



JOHNS HOPKINS
UNIVERSITY

Drawing a Roadmap to Healing: Visual Journaling for a Better Mental Health

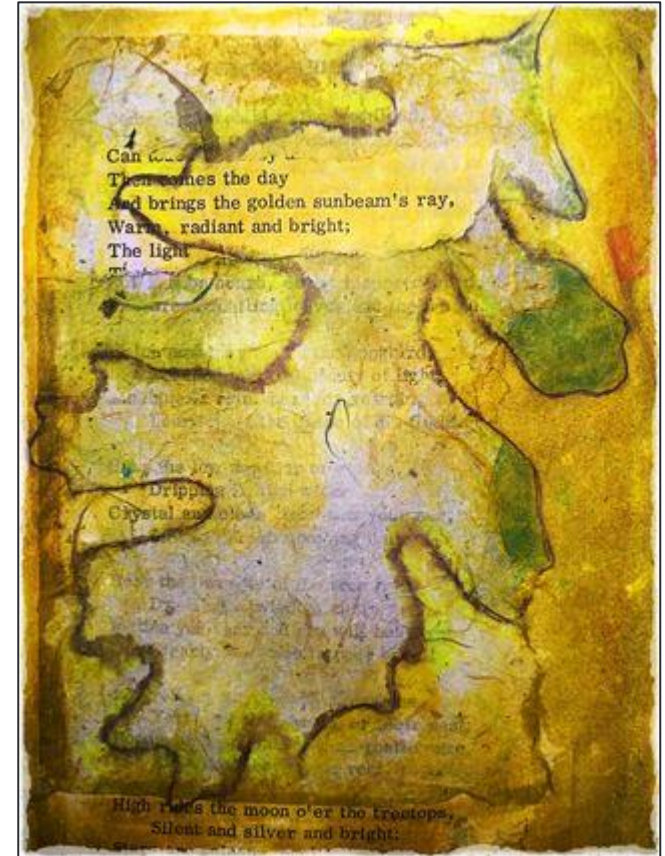
Rachel Liccardo, LCSW-C

Agenda

- Learn about visual journaling
- Participate in a visual journaling exercise and learn about the benefits of self-expression
- Share experiences about the exercise
- Learn about Johns Hopkins Employee Assistance Program (JHEAP) resources

Visual Journaling

- *Using art making to manifest what is just below the surface in order to deepen meaning and understanding.*
- *A powerful container for life's more difficult experiences and transitions, a source of mindful moments, and ultimately a method of self-care via the visual language of art.*



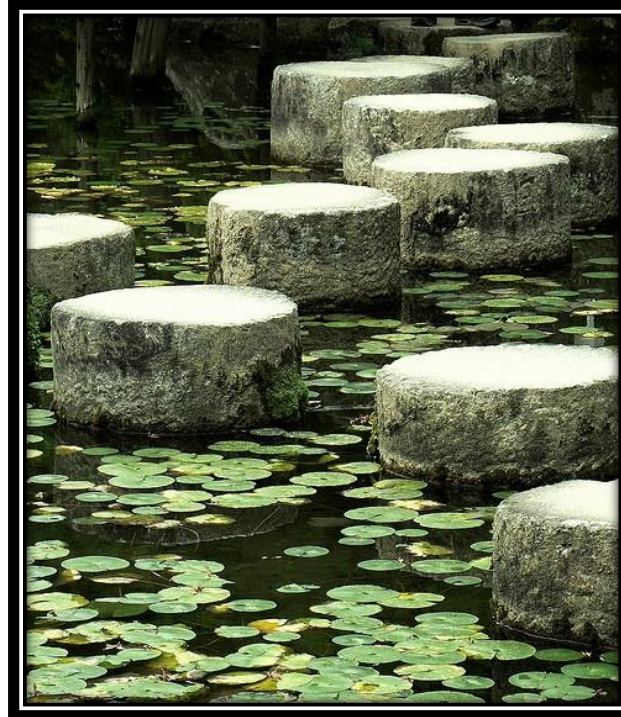
Cathy Malchiodi PhD in Psychology Today

Identify an Experience

What are some life experiences you could reflect on?

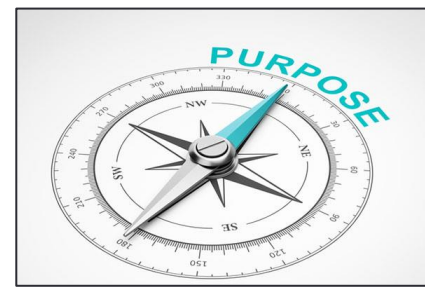
- Life transitions
- Challenges
- Positive experiences
- Milestones

Choose your Roadmap



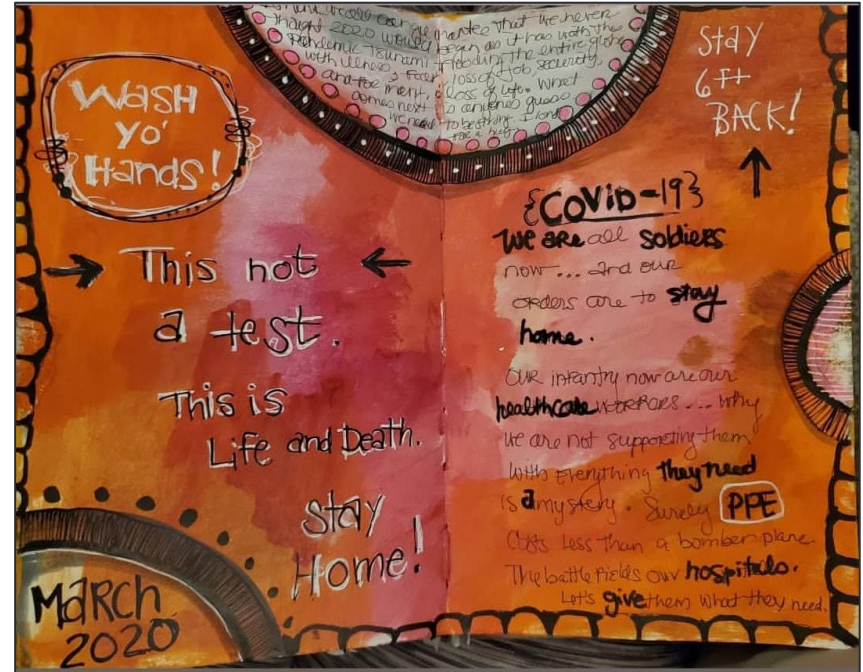
Roadmap to Healing

- 1) What obstacles did you encounter?
- 2) How did you overcome those obstacles?
- 3) What strengths did you develop?
- 4) What silver linings did you encounter?
- 5) What are your intentions moving forward?



Benefits of Self-Expression

- Emotional Release & Catharsis
- Stress Relief
- Self-Discovery
- Healing



Pennebaker & Smyth, 2016

Sharing your experience

- What was it like create your roadmap?
- What did you learn?
- Would anyone like to share?

Resources

- “Opening Up by Writing it Down: How Expressive Writing Improves Health and Eases Emotional Pain,” James W. Pennebaker, PhD and Joshua M. Smyth, PhD
- “Writing as a Way of Healing: How Telling Our Stories Transforms Our Lives,” Louise DeSalvo
- [Psychology Today](#) article on visual journaling
- [Harvard Business Review](#) article on writing

Johns Hopkins Employee Assistance Program

- 24/7 availability
- Confidential
- Free for employees and household members up to 18 months after last day of employment
- Short term counseling- up to 6 sessions
- Worklife resources



Add EAP as a contact
in your phone



Access to the member website
(Company Code: JHEAP)



Access the CCA@YourService
app in your device's app
store
Access Code: JHEAP

References

- American Psychological Association:
<https://www.apa.org/monitor/2021/11/numbers-depression-anxiety>
- Psychology Today:
<https://www.psychologytoday.com/us/blog/nurturing-self-compassion/202103/is-mental-health-crisis-the-next-pandemic>
- Psychology Today: <https://www.psychologytoday.com/us/blog/arts-and-health/201604/visual-journaling-reflective-practice>
- “Opening Up by Writing it Down: How Expressive Writing Improves Health and Eases Emotional Pain,” James W. Pennebaker, PhD and Joshua M. Smyth, PhD

Thank you!