

A woman with long, wavy brown hair is sitting in a dark-colored armchair. She is wearing a light-colored, textured cable-knit turtleneck sweater and dark pants. She is holding a pen in her right hand and writing in a small notebook held in her left hand. The background is a brick wall. To the left, there is a window with a wooden frame and a small decorative object on the sill. The entire image has a warm, orange-brown color overlay.

THE SACRED PEN

# BEGINNING

**YOUR JOURNAL THERAPY PRACTICE**  
A QUICK GUIDE FROM [THESACREDPEN.COM](https://thesacredpen.com)



My name is Catherine (Cat) Skinner,

I'm a **journal therapist, a story coach, an indie author, a secular minister and a mom.** I've also been an actor, an event planner, a burlesque madame and an advocate for unconventional family structures. The common thread woven through all these experiences is **a love of words, the ability to nurture, and a talent for creating safe space through journal therapy.**

**One of the only journal therapists in Canada, I'm certified in Cognitive Behavioural Therapy, ACT (Acceptance and Commitment Therapy), Grief Counselling and Divine Feminine Mythology. I'm constantly expanding my knowledge base to better serve clients in journal therapy workshops and private sessions.**

I help my clients make powerful connections between the written word and their unique inner landscape. Each journal therapy workshop and session is a safe space where we bridge the gap between the mundane and the sacred, drawing on archetype and our collective consciousness to offer both intuitive and practical healing tools.

**Writing is the key to our highest truth and my work is to guide my clients as they connect, unpack, and re-write the stories of their lives.**



# BEGINNING

YOUR JOURNAL THERAPY PRACTICE

**If you've ever put pen to paper and found solace, you know journal therapy is a powerful tool to add to your wellness kit.**

Beginning any type of writing practice can be daunting, but with careful and intentional writing prompts, the guesswork disappears and the access to self becomes so much easier.

When I work with clients, I listen to both the details they share, and the subtext that seems to emerge from their personal experience. This is how I craft the prompts that I guide them through in sessions and in workshops and help them unpack.

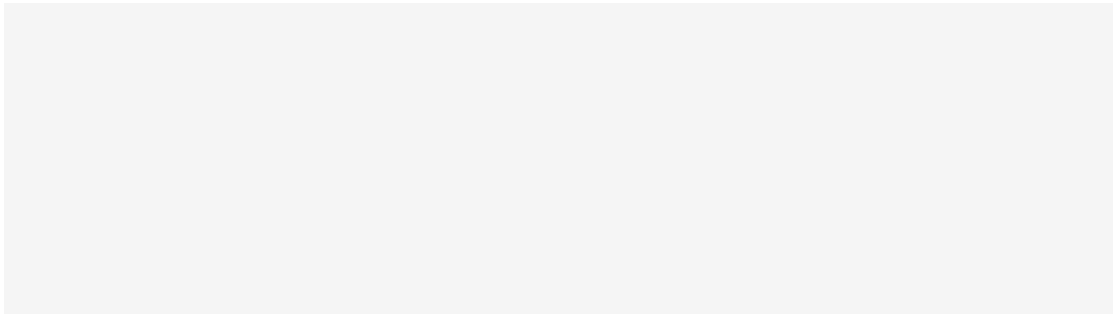
Here's a little taste of some prompts that you can use to start your own journal therapy practice. I recommend putting pen to paper, rather than typing, whenever possible as there is a special kind of alchemy in the physical connection of pen to hand.

# BEGINNING

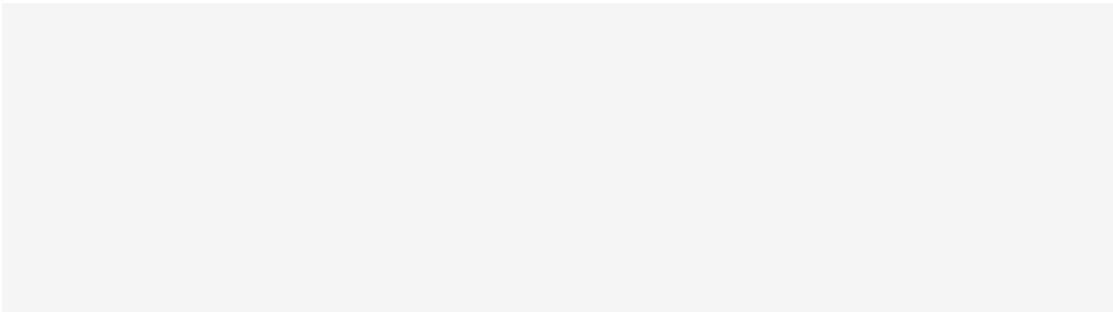
## YOUR JOURNAL THERAPY PRACTICE

### **Here is a list of all of the things that get in the way of my writing time**

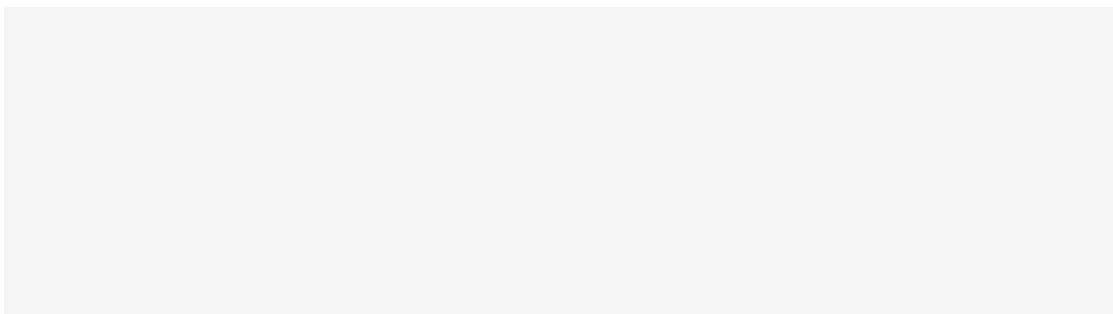
(As you examine this list, ask yourself where you can create more flexibility in your schedule and in your personal connection to your writing)



### **This is why I am intrigued by the idea of journal therapy:**

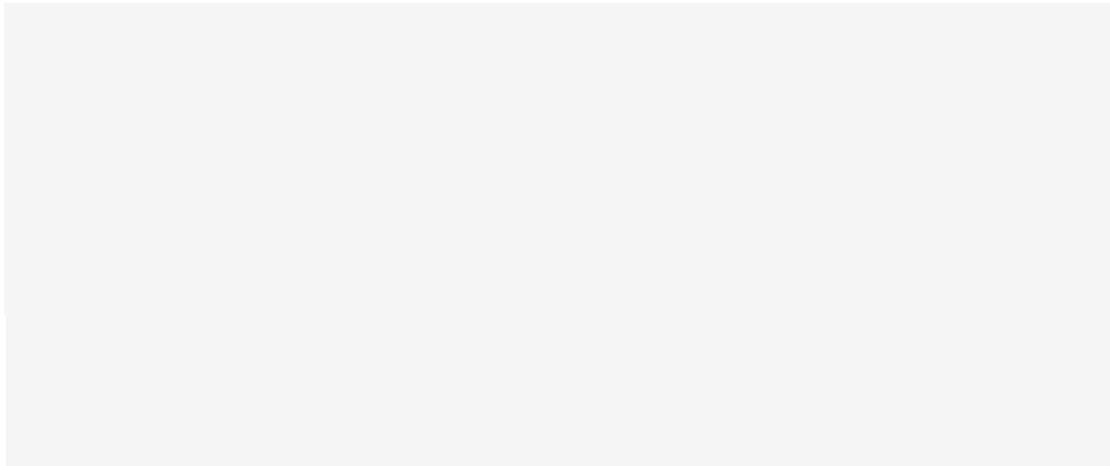


**What are the things you value most deeply?** Think of what is at the core of who you are, and what you seek in connecting with others on a deep level. Use this section, and the next page to drop in every value you can think of:



# BEGINNING

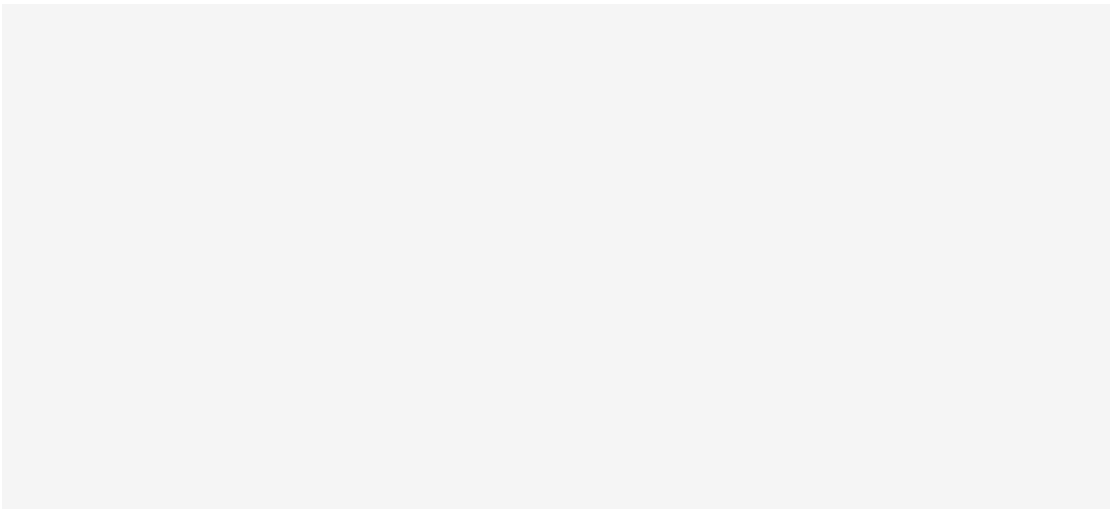
YOUR JOURNAL THERAPY PRACTICE



**Look at the above list and circle 5-7 values that are most intrinsic to who you are.**

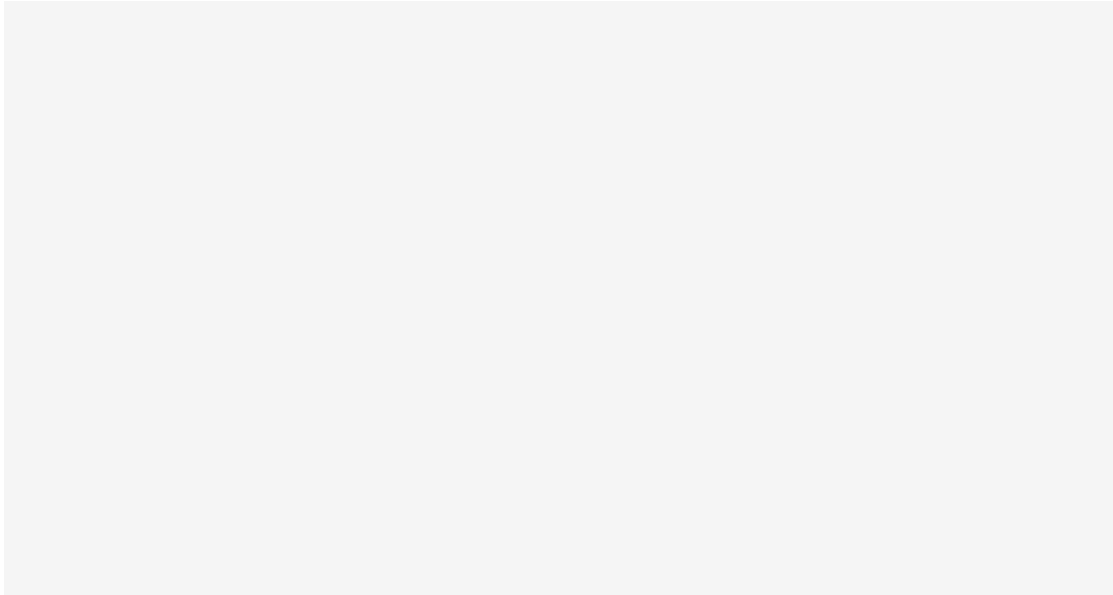
**Name each one of your values here and include a few sentences of why these are essential to you. You can continue on the next page.**

*For example, I value transparency because I think clarity and honesty is essential to deep and connected communication and I wish to remain in my integrity with the people in my life. I seek transparency with my close friends, my family, my partner, and my clients and colleagues.*

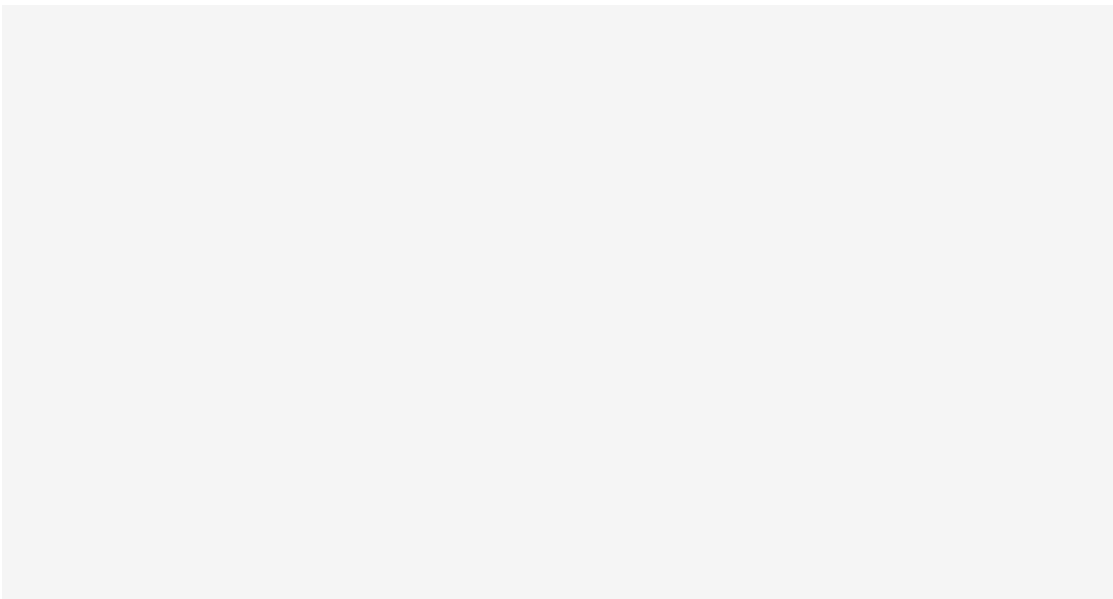


# BEGINNING

YOUR JOURNAL THERAPY PRACTICE



**If I had absolutely nothing on my schedule and nobody to be responsible for, here is how I would love to spend my day:**

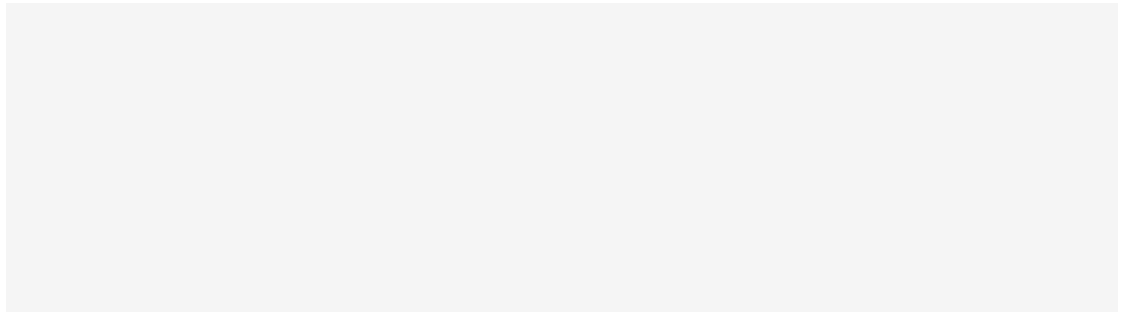


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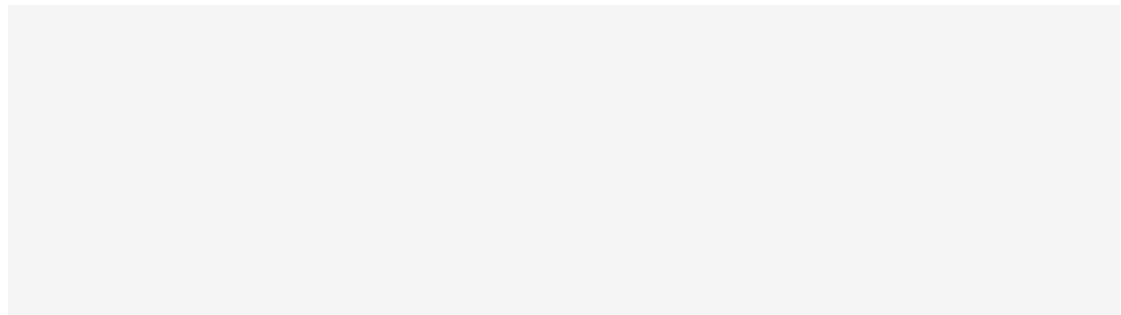
YOUR JOURNAL THERAPY PRACTICE

Fill in each category below with a list of what you're craving in each facet of your life.

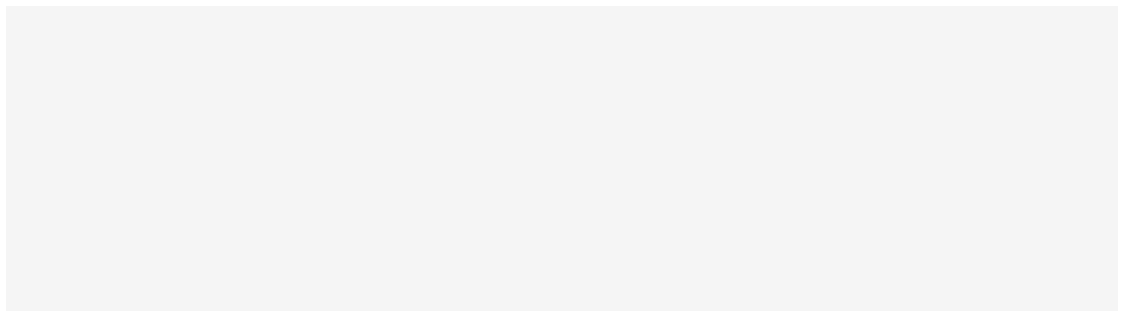
**Health:**



**Friendship:**



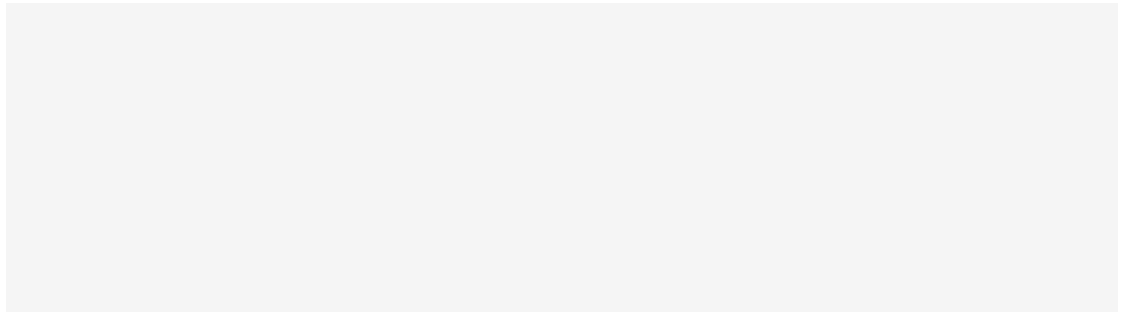
**Romance:**



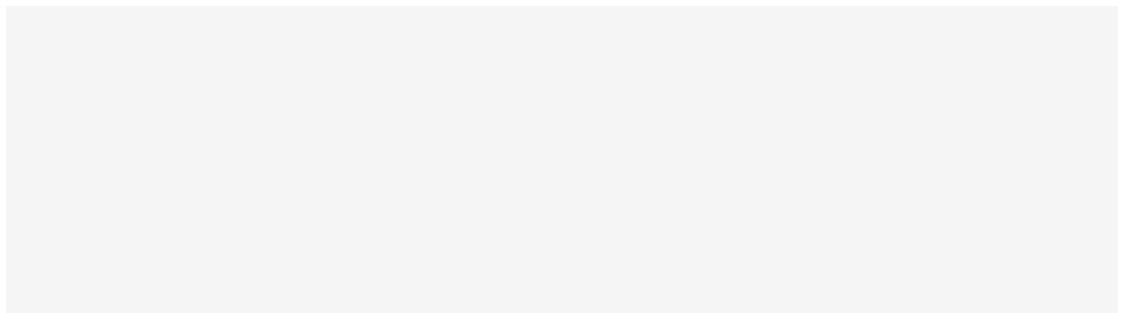
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YOUR JOURNAL THERAPY PRACTICE

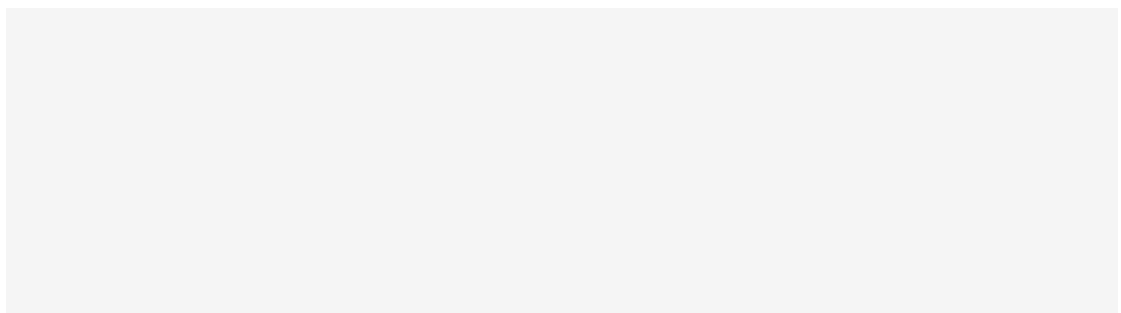
**Family:**



**Creativity/Play:**



**Work:**

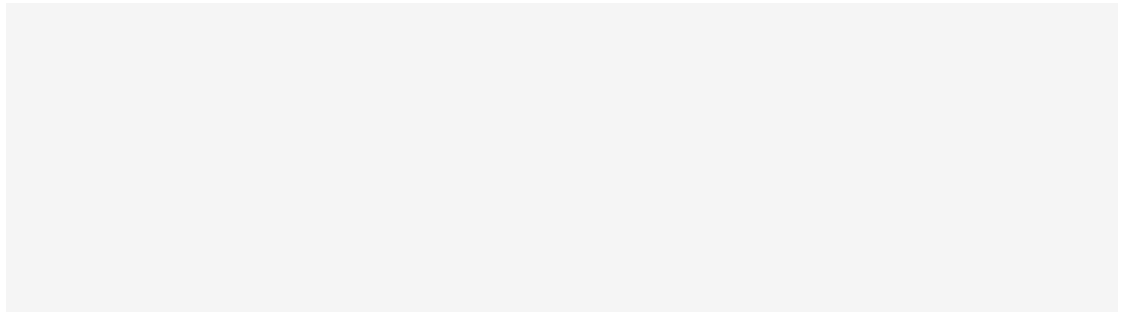




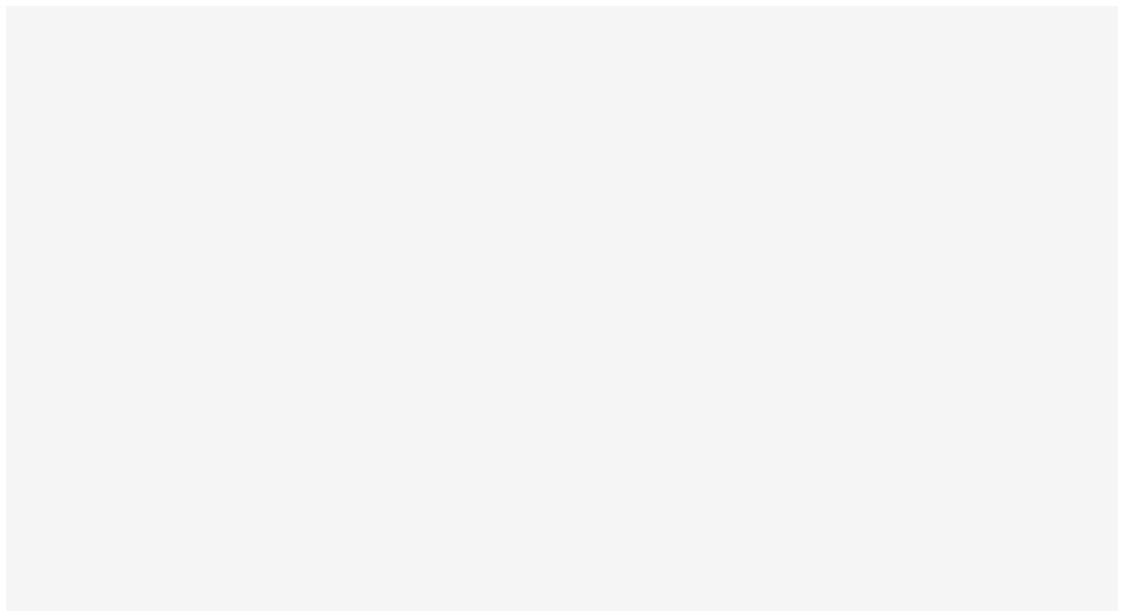
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## **Spirituality:**



**Describe the most peaceful place in nature that you know. Draw on all of your senses as you create a description that will paint a clear picture for anyone who may have never been to this place.**



*Whenever you are feeling distressed, or like you need to re-centre, close your eyes and conjure this place while you focus on your breath.*