



New Amazon store, November virtual mini-journal conference, Kay's Banned Book Club, and more!

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

- New Center for Journal Therapy **Amazon Store**
- A **mini-journal conference** -- all virtual!
- Debut of **Kay's Banned Book Club**
- Upcoming **ICT office hours** and **town hall**
- **TWI fall term** starts Sept 21
- **Poem of the month** with journal prompts

Hi Kathleen,

The days after Labor Day feel almost like holiday extensions for me -- they signify a return to my autumn work ethic and a deadline race to year's end, when the visions and goals of the current year are realized, reframed, retired, or resumed in the new year. One such intention for 2023 was to commit to a monthly newsletter. I hope you'll enjoy!

Hurray! We have a new Amazon store!



It's the culmination of a long-time dream: We have one-stop shopping on our **new Amazon storefront!** Our featured product is the new stock of Journal to the Self card decks -- back in print and now in a box. We've also got links to

8 of my 14 books, along with Dr. James Pennebaker's *Writing to Heal*, which we publish. Come visit! bit.ly/cjtstore

Breaking news: A mini-journal conference on Zoom, Nov 2-5!

Expressive Therapies SUMMIT

We have accepted an invitation to present four days of journal and poetry therapy programming as a mini-conference at the **New York Expressive Therapies Summit**. Registration details will follow next week!

On Thursday evening, I will offer (as I do every year at this conference) **Stressbusting: Writing through Troubled Times**.

On Friday, Nancy Scherlong, LCSW, a registered poetry therapist and certified journal therapist, will present an **all-day poetry therapy workshop** through the lens of mindfulness-based stress reduction (MBSR). Saturday, Deborah Ross and I will co-teach an all-day workshop, **Writing with the Brain in Mind**, on journaling as a form of self-directed neuroplasticity.

And on Sunday morning, the three of us will teach **Journal Therapy for the Burned-Out Client**, drawing from our collaborated work, *Journal Therapy for Overcoming Burnout* (with cohorts Carolyn Koehnlne, Leia Francisco and Linda Barnes as additional collaborators) (2022, Sterling Publishing). Stay tuned for a formal announcement next week.

Kay's Banned Book Club

I learned to read when I was 3 and started to write as soon as I could hold a fat pencil. I love books. I don't like all actual books, but I love the concept of all books. A few months ago I read an article about the 15 most-banned books in the US. I do not like the concept of banned books. I promptly took myself to the bookstore and bought them all. Each month, I will review one.



Melissa, by Alex Gino (Scholastic Press, 2015. Originally published as *George*.194 fast pages.)

Fourth-grader George has a stressed-out single-parent mother, a too-cool-for-school big brother, and a secret. Inside, George knows she is a girl. She struggles with her secret every day, feels sad and lonely, and wishes with all her heart that she could ask someone the central question of her life: *What if I'm a girl?* With the help of a plucky best friend, Kelly (marvelously sketched as a budding photographer), a compassionate school principal and, in the end, support from her family, George is able to realize that her dream of being Melissa can become a reality.

This is a beautifully rendered story, simple and pure, and captures the poignant search for transgender identity. It is a bit glossy--I doubt many 10-year-olds struggling with George's core question would have such a tidy resolution--yet the tender, gentle respect for the transgendered child's experience makes it easy to empathize and connect with George/Melissa. Written at about 4th-grade level, it could well be an affirmative and normalizing read for transgendered youth or any youth, teen or adult curious about the subject. *Melissa* has won nine awards, including the E.B. White Honor, the Stonewall Book Award and the *School Library Journal* Best Book of the Year.

ICT Corner

JTTS instructors, new and old: Watch for an email from Kendra on the Sept 14 Town Hall, 9-10 am Mountain time (MT). In the month of September, our new community manager Linda Barnes is holding "office hours" twice a week, Tues 9-10 am MT and Wed 6-7pm MT (adjust for your time zone).

This is a time to drop in for laser coaching, to discuss any questions or concerns you have, or just to hang out in community. Starting in October, we'll move to once a week, alternating days.

TWI Fall Term starts Thurs, Sept 21

Watch for Krista's schedule-of-classes emails to find out what's on the agenda for Fall term at the Therapeutic Writing Institute! I'll be teaching the Progoff Method course for the first time in several years. I'm currently immersed in the magic and mystery of the Intensive Journal method and scribbling my heart out! Here's a Progoff journal prompt: *Where am I in the movement of my life?*

Poem of the Month: And Now It's September,

And Now It's September,

and the garden diminishes: cucumber leaves rumpled
and rusty, zucchini felled by borers, tomatoes sparse
on the vines. But out in the perennial beds, there's one last
blast of color: ignitions of goldenrod, flamboyant
asters, spiraling mums, all those flashy spikes waving
in the wind, conducting summer's final notes.

The ornamental grasses have gone to seed, haloed
in the last light. Nights grow chilly, but the days
are still warm; I wear the sun like a shawl on my neck
and arms. Hundreds of blackbirds ribbon in, settle
in the trees, so many black leaves, then, just as suddenly,
they're gone. This is autumn's great Departure Gate,
and everyone, boarding passes in hand, waits
patiently in a long, long line.

--Barbara Crooker

(c) 2020. In *Spillway*, Barbara Crooker

Journal prompts:

- What's in your (actual or metaphoric) autumn garden?
- Write about something that is departing your life.
- Start a write, "And now it's September, and..."

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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