

Welcome!

While waiting for the presentation to begin, please read the following reminders:

- The presentation will begin promptly at 9 a.m. Pacific Time
- If you are experiencing technical difficulties, email brenda@nfjca.org
- To LISTEN to the presentation on your phone, dial **312-878-0211, access code 322-715-382 or listen on your computer speakers** 
- Attendees will be muted throughout the presentation
- To send questions to the presenter during presentation:
 - Click on "Questions" in the toolbar (top right corner)
 - Type your comments & send to presenter
- There will be a Q & A session at the end of the presentation.
- The presentation will be recorded & posted on www.familyjusticecenter.org
- Please complete the evaluation at the end of the presentation. We value your input.



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Your host today:

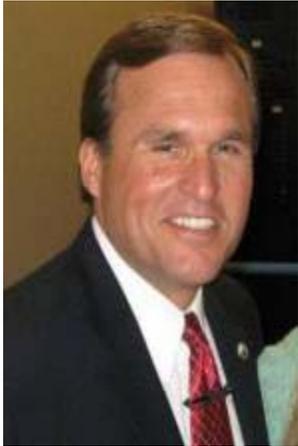


Brenda Lugo
Director of Administrative Services
FJC Alliance

www.familyjusticecenter.org



The FJC Alliance Team



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Melissa Mack



**Diane McGrogan,
LCSW**



Lori Gilman



Your presenter today:

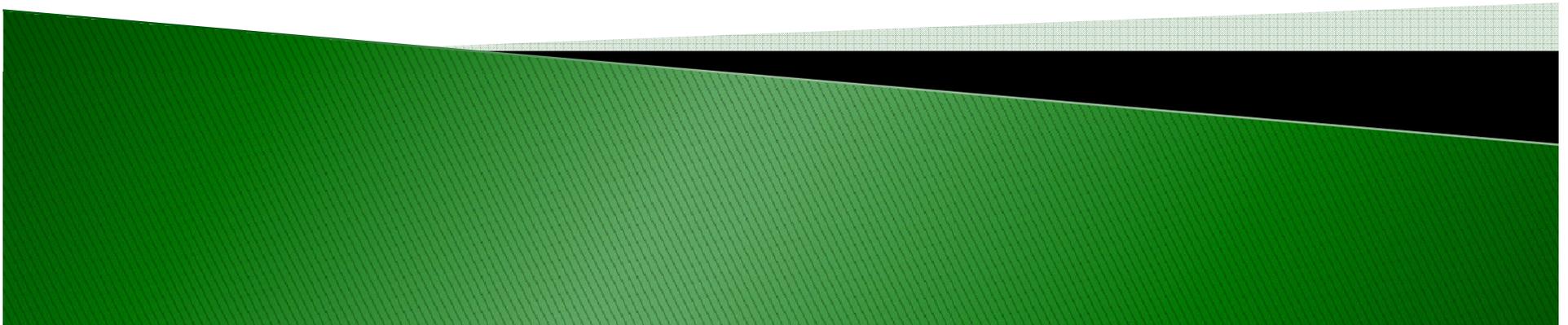


Ellen H. Taliaferro, MD
Medical Director,
San Mateo Medical Center
Keller Center for Family Violence Intervention



Journal Writing As A Form of Healing

Ellen Taliaferro, MD



A Hidden Epidemic

- ▶ Diagnostic tests cannot find the cause of patient symptoms *in at least half of all patients seeking help*
- ▶ Stress illness is a hidden epidemic lurking in plain sight



Curing vs Healing

- ▶ Curing: passive and outside administered
- ▶ Healing: active and inner directed



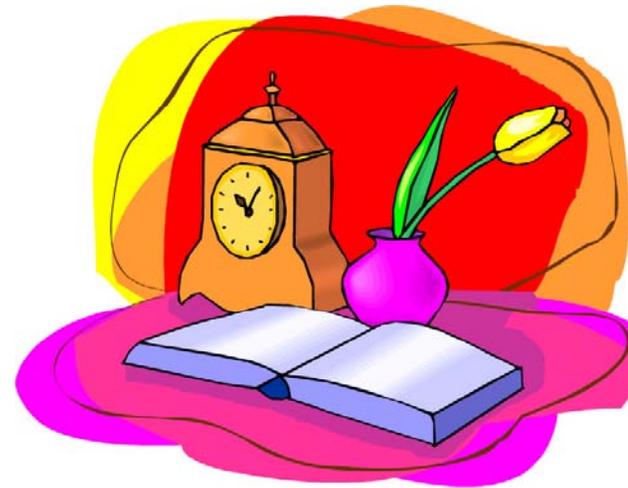
What If...

Patients needed not pills but pen and paper and guidance to create an ongoing writing practice for wellness?



Journaling As A Prescription for Healing

- ▶ Research validated
- ▶ Very few dangers associated with it



Two Foundations

Journal writing as a form of healing rests on two foundations:

- Writing to **know**
- Writing to change

Write to Know

- ▶ We teach what we need to *learn*
- ▶ We preach what we need to *do*
- ▶ We *write* what we need to *know*

-Ellen Taliaferro, MD

Some Caveats

- ▶ For survivors: Not for victims
- ▶ Keep journals safe
- ▶ In journal writing, it's always about you and never about them



Forms of Journal Writing

- ▶ Expressive writing
- ▶ List making
- ▶ Mindstorming
- ▶ Logging



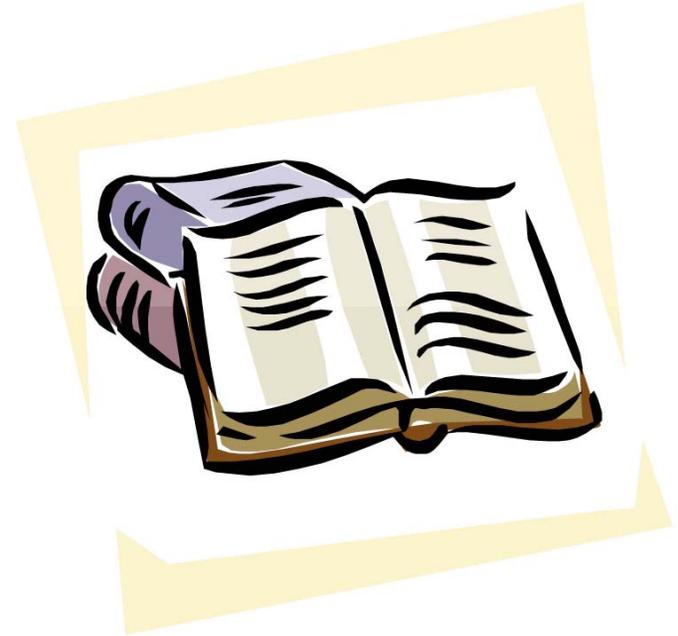
Expressive Journal Writing

- ▶ At least 15 minutes three times a week. Each session can be as long as writer wishes and frequency of writing sessions can be three or more
- ▶ Write fast without editing and thinking
- ▶ Keep it private



List Making

- ▶ To do lists
- ▶ Shopping lists
- ▶ List of symptoms
- ▶ Lists of past events



Mindstorming

- ▶ A cross between list making and “brainstorming”
- ▶ Write a specific question: “How do I?” or “How can I?”
- ▶ Then write many answers—at least 20 to 25



Logging

- ▶ Tracks actions, places visited, and events along the way
- ▶ Reinforces progress
- ▶ Keeps you on track



Please submit your questions via your question feature on your toolbar.



What Hurts Us

Old Saying

- ▶ We don't get hurt by what we don't know.
- ▶ We get hurt by what we know but don't do.



Writing to Heal *And* Help

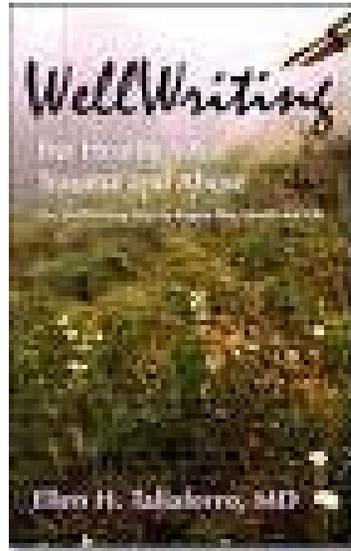


Scholarship Announcement

Visit www.healthaftertrauma.com

And select DrT's blog

Why *WellWriting* for Health After Trauma and Abuse?



Traditional medical approach was missing the mark

Some Caveats

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- ▶ Keep journals safe
- ▶ In journal writing, it's always about you and never about them



Become an FJC Alliance Member. It's Free!

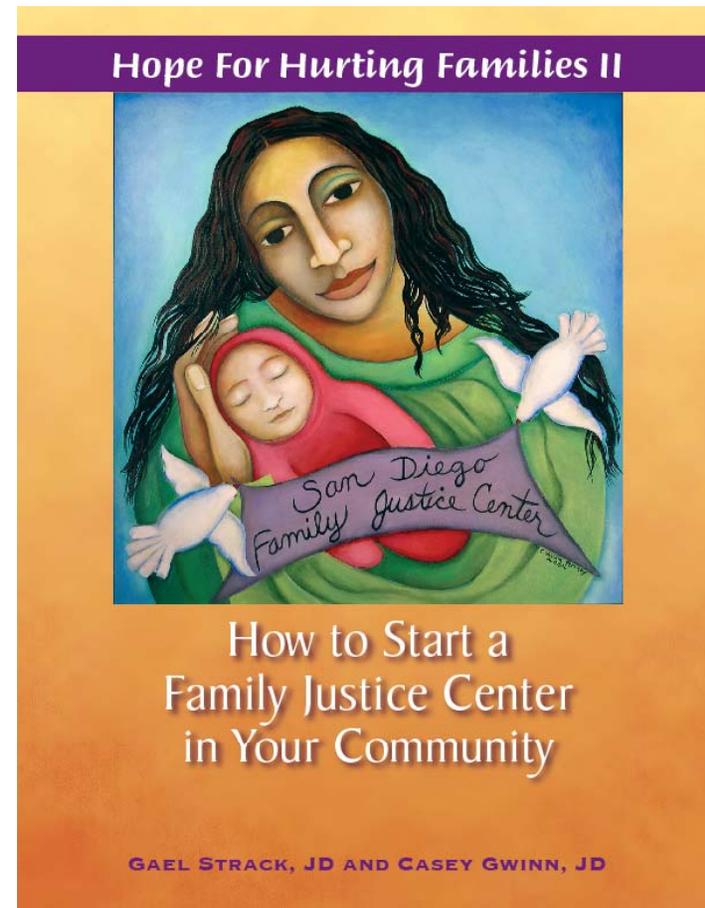
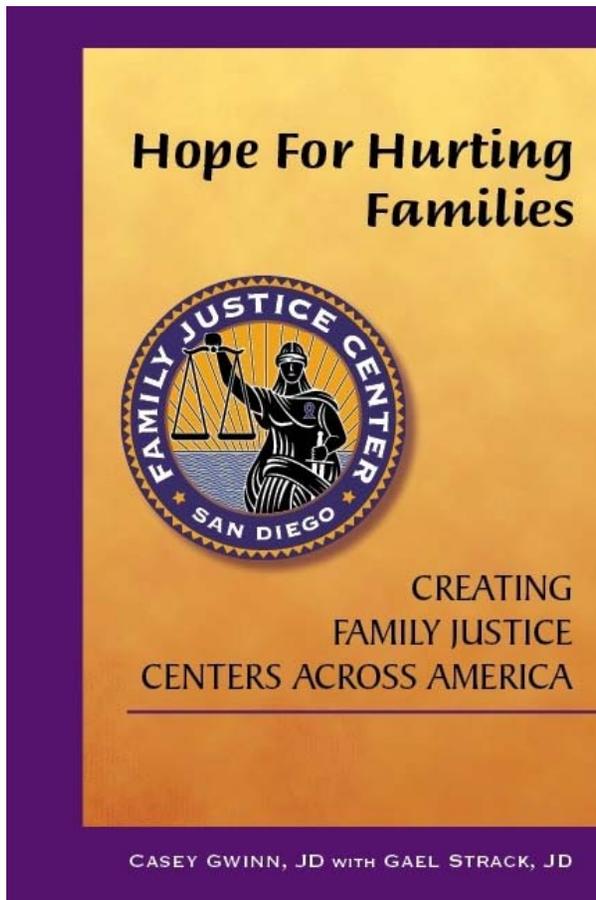
Benefits of Becoming a Member:

- Technical Assistance
- Training Opportunities
- Online Library of Resources
- Best Practices
- Upcoming events
- Starting a Family Justice Center

Visit our website www.familyjusticecenter.org click “Get Involved”

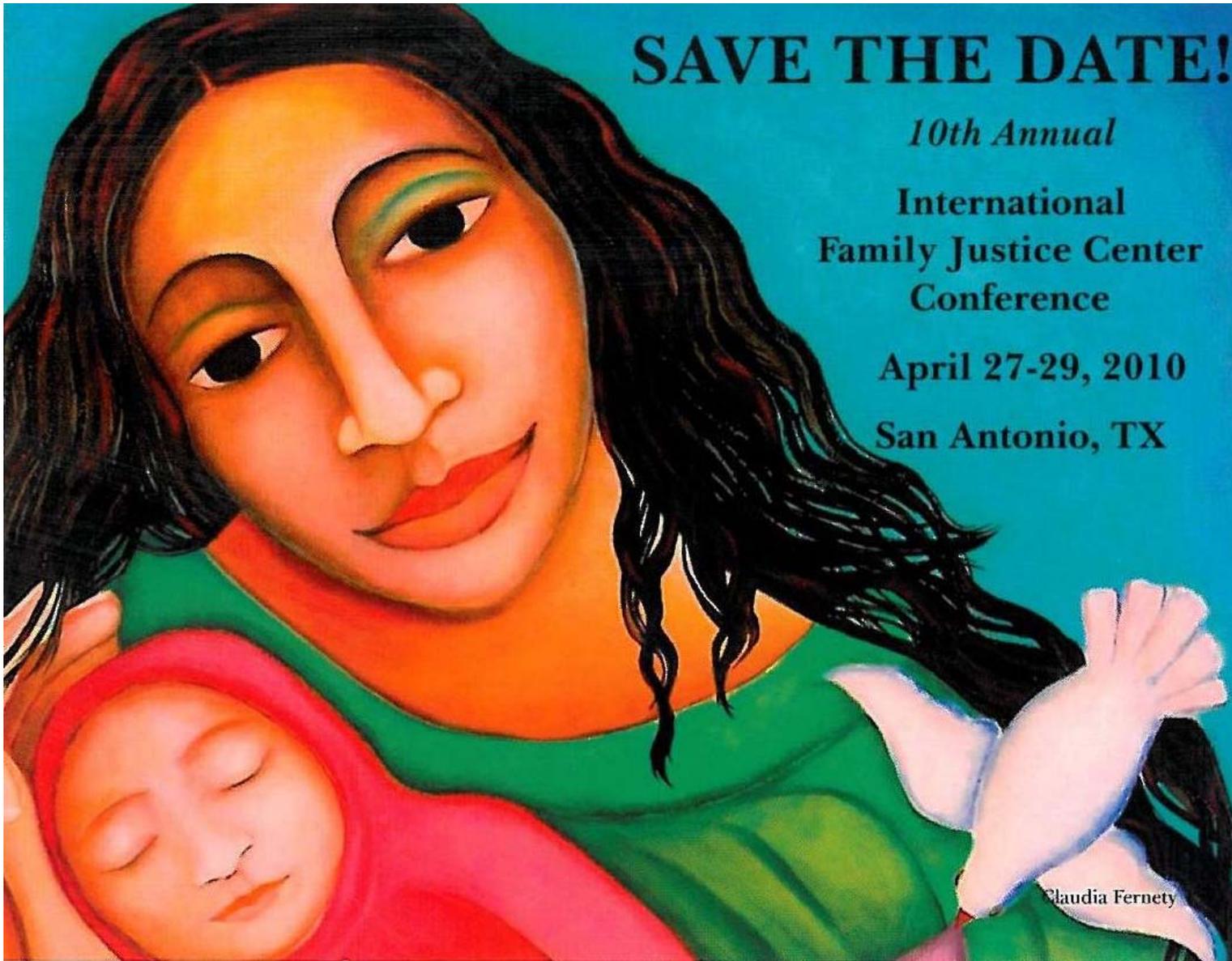


Read the Books



Available at www.familyjusticecenter.org





*Thank you for joining today's
presentation*

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