

Timeline for the Creative Journal

Anne-Marie Jobin's method

- 1976** Beginnings with a personal journal: writing only.
- 1989** Participation in 2 *Intensive Journal workshops*: adding dialogues, visualisations, dreamwork.
- 1990** Discovery of Creative Journaling through Lucia Capacchione's books: adding drawing and non-dominant hand.
- 1992-94** Training in art therapy: diving into the power of art. Still journaling but mostly writing again. The art is outside the journal.
- 1998** Back to the power of writing with Julia Cameron's *morning pages*. Brought a clear inspiration to bring the tools of art therapy into the journaling process. Lots of research in that period. First Creative Journaling workshops in Women Centers and at studio. Realization that no books in French were available.
- 2002** First book: *Le journal créatif*.
Second edition : *Le nouveau journal créatif* (2010).
- 2004** Founding of the school to start training professionals to the method.
- 2006** Second book: *La vie faite à la main*.
Second edition : *Créez la vie qui vous ressemble* (2013).
- 2008** First workshops and professional trainings in Europe.
Third book *Fantaisies et gribouillis*.
Second edition – same title (2015).
- 2004-10** Again lots of research for the books and the trainings.
Adding notions of Journal Therapy (Kay Adams), Art Journaling, etc.
- 2012** Fourth book: *Exercices créatifs zen*.
- 2015** Fifth book: *Exprime-toi avec le journal créatif*.
- 2016** To this day, 23 groups of people have been trained to Creative Journaling. About 300 people have been certified so far (a little more than half in Canada).