

# Techniques for Expressive and Reflective Writing

for adults

**Have you ever vowed to start journaling but just couldn't get started?**

**Have you tried your hand at reflective writing but felt you didn't have the skills or knowledge to continue?**



This workshop will offer participants the opportunity to learn and practice a wide variety of techniques designed to enhance the physiological and emotional benefits of reflective writing. Research has consistently demonstrated significant improvements in psychological and physical health with just a few minutes a day of reflective writing. Specifically, this course will focus on three approaches to reflective writing:

- *Open-ended*: free associations in journal/diary format
- *Guided*: written exploration of specific topics/statements
- *Focused*: writing about a particular issue or event

**Fridays**

**February 27<sup>th</sup> - April 3<sup>rd</sup>, 2009**

**9:00 - 10:30 am**

**Jewish Family Service**

**3330 West Esplanade Avenue, Suite 600**

**Metairie, LA 70002**

**Space is limited. Pre-registration is required.**

**\$125 for six sessions – Sliding fee scale based on income is available**


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**For more information or to register please contact**

Christina Roux, GSW at 831-8475 x164

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**Register by Mail:** Complete this section and mail with payment to JFS at 3330 West Esplanade Avenue, Suite 600, Metairie, LA 70002. 

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

Check (Please make payable to Jewish Family Service)

Visa  MasterCard

(We are unable to accept any other credit cards)

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ 3-Digit Security Code \_\_\_\_\_

Print Name on Card \_\_\_\_\_ Signature \_\_\_\_\_

Jewish Family Service is a United Way agency and provides a comprehensive variety of services by an experienced and highly qualified staff on a non-denominational basis. Sliding fee scale based on income is available. For additional information call (504) 831-8475, or visit our website: [www.jfsneworleans.org](http://www.jfsneworleans.org)