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Braughtworks Consulting
Applying Science to Practice

Using Journaling to Re-direct and Improve Personal Outcomes

George S. Braucht, LPC

Braughtworks Consulting
Retired, Georgia Department of Community Supervision
Email: george@braughtworks.com

The endless vine: Ancient symbol
of Life, Infinity, or Discoverable Possibilities
in Interweaving Flows of Being and Movement

Using Participant Journaling to Re-direct and Improve Personal Outcomes

Disclosure: George S. Braucht, LPC has been trained by The Change Companies as an Interactive Journaling® facilitator and trainer however, he is not an employee nor has he ever had a contractual association with the company.

Writing and reflecting on one's experiences using structured journaling develops a self and environmental awareness that influences subsequent life decisions and behavior.

- Interactive Journaling® (IJ) has been successfully applied to alcohol and other drug users; neglectful parents, their children, and foster parents; domestic violence perpetrators and victims; pre- and post-release returning citizens; juveniles and adolescents; and more.
- Can it also help solve more prosaic dilemmas such as idleness?

Results from the field

- ☑ Participants really like it therefore, the results are likely to “stick”
- ☑ Includes treatment/prevention-relevant information in graphics-enhanced text
- ☑ IJ is easy to implement, affordable, and evidence-based

Evidence-based: SAMHSA's National Registry of Evidence-based Programs and Practices, 2013

- ✪ Miller, W. R. (2014). Interactive Journaling® as a clinical tool. *Journal of Mental Health Counseling*, 36 (1), 31-42

“...both therapeutic writing and MI have been associated with beneficial effects for a range of populations and target problems.”

- ✪ Proctor, S. L., Hoffman, N. G., & Allison, S. (2012). The effectiveness of interactive journaling in reducing recidivism among substance-dependent jail inmates. *International Journal of Offender Therapy and Comparative Criminology*, 56, 317-332.

Randomized clinical trial found a 15% recidivism reduction 1-year later even without further treatment



The Change Companies®

We are a national **publishing, consulting, training** and **multimedia** company working with leading industry experts to develop effective, evidence-based materials that assist individuals in making positive life change.

Our products and services are used in the fields of prevention, substance use treatment, impaired driving, criminal justice and general mental health care. Our mission is to put the most effective tools, at the lowest possible cost, into the hands of the end user.

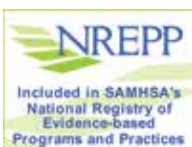
Tangible Solutions for Your Organization:

- Bring organization and structure.
- Provide consistency from site to site, facilitator to facilitator.
- Incorporate prevailing change research.
- Enhance the therapeutic alliance.
- Stretch staff time.
- Promote curriculum fidelity with evidence-based resources.
- Save money, build individualized programs.
- Provide the best in assessment and outcome tools.



Tangible Solutions for Your Participants:

- Encourage motivation and organization in their change efforts.
- Emphasize that change is possible and promote personal responsibility.
- Move participants from “information gatherers” to agents of self-change.
- Provide practical techniques for working through the stages of change.
- Engage participants in the creation of a lasting tool for healthy living.



Interactive Journaling® is included in SAMHSA's NREPP.

 The Change Companies®

888-889-8866 | www.changecompanies.net

What is Interactive Journaling®?

Interactive Journaling® is a **structured** and **experiential** writing process that **motivates** and **guides** participants toward positive life change.

Since 1989, The Change Companies® has created Journals to promote positive, lasting change.

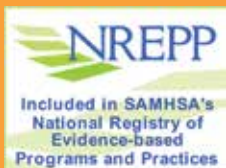
We know there is no shortage of educational materials. However, we've learned the key is to go beyond traditional education and help people apply pertinent information to their own lives.

That's where *Interactive Journaling*® can help.

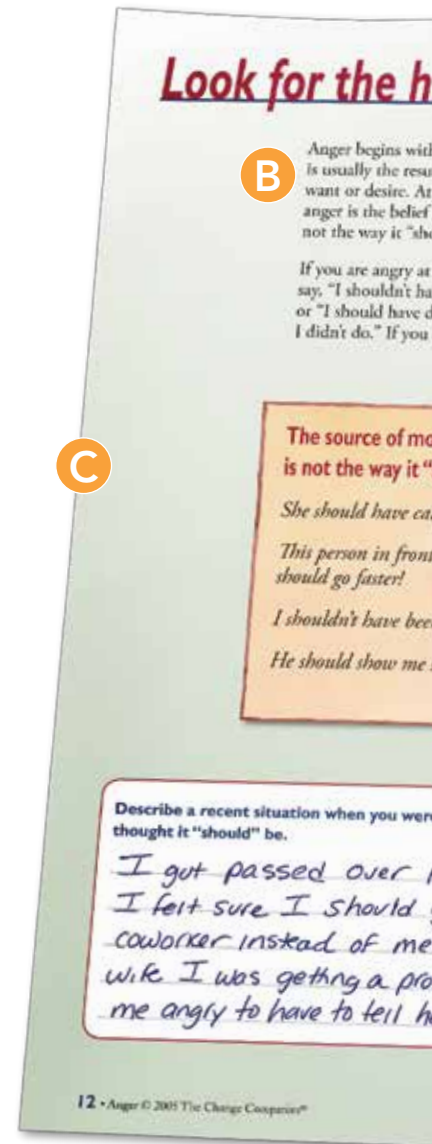
Interactive Journaling® is a participant-directed approach designed to enhance the therapeutic alliance while bringing structure and consistency to service delivery. *Interactive Journaling*® emphasizes real-life application, encouraging participants to ask, "What does this mean to me?"

This innovative process was originally created with the assistance of over 250 professionals in the health and human services field. The Change Companies® has further improved the design and delivery of *Interactive Journaling*® through end user feedback, counselor and facilitator reviews and numerous follow-up studies.

For more information on the research supporting *Interactive Journaling*®, visit www.changecompanies.net/evidence.php



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- A** Use of color attracts participants' attention and helps increase their retention of information.
- B** Bite-sized copy blocks aid in your participants' comprehension and create a sense of confidence and accomplishment.

Hidden 'should' **A**

your thinking and
of a hidden wish,
the center of most
that something is
ould" be.

yourself, you may
ve done what I did,"
done something
are angry at

someone, you believe she "shouldn't"
have done something she did or he
"should" have done something he
didn't do.

"Should" thinking is almost always at
the core of anger because you want a
situation to be different than the way it
actually is.

ost anger is a belief that something
should" be.

lled me!

of me

n fired!

some respect!



e angry because something was not the way you

for a promotion at work that
get. My boss gave it to my
I had already told my
motion and a raise and it made
er I didn't get the job or the raise.

It is illegal to duplicate this page in any manner.

Irrational self-talk may intensify anger

There are a number of self-talk
messages that may serve to intensify
anger that is brought on by "should"
thinking.

The following are common irrational
self-talk messages that often serve
to make your anger more intense.
Recognizing these errors in thinking
will help you to manage your anger
more effectively.



Blaming

Holding others responsible for things that happen in
your life.

"Every time I try to get ahead
someone holds me back." **E**

Describe a situation when you used blaming self-talk to intensify your anger.

F I told myself it was my coworker Greg's fault that
I didn't get the promotion and I just got angrier.

Now give a more rational thought that would have helped you control your anger rather than
make it worse.

G I need to work at improving my job performance and skills
and maybe the next promotion will be mine.

It is illegal to duplicate this page in any manner.

H Anger © 2003 The Change Companies • 13

- C** Durable paper helps provide a permanent tool your participants will value for years.
- D** Our graphics don't just look good — they focus on key points for behavior change.
- E** First-person examples provide greater understanding of the feelings behind the information.

- F** Participants build a personalized tool for change by tailoring their responses to their own circumstances.
- G** Most Journals are three-hole drilled and saddle-stitched for flexible use.
- H** Journals are organized in a modular format. This allows participants to receive the right information at the right time.

Interactive Journaling®

Creating powerful tools for change

Consistency & Structure

Combinations of Interactive Journals bring consistency and structure to any program. The same writing style, helpful graphics and evidence-based strategies are found throughout each Journal.

Rule of Thirds

For years we've studied what graphic format works best for comprehension and retention. The result is a formula we refer to as the Rule of Thirds, which allows for a blend of information, helpful graphics and *Interactive Journaling*®: 1/3 informative text, 1/3 graphic or white space and 1/3 *Interactive Journaling*®. Any grouping of pages reflects this ratio.

Permanent Resource Tool

Change doesn't happen overnight. Our Journals continue to work for individuals in promoting positive life change long after the original use has ended – our research tell us so!

Less is More

Often too much information is given to individuals without providing ways to apply the knowledge for successful outcomes. The Change Companies® carefully selects the information best suited to promote change – and then helps individuals apply it to their lives.

Enhances the Therapeutic Alliance

The *Interactive Journaling*® process assists in creating a collaborative approach between the facilitator and the participant based on shared goals and strategies for making positive life changes.

Promotes Self-efficacy & Personal Responsibility

Our Journals reiterate to individuals that they are both capable of and responsible for changing their lives.

Tells a Story

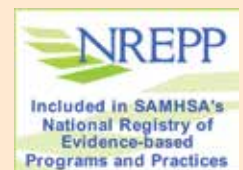
People respond better to stories than to straight educational text. We put information in story-form to increase interest and motivation.

 Preview Journals online:
www.changecompanies.net/products

"Interactive Journaling® is a superb tool.

Putting a pencil to paper in a focused and structured manner lessens denial, heightens insight and facilitates problem solving. No one understands this concept and offers a better tool than The Change Companies®."

Claudia Black, PhD
Addiction Specialist,
Author of *It Will Never Happen to Me*



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