
Creative Interventions and Activities Clearinghouse

Creative Expressions Journal for Self Reflection

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Purpose:

The purpose of this creative intervention is to help a client develop coping skills, anger management skills, stress management techniques, and appropriate emotional expression.

Materials Needed:

Journals; pens; quotes (internet access or books); song lyrics (internet access); magazines; glue; scissors; markers or colored pencils; and personal pictures

Procedures:

The counselor encourages the client to keep a journal that incorporates a medium or a combination of mediums that engages the client (written, song, lyrics, poetry, drawing, stickers, magazine clippings, newspaper articles, etc.). The client finds symbols or ideas (song lyrics, quotes, advertisement, etc.) that resonates with the client and his or her emotions or thoughts at that time. The client should have multiple options to address the presenting concern and his or her emotions.

Process Questions and Follow-Up:

The client is given the opportunity to share specific entries with the counselor. Also, the client can explore his or her experiences of completing the intervention.

Practice Setting:

Mental Health Agency/Private Practice