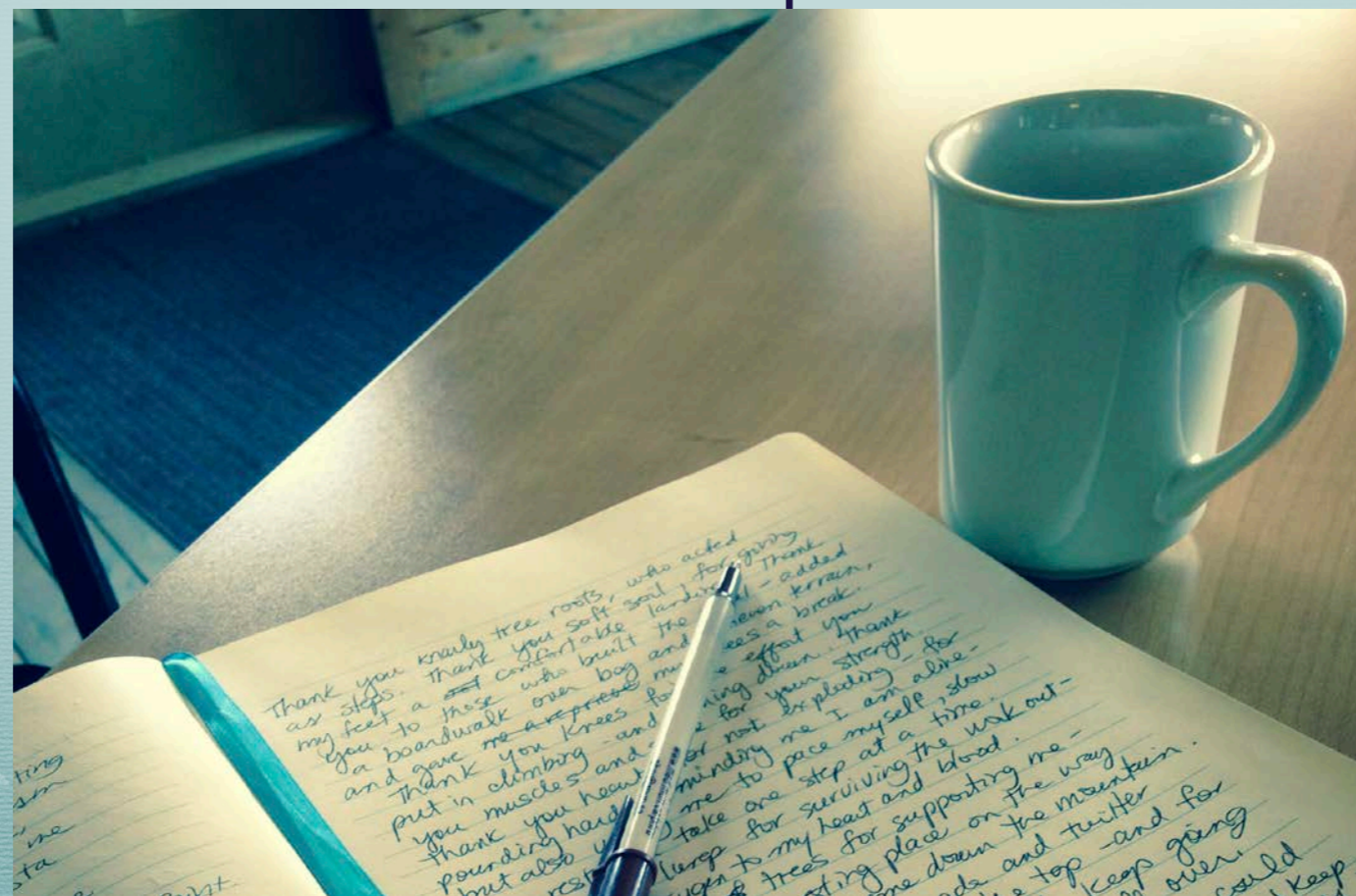


The power of creativity and writing in short-term interventions.

Dima Dupéré, MSW, RSW
www.dimadupere.com



Introduction

- Trained in The Living Journal Process (1995-97)
- Offered workshops in the community (1995-2005)
- 2008: Integrated Social Work Theory with principles from Living Journal
- Developed manual for professionals
- Offering training 2012- present
- Adapted materials for use with individuals
- Use with clients

Feeling, Writing, Empowering

A guidebook for helping professionals:
Integrating therapeutic writing
into practice
with groups and individuals

2nd Edition



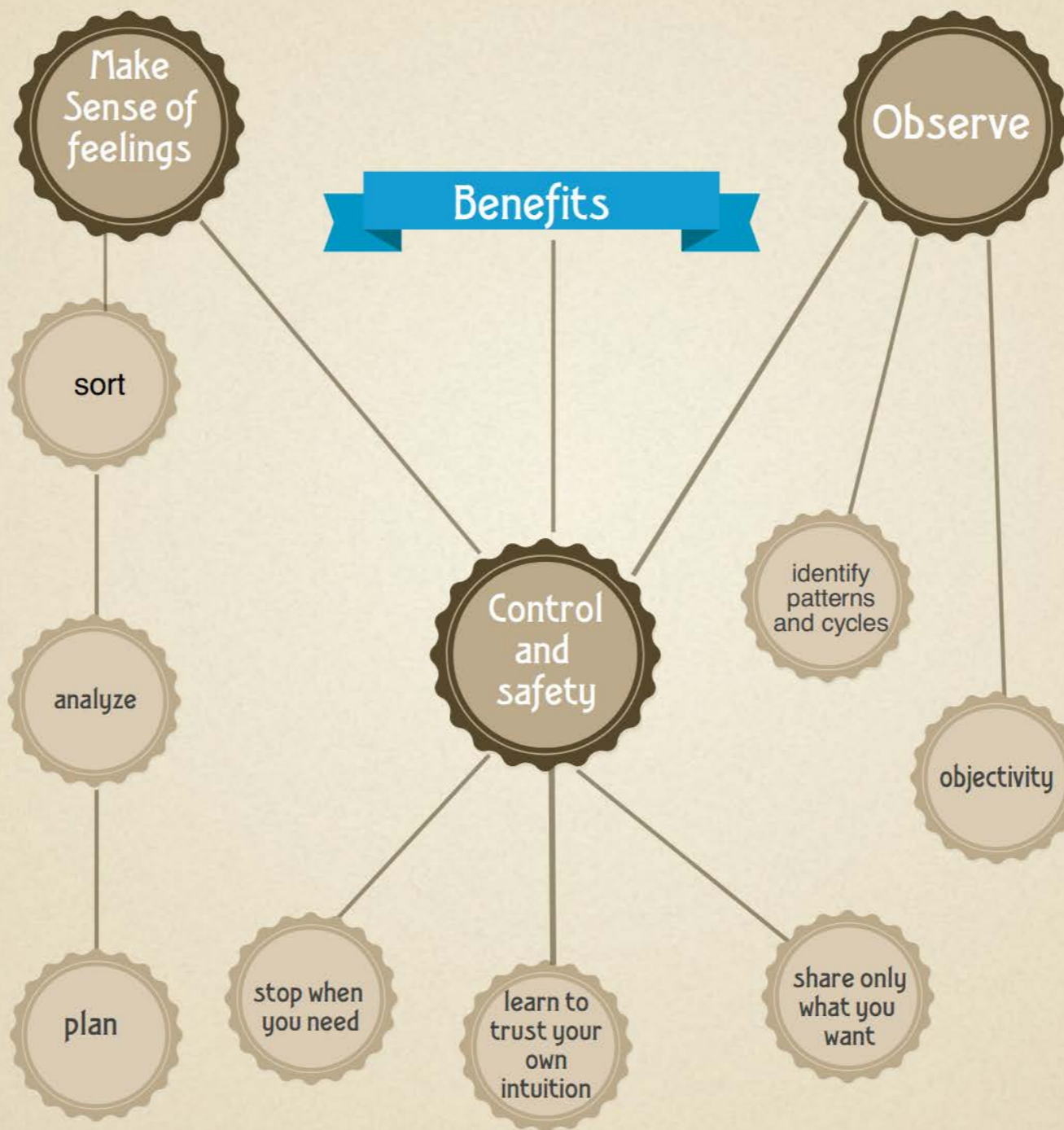
Dima Dupéré, MSW, RSW

THEORIES USED

(How to explain to your boss / agency why you need markers)

- Ecosystemic / Structural
- Solution Focused
- Narrative Therapy
- Jung, Freud, etc
- Strength-based
- Gestalt
- etc.

Therapeutic Writing



Why do I chose this work?

I have found that clients who actively participate in the sessions have better outcomes.

- they connect the dots
- they understand themselves better
- they are more able to make decisions

**YOU
ALREADY
DO THIS...**

Basic Journaling exercises



TOOLS OF THE TRADE:

- lined paper
- pens
- white paper
- colouring pencils
- crayons markers
- magazines (pre-cut words)
- card stock
- scissors
- glue sticks

THE REGULARS

These exercises work well to help sort through confusing feelings and challenging internal dialogue.

SORTING THROUGH FEELINGS

Explained in session and given as homework

- I'm so angry that... about... I'm enraged...
- I feel sad that... when ... because...
- I'm afraid...
- I'm sorry... or I regret... (that we... that I ...)
- What I wanted was...
- Now I will...

THE THREE STATEMENTS

I didn't know that _____

I realize that _____

What I need is _____

I believe in the lie that...

- my friend must be mad at me because he takes hours answering my texts

- No one will ever love me.

- I need to be perfect.

- I am alone.

- My situation will never get better.

But the truth is...

- my friend is busy and he can't always reply as soon as I text him

- I am a great person and I deserve love. I have been in love before, it can happen again.

- No one is perfect. I need to be kinder to myself and accept that I make mistakes. That is how I learn.

- I feel alone but there are people I can reach out to, but I have been avoiding them. I can change this. I don't have to be alone.

- I have been through difficult times before, I can get through this.

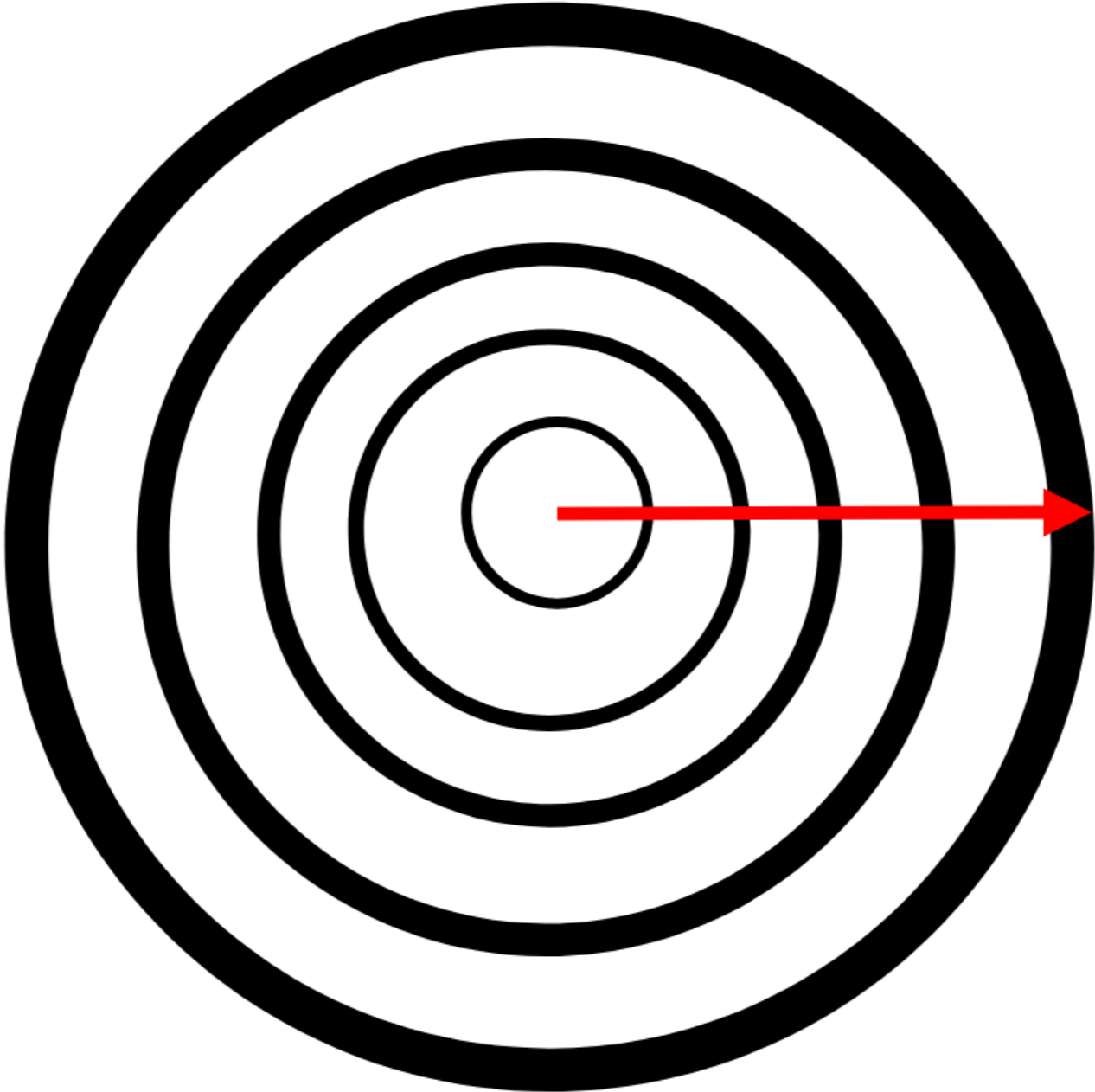
Completed in
session with client

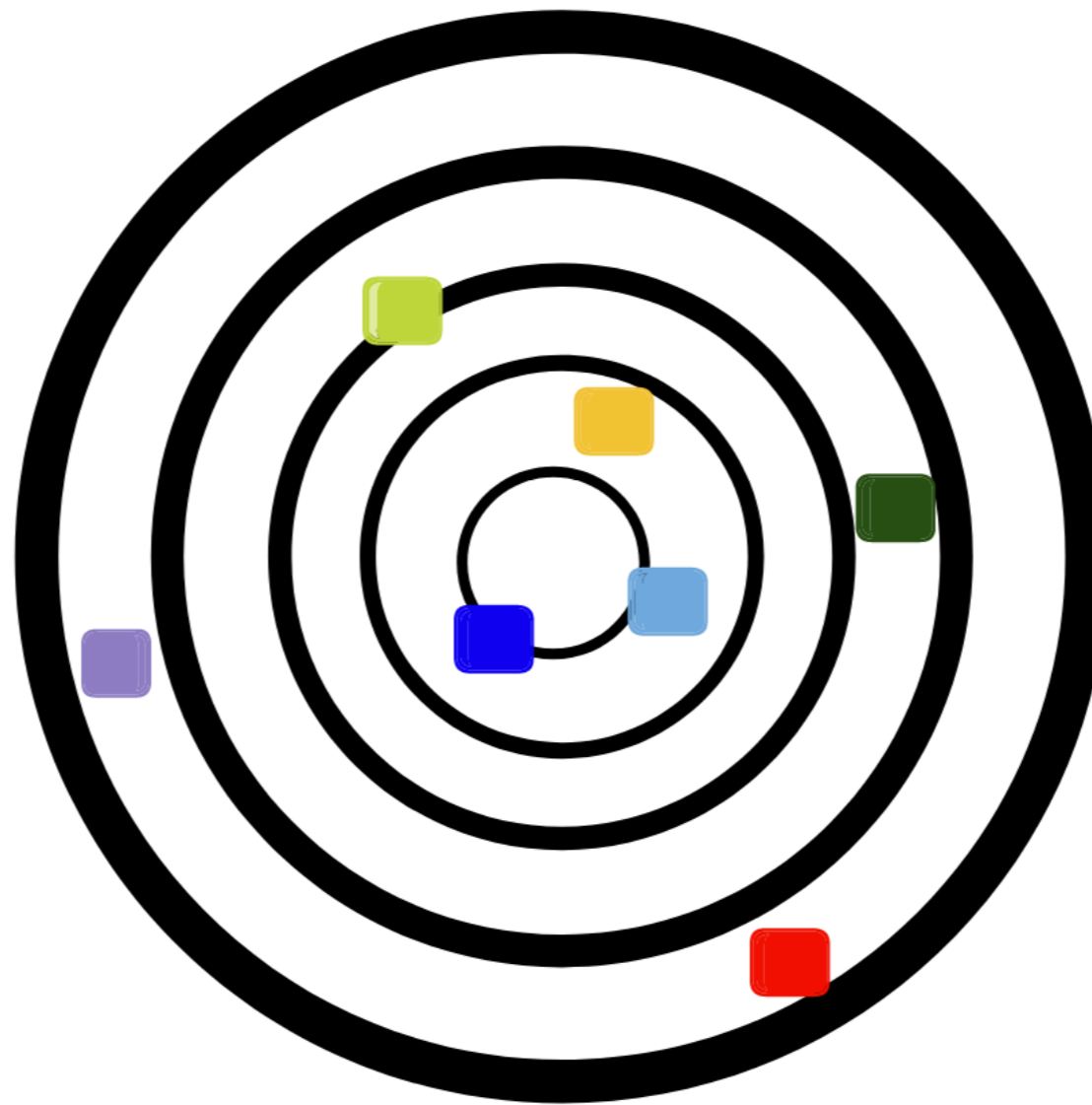
follow up with
three statements

Amount of time/energy used

Minimal

Maximum





Values / activities:



work



Family / partner



Social media



Friends



exercise



Self-care



Being in nature

DRAWING



At first they're afraid of the blank page.

I say: "Can you draw your anger?"
(jealousy, grief, stumbling block)
"What does that feeling look like?"

Hesitation.

Then I say: "It doesn't have to be perfect or even artistic.
-Just draw how you feel."

They try...

they might use only one colour... or they might dive right in
with much detail. 'HOW' can become part of the story.

They FOCUS.

They connect with the feeling /image.



My anxiety

FEAR "I recognize and respect that you are part of this family, and so I will never exclude you from our activities, but still - your suggestions will **NEVER** be followed. You're allowed to have a seat and you're allowed to have a voice, but you are not allowed to have a **VOTE**. You're not allowed to touch the road maps; you're not allowed to suggest detours; you're not allowed to fiddle with the temperature. **DUDE**, you're not even allowed to touch the radio. But, above all else, my **DEAR** old familiar friend, you are absolutely **FORBIDDEN** to drive." - Elizabeth Gilbert

-April

The Inner Bully



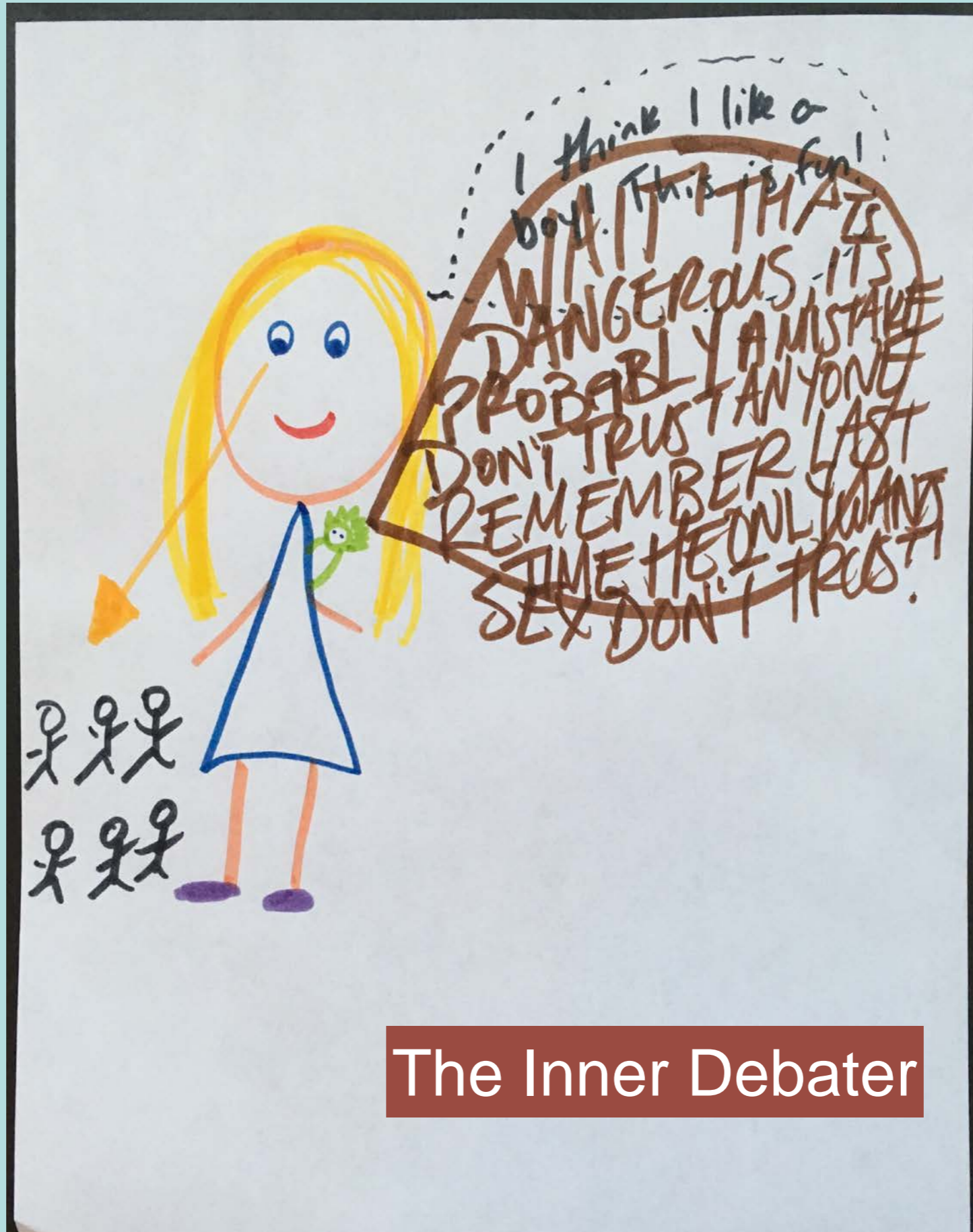
You suck
You're stupid
You're lazy



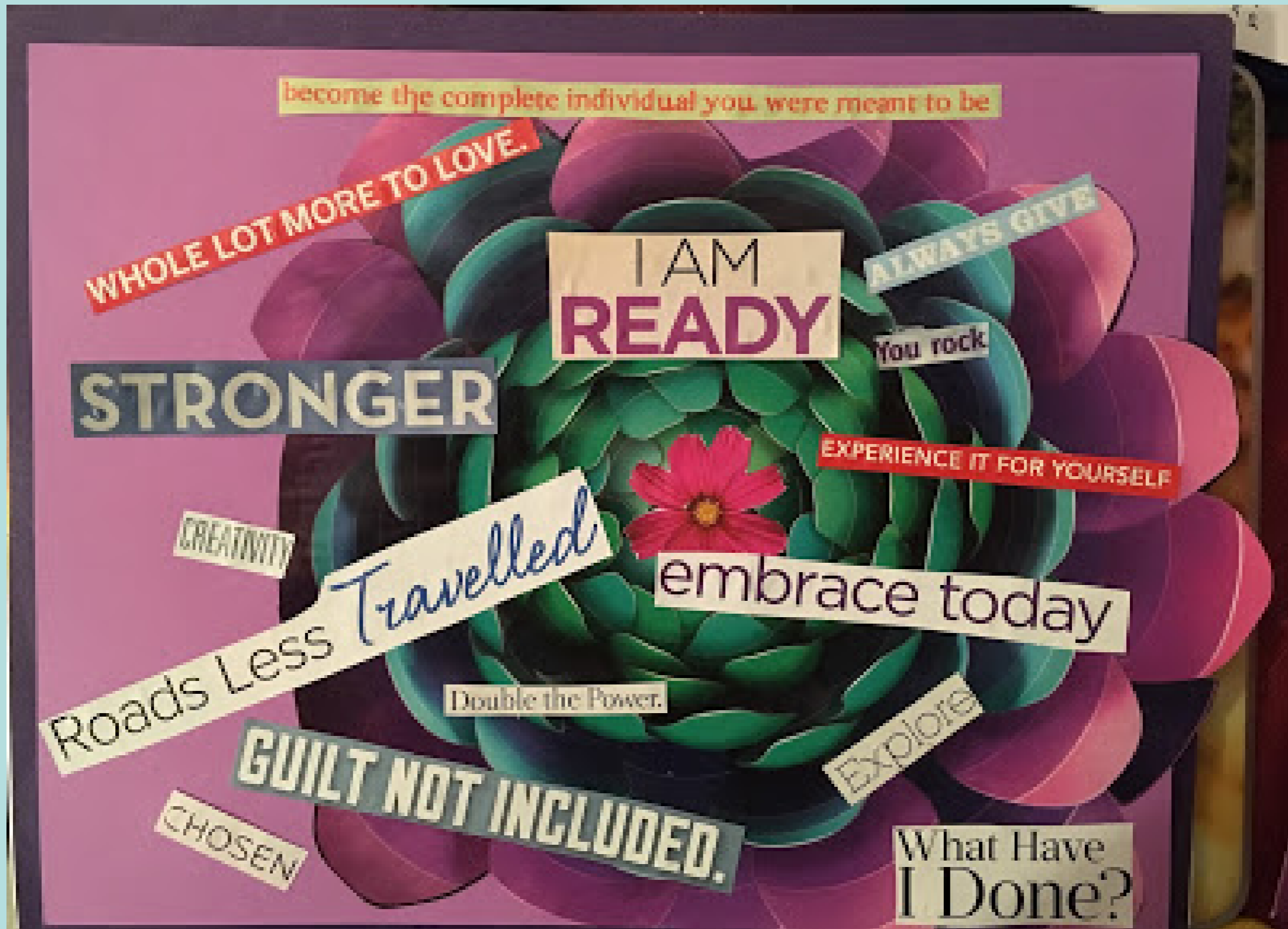
My illness



My inner superhero -
fighting the illness



The Inner Debater



Collages

Grounding exercises

- Apps: Yoga Relax
 - Insight Timer



OTHER USEFUL TOOLS

You will find some of these in your handout.

- This period of my life
- The barometer
- Drawing timelines
- The importance of heroes
- What keeps me going around in circles
- Letter of encouragement
- Self-care wheel

BAROMETER weekly temperature

NAME: _____ DATE: _____

Physical Wellbeing

0 1 2 3 4 5 6 7 8 9 10
very bad some discomfort feel very well

Personal care (includes eating habits, routine, hygiene, and exercise)

0 1 2 3 4 5 6 7 8 9 10
not successful made some effort very good self care

Sleep

0 1 2 3 4 5 6 7 8 9 10
bad/light/insomnia some difficulty slept well, feel rested

Intensity of emotions

0 1 2 3 4 5 6 7 8 9 10
felt nothing aware of emotions strong emotions/affect concentration

Please note the most frequent emotions felt this week (sadness, worry, anger, jealousy, joy, contentment, peaceful feeling, euphoria, etc.)

Level of stress

0 1 2 3 4 5 6 7 8 9 10
no stress medium stress high stress level

Social interaction

0 1 2 3 4 5 6 7 8 9 10
very isolated met with some others strong network of support

This week I am conscious that:

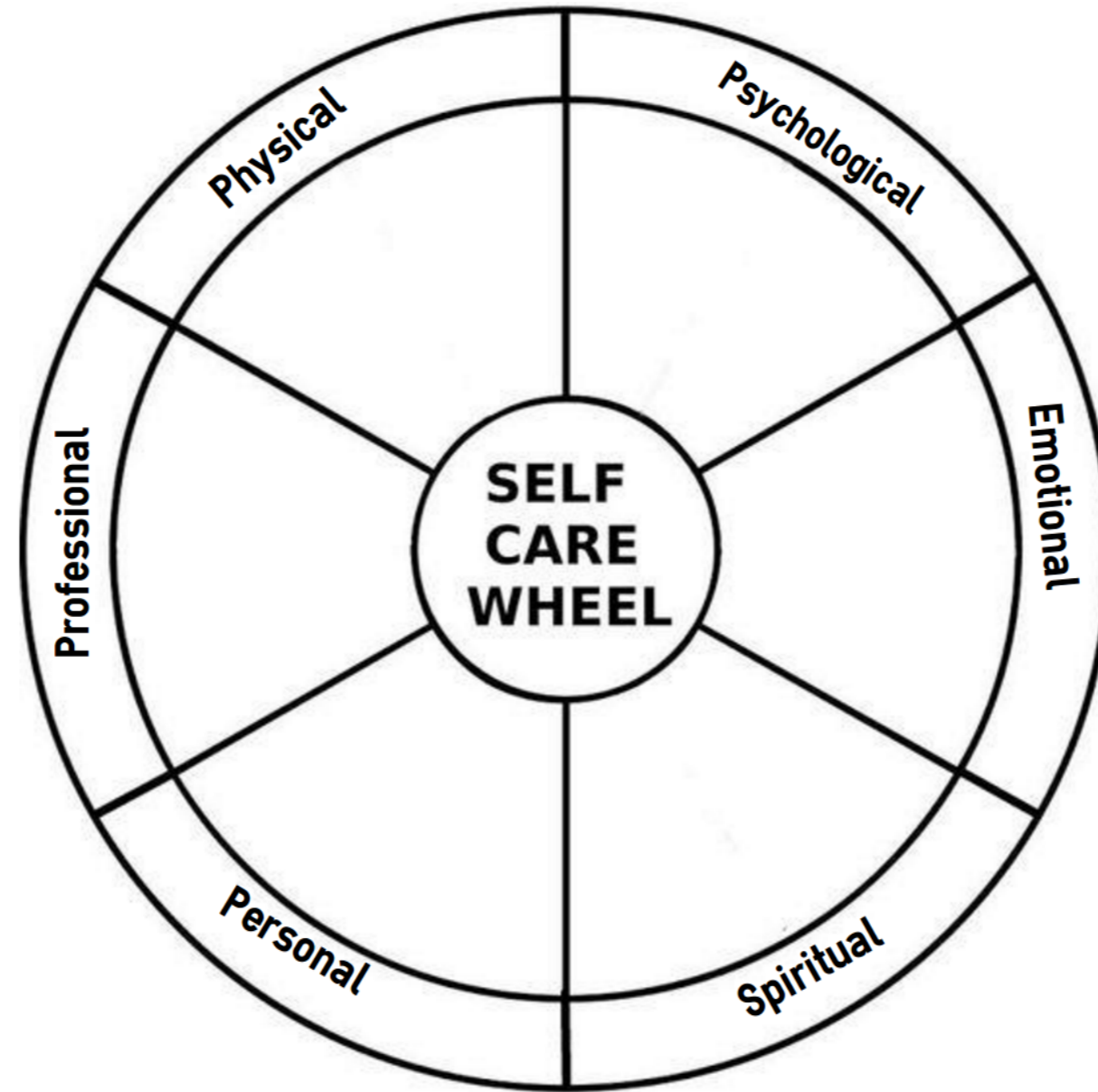
SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

Dedicated to all trauma professionals worldwide.

www.OlgaPhoenix.com



In order to maintain life balance, make sure to include activities in each area. What are your favorite self-care activities?

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QUESTIONS?

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