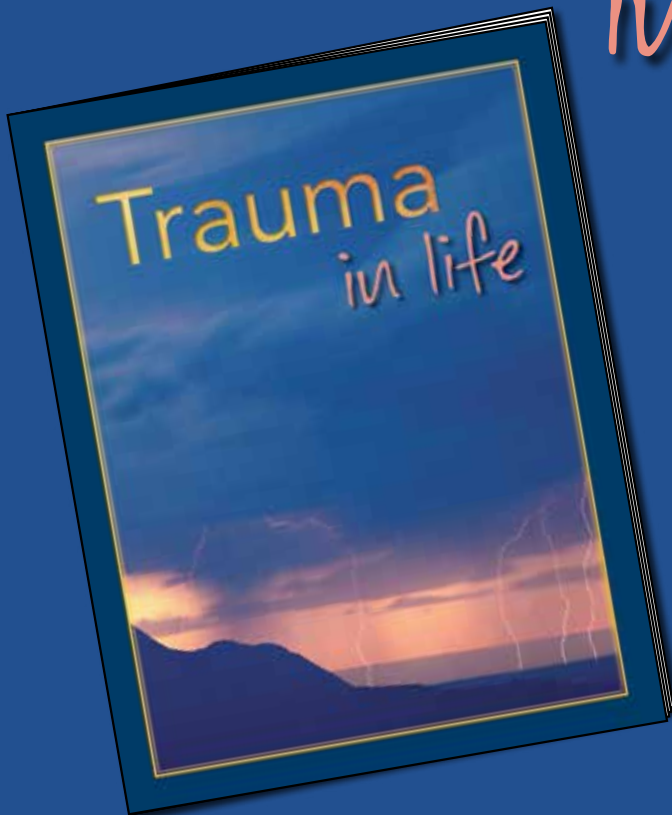
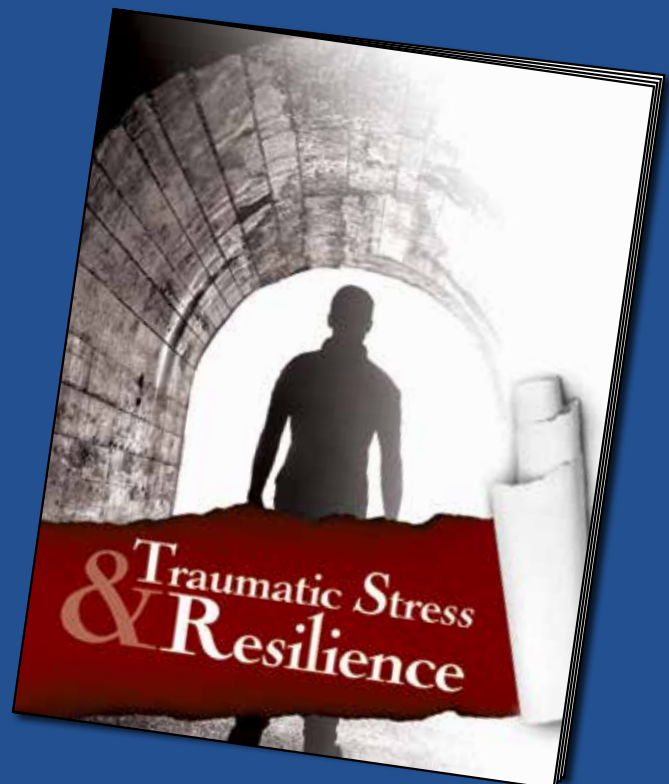


Interactive Journaling®

Trauma *in life*



& Traumatic Stress **&** Resilience



RESOURCES

to SUPPORT PERSONAL CHANGE

Over 25 million people have used Interactive Journals to make positive changes in their lives.

The Change Companies® collaborates with hundreds of professionals and providers to create program content, implementation methods, training options and outcome measurements.

Interactive Journaling® curricula are used in many behavior change fields, including justice services, substance use treatment, impaired driving, healthcare, mental health, prevention and intervention.

INTERACTIVE



JOURNALING®



Interactive Journaling® is a structured and experiential writing process that motivates and guides participants toward positive life change. This evidence-based practice brings consistency to service delivery while keeping program participants engaged and focused on their personal change goals.

TRAUMA IN LIFE

Developed in conjunction with the Federal Bureau of Prisons - to help women identify and cope with trauma and its aftermath

Understanding Traumatic Experiences - Building Resiliency - Breaking the Cycle

Seventy percent of adults have experienced a traumatic event at least once in their lifetimes, and women and children are more likely to develop long-term difficulties in the aftermath of a trauma. Chances are there is a significant population of women in your facility who will benefit from the Trauma in Life Journal. This Journal helps women articulate what role trauma has played in their lives. Women develop coping skills to strengthen their resilience and avoid continuing the cycle of victimization in their own lives. Resources for more help and recommended readings are offered.



The Trauma in life Journal helps women:

- understand traumatic experiences.
- assess the impact trauma may have had on their lives.
- develop resiliency to cope with trauma.
- resolve difficulties through treatment.
- initiate positive change and break the cycle of further trauma.

ORDER FORM

ITEM #	PARTICIPANT JOURNALS	Minimum quantity for Participant Journals is 25	QUANTITY	UNIT PRICE	TOTAL
TL1	Trauma in Life			x \$4.25	=
TSR1	Traumatic Stress & Resilience			x \$4.25	=
ITEM #	FACILITATOR GUIDES		QUANTITY	UNIT PRICE	TOTAL
TFG1	Trauma in Life Facilitator Guide			x \$20.00	=
TFGM	Traumatic Stress & Resilience Facilitator Guide			x \$20.00	=
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