



Writing for the Inner Me

Writing is no less interactive than speech.

*Writing puts us in a place
where transformation happens.*

Each of us has the potential to enhance our own well-being even during difficult times. There is convincing evidence that writing about our hurts and hopes, dreads and dreams, our fears and strengths can help us shift perspective, heal if necessary, and focus on a positive future. It can help you live much more intentionally. The benefits include mental, emotional and yes, physical differences.

Writing strategies are a toolkit for the *inner me*. Learn a variety of strategies including creative options that allow you to approach issues of concern with confidence. Begin the practice of reflection and enjoy the benefits of a life crafted by your own choices.

We take care of our dental health daily. Why not our emotional, mental and spiritual health? They are equally as deserving of fitness as the physical self. Learn to exercise, nourish and rest your *inner me* through the practice of writing. Explore the *power of the pause* and the *power of the pen*.

Write your way to the life you want!

Become the author of your own life.

And it can be fun!

The Writing Toolkit

Effective Journaling 101

The key to *effective journaling* is having a toolkit of strategies to get you past the place of simply recording your thoughts and feelings. Learn to actually quiet your *inner me* in order to harness its strength and courage.

Leave the workshop with knowing that you can use at least eight different writing approaches. Make decisions with confidence. Celebrate life and resolve disturbing feelings by learning specific skills such as clustering, using metaphor, free falling, stepping stones, letters, re-storying, dialogues and pyramids.

Zen Writing Practice

In a frenetic world there is a need for a practice - a way to sustain mental health, a way that works to quiet our minds, a way to be in the world while staying grounded. Experience the basics of Zen meditation combined with instruction in a specific approach to therapeutic writing. It is a day of quiet, of being alone and yet in community, a day of experimenting with a *practice*. No meditation or writing experience is required.

Journal Therapy

Individual sessions to identify your issues and receive direction for your writing.

Some sessions may be eligible for insurance coverage.

There are always choices.

Writing for the Inner Me

Dr. Ronna Fay Jevne



Writing for the Inner Me

Research results have included fewer doctor visits, lowered blood pressure, enhanced immune function, less pain, higher white cell counts, more laughter, fewer symptoms of anxiety, depression and stress.

Writing can help with...

Stress management

Relationships

Health

Life Planning

Decision making

Loneliness

Depression

Anxiety

Grief and Loss

Trauma

Parenting

Writing can also help you plan adventures and celebrate life.

Getting started

A Personal Session: A great place to start. In the privacy of an individual session you can share concerns and ask questions.

Some individual sessions are eligible for insurance coverage.

A Circle of Friends: Groups of four to ten people will experience that learning together is fun, supportive and non-threatening.

Workshops: Attend a scheduled workshop or organize your own. Half or full days, and weekend retreats can be tailored to meet your specific needs.

Workplace Sessions: Surprise staff with an Inner Me "time out" designed just for them.

A gift: A unique and personal experience for that special someone.

Meetings and conferences: Book an Inner Me guest speaker for your club, association or upcoming conference.

For fees and schedules or to be included on our mailing list contact:

Dr. Ronna Jevne
ronna.jevne@ualberta.ca
website: www.romnajeve.ca
Phone: 780-387-4673
Fax: 780-387-4824

Writing has the power to change lives, particularly our own writing and our own lives. It is a private, convenient, affordable avenue to health. Through writing, we can address most of our own issues.

I personally enjoy the benefits of a writing practice. I laugh a lot, love deeply, have a sense of adventure and believe life is not a problem but an experience to be lived. Teaching journalling to students, patients and staff in education and health care settings has confirmed that the avenue to a healthy inner me may begin with your pen and journal. I use approaches from Progoff Intensive Journal Writing, Zen Writing Practice and conventional journalling techniques.

My career has spanned decades as a teacher, psychologist, professor, inspirational speaker and author. I have an undergraduate degree in English and graduate degrees in Philosophy, Theology, and Psychology. Over the course of my career, I have received such awards as the Pettifor Award for Outstanding Contribution to Psychology, the YWCA Women of Excellence in the Social Sciences and the Global Woman of Vision. Now semi-retired, I have returned to private practice to continue the work I love. I live with my husband, Allen, on a piece of heaven near Edmonton, Alberta.

Young or old (8-80+), concerned or just creative, let yourself consider "writing for the inner me."

Who is Ronna?

What are the issues in your life?

Ask about photo-journalling and therapeutic photography.