



Requirements to Complete Certified Journal Facilitator (CJF)

Journal to the Self® Instructor Certification Training

Journal to the Self® Instructor Certification Training Intensive, Denver, Spring or Fall. For those who cannot travel for family or medical reasons, the distance-learning program may be substituted. Separate fee structure applies.

Therapeutic Writing (TW) coursework

TW 511 Intensive Journal® Method (Progoff) I
TW 512 Pennebaker/Intro to Research
TW 513 Adams Trilogy
PLUS any FOUR electives from Therapeutic Writing

Professional Development (PD) coursework

PD 551 Ethics (tuition-free short class)
PD 553 Curriculum Development
PD 554 Marketing I
PD 595 Supervision Seminar
PLUS any ONE elective from Professional Development

Psychological Awareness (PA) coursework *if not transferred or waived*

PA 501 Psychology of Differences (Abnormal Psych)
PA 502 Basic Facilitation Skills
PA 503 Group Process Skills (prereq: PA502)

Capstone Project

A graduation project that synthesizes learning into a chapter, paper, or therapeutic writing curriculum that contributes to academic knowledge in the field.

Therapeutic Writing Electives (partial list)

TW 521 Intensive Journal® Method II	TW 531 Writing Through Transitions
TW 522 Writing & Healing	TW 532 Writing from the Natural World
TW 523.1-x Memoir series (4 classes available)	TW 533 Body Stories
TW 524.1-x Poetry series (5 classes available)	TW 534 Visual Journaling

Professional Development Electives (partial list)

PD 552 Vision & Manifestation	PD 564 Grantwriting
PD 555 Marketing II	PD 565 Women & Money
PD 563 Social Networking	PD 566 Research Methods

Supervised Practicum

All Certified Journal Facilitator and Certified Journal Therapist trainees must complete a supervised practicum in which therapeutic writing facilitation skills are developed and honed through written session notes and 1:1 consultation/supervision with a TWInstitute supervisor. Unless otherwise directed, the cost of supervision is contracted with and paid directly to the supervisor. The amount of supervised practice required is determined through individual assessment. In general, experienced facilitators move more quickly through this stage.