Distant Learning Module:
An Introduction to
Interactive Journaling®

The Change Companies®
**Welcome**

For the last 20 years The Change Companies® has helped over 20 million individuals make positive life changes. This course was designed to provide a thorough understanding of Interactive Journaling® while offering continuing education units. We appreciate you choosing an Introduction to Interactive Journaling® as part of your continuing education distant learning program.

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Course objectives

Following the completion of this course, you will be able to:

- Identify the principles and theoretical underpinnings of Interactive Journaling®
- Describe how Interactive Journaling® is an effective tool to use in all areas of your service delivery
- Identify your responsibilities to your organization and program participants in implementing Interactive Journaling®
- Develop an effective session design for implementing Interactive Journals into your program
- List the group facilitation strategies to use with Interactive Journaling®

Training Journal instructions:

Completing this Training Journal is an important part of “An Introduction to Interactive Journaling®” distant learning course.

- Always have this Training Journal handy when watching the training DVD.
- You will be given prompts when to journal on specific pages.
- Watch for instructions on when to stop the training DVD and complete the exercises in this Training Journal.
What is Interactive Journaling®?

Interactive Journaling® is a ______________ & ______________ writing process that ______________ and ______________ participants toward positive life change.

Notes
Structured writing: (Can be as effective as talking, is personally relevant and the more one journals, the greater the effectiveness)

Transtheoretical Model of Behavior Change: (Stages and processes of change)

Motivational Interviewing principles: (Focus on intrinsic motivation, collaborative nature and maximizing participants’ strengths)

Cognitive-behavioral techniques: (Challenging and changing thoughts and behaviors)
Professionals get angry too

Anger plays a role in everyone’s life. If it explodes out of control, it can cause serious problems. However, if anger is trapped inside of you and has no outlet, resentment and other negative feelings and behaviors may result.

Take a minute to evaluate the role anger plays in your life today. As a successful professional, you may wish to consider the ways you express anger on the job, at home and in various social settings. How does it affect your relationships with important people in your life? Does it play a positive or negative role in your relationships with others?

Explain your placement on the angermeter.
Professionals get angry too (continued)

How was anger expressed in your family when you were growing up?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How has that been helpful or harmful to you?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Use words or images to describe the last time you felt intense anger.

________________________________________________________________________
________________________________________________________________________

Would you like to change the role anger plays in your life? □ Yes □ No…
Explain.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Interactive Journaling® as an effective delivery strategy

The Interactive Journaling® process can be integrated into all dimensions of a program. It can serve as the glue of your service delivery.
Interactive Journaling® as an effective delivery strategy (continued)

Individual Counseling:


Educational/Didactic Groups:


Group Counseling:


Treatment Planning & Documentation:


Skill-building Exercises:


Family Support:


Section 2: An exercise in Interactive Journaling® as an effective delivery strategy

Maximizing Interactive Journaling® in your services

Please take 30 minutes to complete the following question for each of the six service areas.

This is how I can maximize the use of Interactive Journaling® in…

Individual Counseling: __________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Educational/Didactic Groups: __________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Group Counseling: __________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Maximizing *Interactive Journaling*®
in your services  *(continued)*

Treatment Planning and Documentation: __________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

Skill-building Exercises: _______________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

Family Support:________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

“Interactive Journaling® provides a means of facilitating a standardized approach to behavior change yet allowing for highly individualized input and strategies.”

— Norman G. Hoffmann, Ph.D.
Evince Clinical Assessments
Section 3: Your role as facilitator

The role of the facilitator…
… maximizing Interactive Journaling®

Confidentiality: (Know, adhere to and communicate your organization’s policies, procedures and journaling expectations to your participants)

Know the material: (Complete a Journal yourself)

Take advantage of training opportunities offered by The Change Companies®: (Free telephone training, more intensive training options)

Key points: (Promote the value of the Journal, interact with participants, don’t use as punishment, follow up on between-session assignments)

Provide a rationale: (For the start of each Journal/session)
Maximize facilitation time: (Assign between-session activities, supplemental activities)

Apply motivational principles: (Collaborate, develop discrepancies, roll with resistance)

Be prepared to work with resistant populations: (Avoid authoritarian style, modify your approach, clarify participant’s wants/needs)

Address literacy issues: (Buddy system, maximize one-to-one sessions, tape recorder)

Documenting & treatment planning: (Identify measurable change, use learning objectives)
Section 3: An exercise in treatment planning

Developing a treatment/case plan

Please take 20 minutes to complete this exercise. Learning objectives can be found on the inside front cover of most Journal series. Using the Interactive Journal of your choice, develop a case plan for a participant. Choose several common behavior targets and match them to the learning objectives. Then assign specific Journal pages to be completed by the participant that meet each objective.

Interactive Journal topic (Example: MEE Series, Denial Journal)

Target Behaviors:

1. 

2. 

3. 

Case/treatment plan:
The role of the facilitator…
…introducing the use of *Interactive Journaling*®

- Designed as a road map in the program and for their future.

- Recognize and share that the value is in the application of the content to participants’ own circumstances.

- Repetition, rehearsal and rewards help reinforce newly acquired skills.
The main objective of our program is to assist you in making positive life changes that will lead you to a better future. As part of your program, you will be given one or a series of Interactive Journals to assist you in making positive and lasting change. Through the Interactive Journaling® process, you will learn to apply the information you receive to your life. You will be encouraged to evaluate your past feelings and behaviors and explore alternative ways of responding.

You are capable and deserving of positive changes in your life, but you are the only one who can make change happen. Journaling will assist you in the process. When you take ownership of your Journal through your responses, you help create a roadmap for change that is uniquely yours. It is your personalized tool for change because your Journal will be based on your own experiences, feelings and hopes.

Confidentiality and respect for you is a foundational belief. It is important that everyone feel safe sharing their thoughts and feelings. Your open and honest responses will help you make the changes you choose to make. Neatness and spelling are not important. The accuracy of your responses and the sharing of your true feelings are key. The work you do in your Journal is not meant to impress anybody. It is simply your guide to personal change.

Feel free to use the white space and margins in the Journal to complete your thoughts and express your feelings. You may choose to create your own graphic images or make edits to the ones provided. Remember, you have important work to do. The quality of your future depends on your efforts today. Interactive Journaling® will help you get the job done!
Writing an introduction

In the space below, write your personal introduction to Interactive Journaling® that you could use with your clients. Draw from the sample introduction in the presentation (on the previous page). Minimum word count should be 150.
Section 4: Session design

Designing sessions...
...using Interactive Journals

Individual Sessions

‒ Work to identify change objectives:

‒ Use learning objectives to develop session plans:

‒ Follow up on assignments with the participant:

‒ Additional notes:

Closed Group Sessions (fixed membership, time-limited)

‒ Establish ground rules:

‒ Transfer expectations to participants:
Designing sessions...  
...using Interactive Journals (continued)

Closed Group Sessions (continued)

▶ Additional notes:

Open-ended Group Sessions (revolving membership, unpredictable participant changes,  
can accommodate more participants than closed groups)

▶ Capitalize on peer-teaching potential:

▶ Focus on solid orientation with new members:

▶ Repeating set of topics:

▶ Additional notes:
Section 4: An exercise in designing sessions using Interactive Journals

Designing sessions…
…using Interactive Journals

Please take 30 minutes to complete this exercise. Using one of the models for facilitation presented in Section 4 that most closely represents your program structure and population needs, develop a detailed model for implementing Interactive Journals into your program.

Type of group format (closed group, open-ended group, combination of group and individual sessions):

Interactive Journals to be used:

Session design notes:
Designing sessions…
…using Interactive Journals (continued)

Session design (draw a diagram of your session plan):
Triad Exercises

• Small groups of three
• Designed to increase participation
• Build rapport among group members
• Give clear instructions
• Assign task – leader, reporter, recorder
• Reporting out

Role-play

• Explore the contrast between effective and ineffective thinking
• Try on new skills and behaviors
• Clarify before starting
• Instruct nonparticipants
• Look for mistakes
• Stop if necessary
• Debrief
Chalkboard

- Springboard into more in-depth discussion
- Shows diversity of responses

Open Discussion

- Allows participants to gain a clear understanding of Journal content
- Useful as an effective closure activity for work done in a Journal
- Maintain control of the group
- Supports self-efficacy
- Motivates self-reevaluation
Group facilitation strategies...
...for Interactive Journaling® (continued)

Rounds

- Effective ice breaker technique
- Increases participants’ comfort in sharing
- Importance of relevant, constructive feedback

Podium Exercise

- Useful for formal sessions
- Reinforcement tool for acknowledging milestones
- Importance of relevant, constructive feedback
Facilitating a group session

Please take 20 minutes to complete this exercise. Using the exercise, “Professionals get angry too” which you completed on pages 6 and 7 in this Training Journal, describe how you would use one of the eight group facilitation strategies discussed in this section.

Group facilitation strategy #1:

Application of the strategy:
Facilitating a group session (continued)

Using the same exercise, “Professionals get angry too,” please take 20 minutes and select another of the group facilitation strategies and describe how you would apply it to facilitate the activity.

**Group facilitation strategy #2:**

**Application of the strategy:**

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Back at the office

The success of this training will be measured by your commitment to use the ideas and strategies presented today in “real life” settings.

Putting it into practice
What do you see as your next steps to implementing Interactive Journaling® into your service delivery?

1. 

2. 

3. 

What additional support do you need to effectively implement Interactive Journaling®?

Where do you plan to go to gain the support you identified in your response above?
References


Lemus, Frankie D., Change is Good, 2006. <www.changecompanies.net>


Wrap-up

Take time to review your notes in this Training Journal and your responses to the exercises before taking the final exam. Upon completion, submit your final exam to:

The Change Companies
5221 Sigstrom Drive
Carson City, Nevada 89706

Thank you