

# Cognitive Skills Development Groups

## *Cognitive Journaling*

The written word is a powerful means of expression, whether created by hand, spoken into an audio recorder or utilizing the computer. Journaling is an activity where the journal keeper makes sense of living. It has the benefit of enlarging medicine's focus on "fixing the broken part" to whole-person healing. The simple act of recording what is happening during therapy

can integrate and strengthen it. Writing in a personal journal expressing and understanding fears and then leaving them on the paper; it allows observation of change when coming through bad times; it can distract from pain and discomfort; it can be a means of examining irrational fears, and for documenting an intention to change; it can be a powerful means of self-memory training, and an outlet for grief



work while creating a positive perspective toward wellness. Journaling promotes focus and concentration, cognitive awareness, self-examination and goal planning. Groups are one hour in length and documented in a progress note to include date, times, and signature of client and facilitator. An experienced clinical professional facilitates the training.