

# Creative Journaling

Certified Creative Journaling Facilitator (CCJF)

Harmonika Institute USA  
harmonika-institute.com

## Program at a glance

- " Tuition: included in our art therapy program
- " In-person training: 2 days (16h)
- " Total: 16h (~2 day-equivalents)
- " Cohort size: 10 students

## About the program

### What you'll learn

- " Designing creative journaling prompts and arcs
- " Combining drawing, collage, and reflective writing
- " Leading a 60-90 minute group journaling session
- " One-on-one journaling sessions and accountability rhythms
- " Trauma-informed pacing within a non-clinical scope
- " Building a journaling-focused facilitation practice

### Curriculum modules

#### Module 1 Foundations

History of creative journaling; contemplative frame.

#### Module 2 Prompt design

Image-and-word, sentence stems, arc design.

#### Module 3 Group facilitation

Leading a 60-90 minute group session.

#### Module 4 One-on-one work

Accountability rhythms; integration.

#### Module 5 Practice & business

Pricing, marketing, ongoing professional development.

### Next step

Book a free 30-minute info session at:  
[harmonika-institute.com/admissions/info-session](https://harmonika-institute.com/admissions/info-session)

This curriculum overview is provided for informational purposes only.  
Specific cohort schedules and faculty assignments are confirmed at enrollment.