



## October writing prompts, update on the journal therapy mini-conference, Banned Book Club, TWI news, and more!

*A quick look at what you will find in this jam-packed email:*

- **The October journal therapy Zoom conference will be recorded**
- **Kay's Banned Book Club: *Sold* by Patricia McCormick**
- **October Journal Prompts**
- **Fun facts** about the Therapeutic Writing Institute (TWI)
- **Poem of the Month** with journal prompts
- **[The Journal Store on Amazon](#)** is going strong!

{First Name}

It's the last day of Banned Books Week. I hope you've had a chance to read or listen to some of the extraordinary programming. I attended a panel discussion sponsored by Sage Publications, with three former classroom teachers, now university professors, discussing Tennessee's "Age-Appropriate Materials Act of 2022" with a mention of Florida's "Stop W.O.K.E. Act" as well. I'm watching my email for a link of the recording -- just hit "reply" if you'd like the link. (The panel encouraged sharing!)

**The mini-journal conference on Zoom will be recorded!**

**Nov 2-5, 16, 18**

Earlier today you received a update on the journal therapy mini-conference that will be held on Zoom Nov 2-5, 16, 18. The cost is only \$379 for 24 hours of programming! **[CLICK HERE](#)** for a one-sheet with details.

**Big news! All who order the full bundle will have access to recordings of five of the six workshops!** (Thurs Nov 16 will not be recorded at the presenter's request.) And the full line-up carries 24 NBCC-approved continuing education hours, included at no additional cost!

**Is this just for therapists?** Not necessarily. Although the Expressive Therapies Summit is therapist-centric, many coaches and facilitators attend each year.

## Kay's Banned Book Club



**Sold, by Patricia McCormick.** (Little, Brown, 2006. 263 pages with generous spacing. \$11)

For a book so eloquently written, with page after page of vignettes that often feel like poetry, it is a remarkably tough read.

That is because it is the story of a 13-year-old girl trafficked into sexual slavery.

Lakshmi lives with her Ama and baby brother and drunken stepfather in the mountains of Nepal. When a monsoon washes away all their crops and her mother falls ill, Lakshmi offers to go the city and work as a maid like her best friend Gita, who sends lavish money home each week. Her stepfather turns her over to the village "fixer."

Rather than being a maid for a wealthy town family, the fixer hands Lakshmi over to sexual traffickers who escort her across the border to India and sell her to the owner of a grimy brothel.

Once inside the brothel, Lakshmi's life becomes a long dissociative nightmare, told in her voice as if it were a fever dream. Gradually she enters into cautious friendships with her peers and finds small, furtive spots of light--a yellow pencil, a boy who teaches her to read from a Sesame Street board book. After what she thinks is probably a year, she is rescued.

Although there are numerous vignettes on sexual, physical, emotional and mental abuse, the author stays true to Lakshmi's voice and interpretation, and there is no graphic language or depiction. Still, I think this might be more age-appropriate for high schoolers than younger teens.

*Sold's* awards include National Book Award Finalist, winner of the Quill Award, and Top Ten Best Books for Young Adults from the American Library Association.

## October Journal Prompts

- October 1 is World Vegetarian Day. Can you go plant-based for 24 hours sometime this month? If so, write about what you ate and how it felt. Already vegetarian? Write that origin story.
- Describe the October landscape outside your window.
- What is the Halloween costume your inner self would choose? Describe it. What does it represent?
- [CLICK HERE for seven more October prompts.](#)

## Fun Facts about the Therapeutic Writing Institute

The Therapeutic Writing Institute opened its cyber-doors in the spring of 2008 with a cohort group of seven students and a faculty of three. I created it because I was getting loads of requests for a deep-dive, in-depth professional training program in journaling for healing, growth and change. So I started an on-line school. And here are just some of the stats across 15 years:

- 1,279 students enrolled
- 467 classes taught and archived
- 74 academic terms
- 49 faculty

To learn more about the Therapeutic Writing Institute, [CLICK HERE.](#)

## Poem of the Month: The Peace of Wild Things

As the news headlines become increasingly grim on all matter of fronts, I more often find myself in a state of despair. And I turn more often to this poem. May it soothe you and give you peace during these fraught times.

### The Peace of Wild Things

When despair for the world grows in me

and I wake in the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am free.

--Wendell Berry.

(c) in name of poet or assigns. Used for educational purpose.

### Journal prompts:

- How do you cope when "despair for the world grows in (you)"?
- Write about your favorite place in nature.
- Read the poem through again and listen or feel into the images, phrases, lines that "land" in you. Write about how your chosen words speak to you.



A reminder that we've got a brand-new, bustling [Amazon store!](#) Stop by to shop for several of my books, plus *Writing to Heal* by Jamie Pennebaker, and of course the Journal to the Self card decks! (Great for holiday gifting -- they make terrific stocking stuffers, and I'm getting rave reviews from therapists, coaches and facilitators who use with clients and groups.) And speaking of holiday gifting, soon we will have blank journals with clever covers designed by our own program director, Krista Gano!

**A favor if I may....** If you've purchased the JTTS Card Deck and authentically think it's worth 5 or 4 stars, [could you leave an Amazon review?](#) We're trying to get critical mass, which is 50+ reviews. Thanks!

That's it for this month! Enjoy the beauty of October wherever in the world you are.

Write on!,  
Kay Adams LPC  
Chief Visionary and Founder, Center for Journal Therapy (1988)



Kathleen (Kay) Adams LPC is a best-selling author, speaker, psychotherapist and visionary. Her first book, [Journal to the Self](#), is a classic that has helped define the field of journal therapy. In 1988 she founded the Center for Journal Therapy.

Kay has written 14 books on journal therapy. She is a beloved teacher whose innovative work has helped hundreds of thousands of people heal, change, and grow.

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