News from the journal facilitation and JTTS instructor communities. Please send us your celebrations, news, and announcements of upcoming events for future issues of the newsletter. Leslie Teyssier invites your submissions of around 100 words at leslie@teyssier.com by November 15, 2012. We hope to hear from you, so that we can share all the exciting projects in which members of our community are engaged!

Denise Kennemer is a newly certified JTTS instructor. She has just completed her first one-hour preview of the JTTS course for her local library and has another scheduled with our Community and Home Education group next month. She is keynoting for her church's annual fundraiser brunch in September where she'll reach 167 women from central Oklahoma. She is finding that it's such an asset to be able to say "I am a certified instructor for an internationally known course called *Journal to the Self*". Instant credibility!

Carolyn Koehline is just finishing up teaching her first online class for TWI - *Clearing the Clutter*. On August 4 she headed to the Seabeck Conference Center in Seabeck, WA to present six 75-minute morning talks on the topic of *Clearing the Clutter: A Sacred Act* to a gathering of 250 Untiarrians. She will be working on her capstone project to complete her Certification as a Journal Therapist through TWI this fall.

Louise Mathewson has a poetic memoir coming out in October: *A Life Interrupted: Living with Brain Injury* will be published by Pearlsong Press.

Congratulations, kudos and confetti to TWI's latest graduates, **Jean Rowe**, Certified Journal Therapist; **Lizabeth Smith**, Certified Journal Therapist; and **Lynn Morrissey**, Certified Journal Facilitator! Excellent work, all!

The Word Garden: Words that Blossom from Your Pen and Take Root in Your Heart

A Note from the Editors

A big THANK YOU to Lynn D. Morrissey for our beautiful new tag-line, above!

We hope you've enjoyed this issue of *The Word Garden*, a newsletter for the growing community of Journal to the Self® instructors and Certified Journal Facilitators trained by Kathleen Adams through the Center for Journal Therapy and the Therapeutic Writing Institute.

Please help us turn *The Word Garden* into a space where we can nurture the seedlings of our dreams and projects and watch them grow, as well as joining together as a true community of professionals. We welcome news, book and movie reviews, feature articles, and any other suggestions you have for content.

The submission deadline for the next issue of the newsletter is November 15, 2012. We can't wait to hear from you. Thank you!

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