



Write Out Loud! Teacher/Facilitator Guide: A Journaling Workshop to Reconnect Military Families

Dr. Linda Peterson-St. Pierre PhD

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A Facilitator guide for teaching a 6 week course called Write Out Loud. This course helps military families work through difficulties that may arise from deployment and reintegration through structured writing, art and journal activities. The exercises connect all family members, including children. Other activities include trauma intervention tools such as Emotional Freedom Techniques, Sleep intervention and Guided Imagery.

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