

THERAPEUTIC JOURNALING

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OUTLINE

- The Why & How of Journaling
- Professional Journaling Explained
- The Benefits
- The Reflective Process in Journaling
- Journaling & Supervision
- Journaling & Self-therapy



WHY JOURNAL?

- **RECALLING WEEK 3**
- **TAPES Model (CIT/Weltec 1994)**
- **Can we see Journaling as an integral 'piece' of our Supervision?**
- **How / where might this REFLECTIVE process 'fit into' the clinical Supervision process?**
- **What can it possibly contribute to the overall process?**

JOURNAL HOW?

PROFESSIONAL JOURNALING

- Many 'types' of journals written
- We want to focus on “professional’ journaling
- See article by Fritson (2008, 75-76)
 - Not a daily diary
 - Focusses on YOU – not your client, but YOU personally
 - Allows for ‘collaborative’ approach (if desired)
 - Offers many benefits to learners/supervisors

PROFESSIONAL JOURNALING

Professional journaling is one means of simultaneously fostering the academic and psychological growth of students.

Virtually *all disciplines* can incorporate journaling to improve academic progress as well as positively impact self-efficacy.

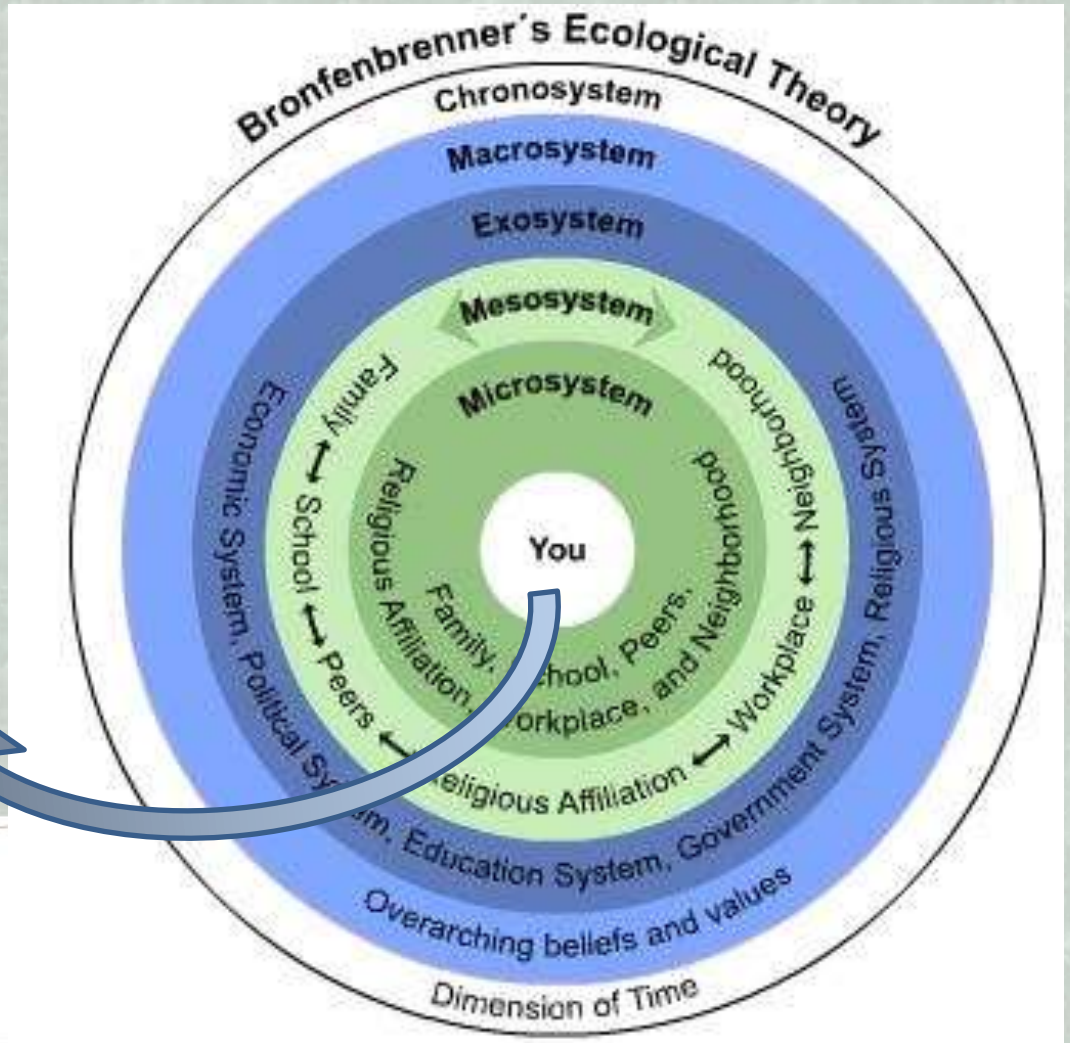
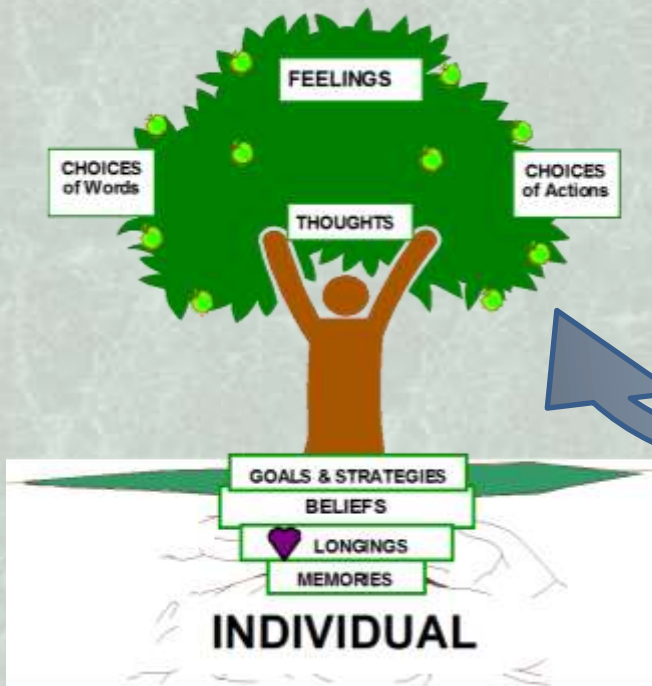
JOURNALING BENEFITS

Utilized effectively, journaling encourages students' intrapersonal growth by:

1. Identifying a life experience/situation which exemplifies a concept from course materials
2. Reflecting on various perspectives when a new concept or idea is introduced
3. Considering a perspective opposite of what they truly believe regarding a particular concept or matter

NB: Instructors should allow students flexibility while still providing structure to promote critical thinking and self-exploration.

Bronfenbrenner's (2005) 'Sphere's of Influence' theory



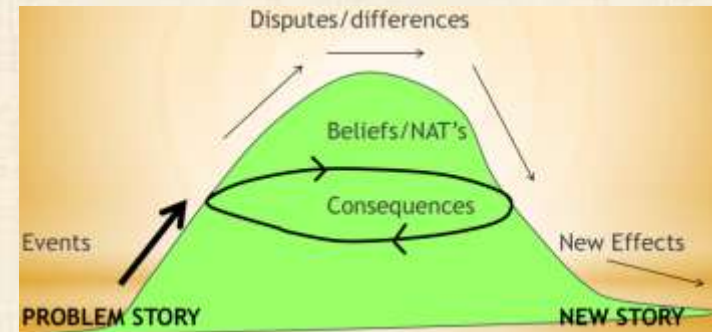
Taken from R Cook (2011)

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THE REFLECTIVE PROCESS

Meyer & Ponton (2006) 'The Healthy Tree: A Metaphorical Perspective of Counselor Wellbeing'

- Journaling pertains to ***“keeping our metaphorical tree healthy”***
- It also allows us to **keep focussed on:**
 - the soil of ‘self relationship’
 - acknowledging the impacts of our ‘stuff’ e.g. a past beasties (NAT’s) that may become active again in a time of difficulty, or, when ‘nourishment’ is missing...
 - the A, B & C's in our own life; and the D's and E's we discover
 - what overall effects these discoveries may have on us



THE REFLECTIVE PROCESS (con't)

- Besides helping to “keep our roots healthy”, **journaling helps us to strike a balance...**
 - i.e. focus on both our **head** (learning/knowledge) and our **heart** (feelings/emotions) issues
- **What's what?**
 - what is currently adequate
 - what up-to-date theories say
 - what (if anything) is missing in my knowledge base in order to continue to work ethically, safely and well

THE REFLECTIVE PROCESS (con't)

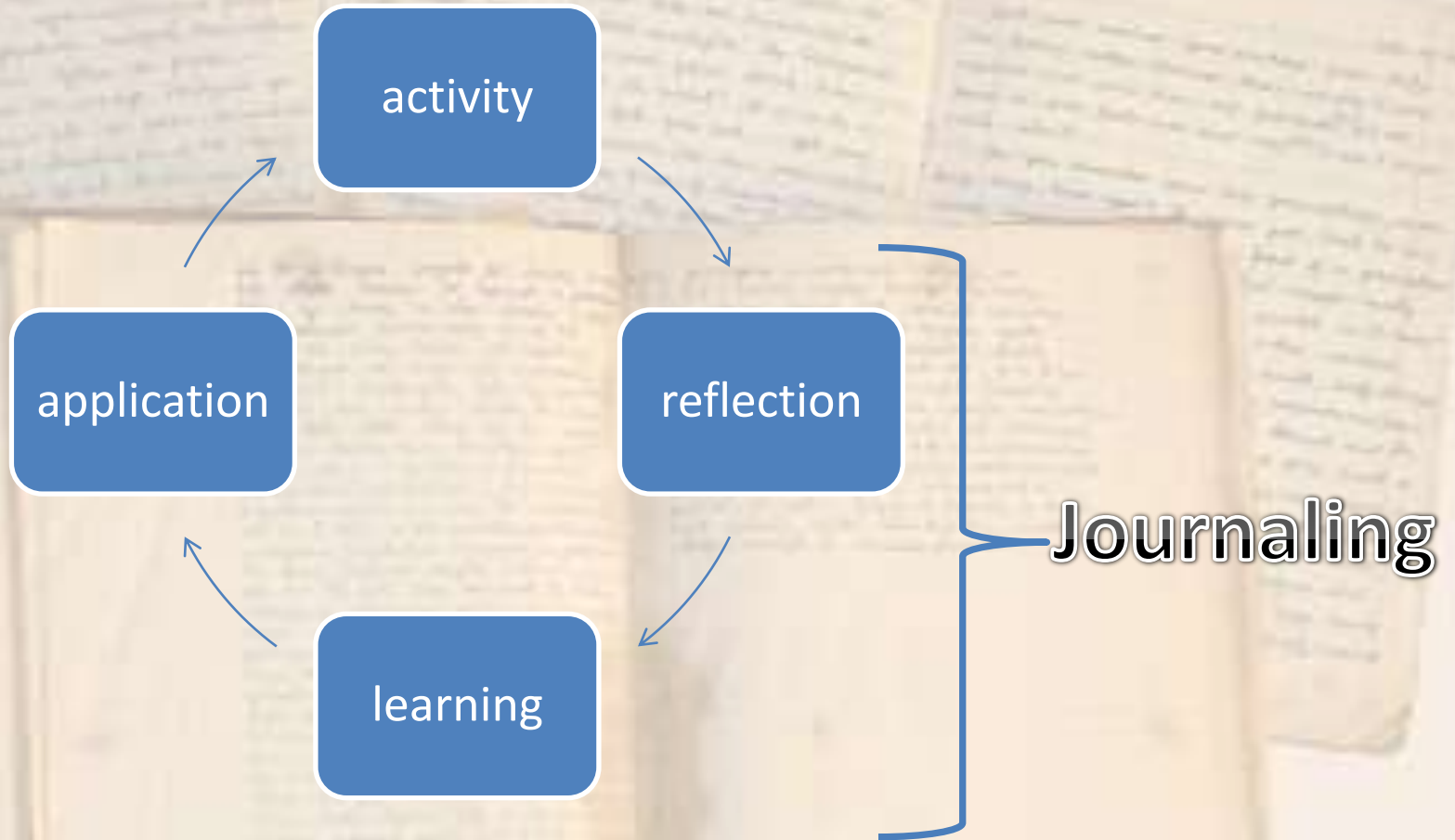
- Besides helping to “keep our roots healthy”,
journaling aids us in...

“...processing at depth the internal struggles (the mites that quietly gnaw) and issues we experience in our work or notice about our lives, then our clients will probably be safe in terms of our ability to know ‘what is ours and what is theirs’ to work on.” (Meyer & Ponton, 2006, 192)

- *If we are sapling counsellors then we need nurture (good food) and if we are older and have seen many seasons, we need to:*

- *be aware of what might be happening beneath the soil (the less noticeable)*

Journaling & Supervision



Kolb & Kolb (2005, 195).

Journaling & Supervision

Reflective Phase

- According to Harris (2005, 50), reflexive thought involves:
 - analysis, interpretation, openness, “acceptance of self-reality... a change in personal meaning”
 - a review of previous values “in relation to the changed perspective” as well as potential salient implications.
 - Critical thinking and creative thinking --- including the higher order thinking of analysis, synthesis and evaluation as well as involving creative elements that permit the production of ideas and alternatives.
- Van Aswegen (1998, 72) identifies the traits that mark the fair-minded critical thinker as: intellectual humility, courage and perseverance, and “confidence in reason”.

Journaling & Supervision

- **Learning & Application Phases**

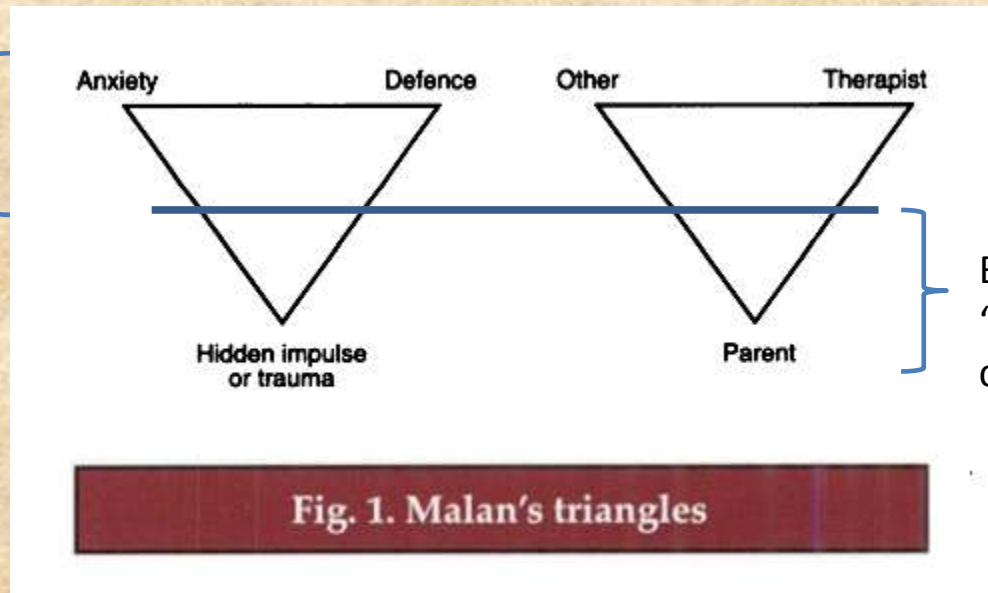
- Reflective journals [*are*] an educational strategy within a model for critical reflective practice (Van Aswegen, 1998) to promote independent thinking for improved professional practice and support and sustain ‘deep’ learning.
 - “Constructed knowing is the integration of subjective and procedural levels to arrive at a constructed knowledge stage allowing for flexible, sophisticated thinking to occur.” (Harris, 2005, 51)
- This phase is seen as a means of promoting self-insight and self-development and as a viable strategy for life-long learning.

Journaling & Self-therapy

Jer. 7:19 – *“The human heart is perverse above all things, and unsearchable, who can know it?”* (Douay-Rheims Bible)

- I’m not convinced of this – in my experience, I reckon we can get to know our own hearts...
- **Two Triangle Theory by David Malan (1984)** (cited by Holmes, 1994, 11)

Somewhat apparent
(conscious realm)



Below the water line of
'awareness' (un-
conscious?)

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