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

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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/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!