



The Healing Journal©

**A 5-week Journaling Class
with Billie Wade**

March 18 – April 22, 2019

PROGRAM The Healing Journal© supports you as you recover from life's challenges, even trauma. Journaling is one of the best ways to explore emotions and feelings, sort through events and relationships, and strengthen self-awareness and problem-solving. Journaling is a useful tool whether or not used in tandem with professional counseling. Each two-hour module includes in-class writing, and small-group (dyads or triads) and large-group discussion. The course is not designed to diagnose, treat, cure, or prevent any disorder, condition, ailment, illness, sickness, or disease. Open to adults, 18 and over. Please bring a journal or notebook and pen to class.

- OBJECTIVES**
- Learn journaling techniques and find the one(s) that work best.
 - Gain access to inner wisdom and facilitate the emotional healing journey.
 - Process strong emotions and painful feelings through journaling.
 - Keep journaling confidential, safe, and secure.
 - Establish a regular, sustainable journaling practice.

DATE / TIME Mondays March 18, and 25, and April 1, 15, and 22 (No class April 8) (April 29 in the event of inclement weather.) 10:00AM – 12:00PM

COST \$210 per person. (Scholarships are available for current Center clients. Please consult your therapist.)

LOCATION Des Moines Pastoral Counseling Center, 8553 Urbandale Ave, Urbandale, IA 50322

REGISTRATION For more information and register: www.dmpcc.org/thehealingjournal

FACILITATOR



Billie Wade is a lifelong journaler. She believes in the power of words and internal messages. She maintains a daily journaling practice that enhances her personal development and helps her understand and heal from the triggers and effects of depression and anxiety. She designed The Healing Journal© to help participants explore emotional pain and find ways to enhance the healing process through their inner resources.