

# Welcome!

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

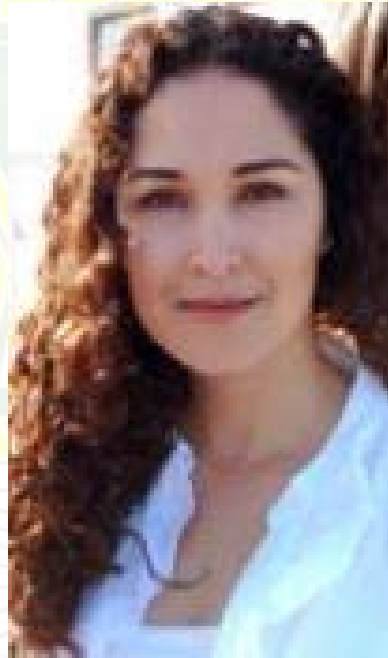
- The presentation will begin promptly at 9 a.m. Pacific Time
- If you are experiencing technical difficulties, email [brenda@nfjca.org](mailto:brenda@nfjca.org)
- To LISTEN to the presentation on your phone, dial **312-878-0211**, access code **322-715-382** or listen on your computer speakers 
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- 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.
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***With special thanks to the Verizon  
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# Your host today:



**Brenda Lugo**  
**Director of Administrative Services**  
**FJC Alliance**

[www.familyjusticecenter.org](http://www.familyjusticecenter.org)



# The FJC Alliance Team



**Casey Gwinn, JD**



**Gael Strack, JD**



**Ret. Lt. Jim Barker**



**Ret. Sgt. Robert Keetch**



**Jennifer Anderson**



**Brenda Lugo**



**Tim Campen, JD**



**Mehry Mohseni**



**Melissa Mack**



**Diane McGrogan,  
LCSW**



**Lori Gilman**





# **Your presenter today:**

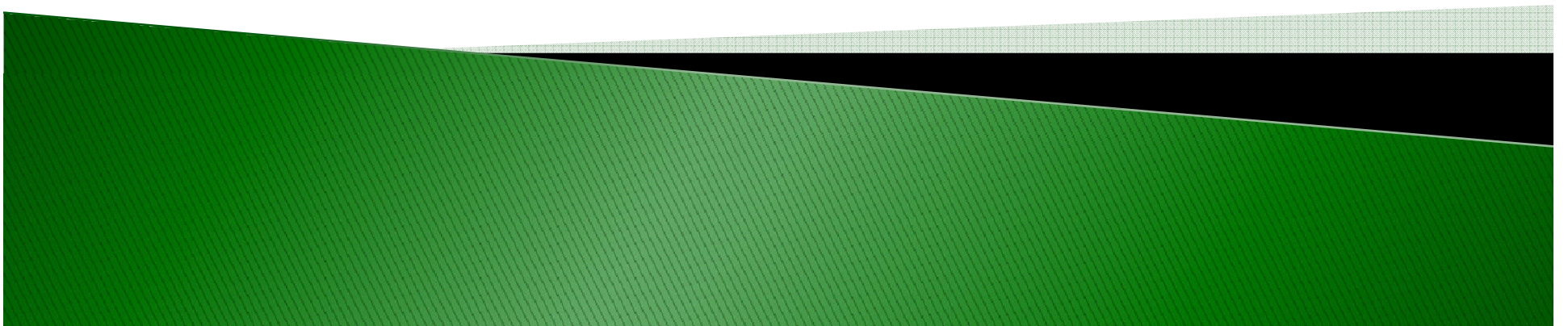


**Ellen H. Taliaferro, MD  
Medical Director,  
San Mateo Medical Center  
Keller Center for Family Violence Intervention**



# 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





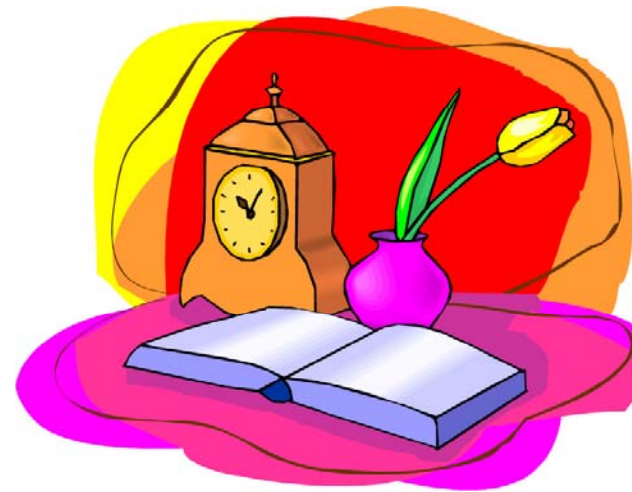
# What If...

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



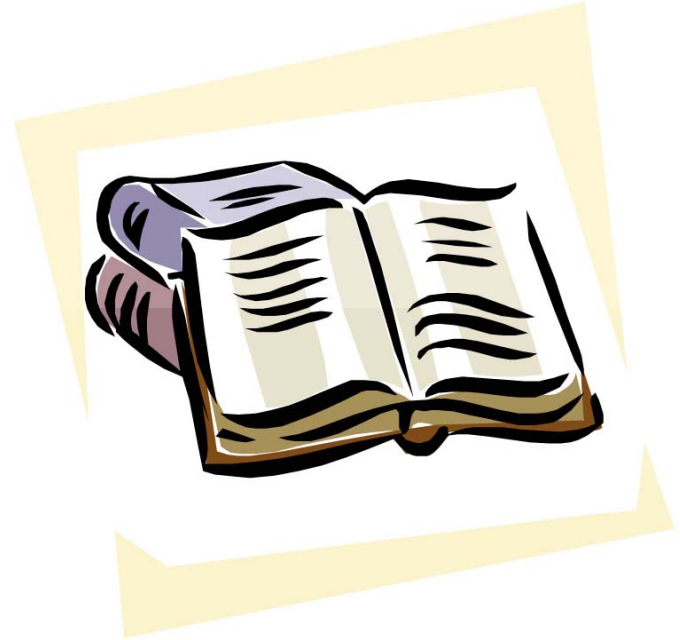
# Expressive Journal Writing

- ▶ 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.



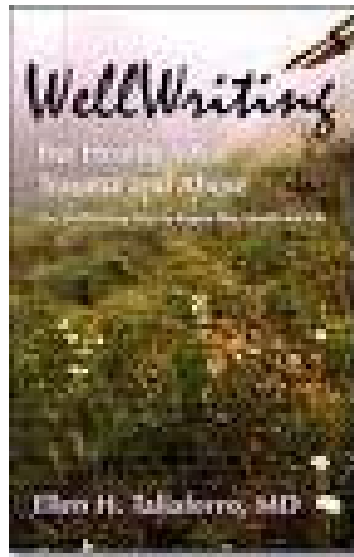
# Writing to Heal *And* Help



## Scholarship Announcement

Visit [www.healthaftertrauma.com](http://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

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





# Become an FJC Alliance Member. It's Free!

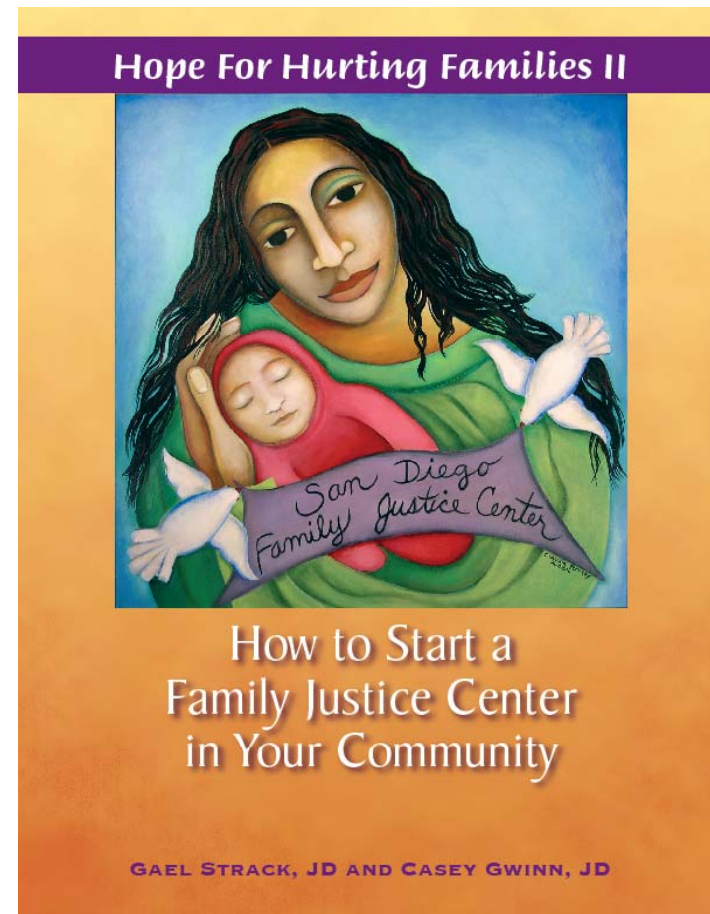
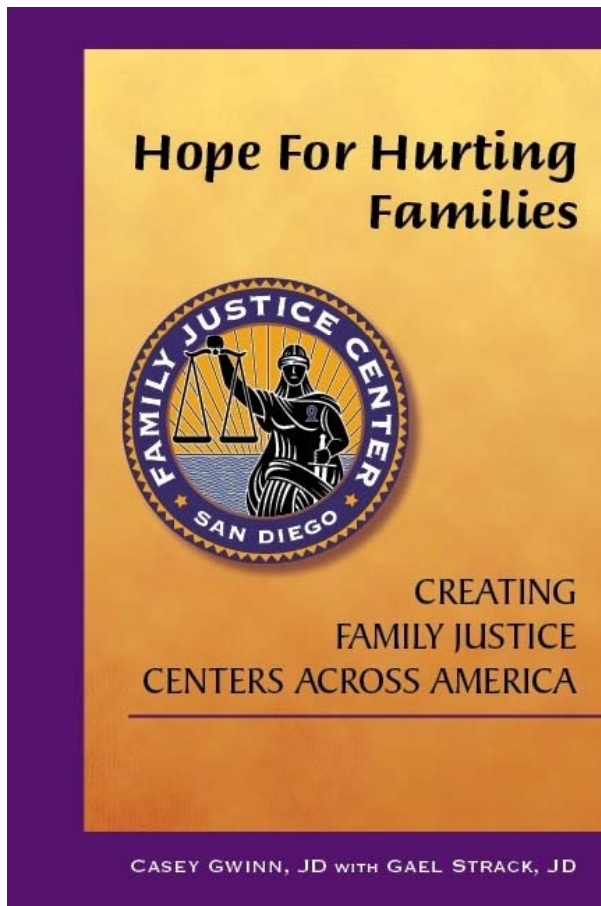
## Benefits of Becoming a Member:

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

Visit our website [www.familyjusticecenter.org](http://www.familyjusticecenter.org) click “Get Involved”



# Read the Books



Available at [www.familyjusticecenter.org](http://www.familyjusticecenter.org)





**SAVE THE DATE!**

*10th Annual*

**International  
Family Justice Center  
Conference**

**April 27-29, 2010**

**San Antonio, TX**





*Thank you for joining today's  
presentation*

**Ellen H. Taliaferro, MD**

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