The Creative Journal
Anne-Marie Jobin’s method

This method of Creative Journaling is a non conventional self-exploration tool combining writing, drawing and collage in original and creative ways. It is based on notions of psychology, art therapy, journal therapy and creativity and also includes many creative writing techniques. This is a very flexible tool, easy to use and accessible to all.

<table>
<thead>
<tr>
<th>CREATIVE</th>
<th>JOURNAL</th>
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<tbody>
<tr>
<td>Creativity tools</td>
<td>Personal journal</td>
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<tr>
<td>Three languages: writing, drawing, collage</td>
<td>Goal: personal growth</td>
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<td>Creative techniques: « right brain » methods, unusual techniques, creative prompts, etc.</td>
<td>Solitary activity, outside therapeutic setting</td>
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<td>Playful aspect: creative games and techniques</td>
<td>≠ art therapy</td>
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<td>The goal is to enhance life’s energy</td>
<td>Process over product</td>
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<td>≠ art journaling</td>
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Basic principles:
- All people have an innate ability to be creative;
- The expressive arts are very good ways to get in touch with the inner world, with the source of life within, with one’s creative energy;
- Feelings and emotions are an energy source that can be channeled into the expressive arts to be released and transformed;
- The creative process is healing;
- Combining different techniques (left brain and right brain) increases the possibilities of expression and maximizes the access to the inner world;
- There is no right or wrong way to keep a creative journal.

1 As described in details in the book Le nouveau journal créatif (Le Jour, 2010). In French only.
The Creative Journal Techniques

Anne-Marie Jobin’s method

Anne-Marie Jobin was trained first as a social worker then as an art therapist and has been a journal lover for 40 years. Her method is based on her research and experimentation and was influenced by many authors. There are over 60 techniques listed in the book Le nouveau journal créatif (Le Jour, 2010) and they can be combined in a wide variety of ways.

Some writing techniques:

- Spontaneous writing
- Non linear writing (writing without following lines, following a shape or not)
- Illegible writing (writing in ways that makes it impossible to reread)
- Prompts (can be words or art)
- Dialogues
- Unsent letters
- Lists
- Poetry techniques
- Stories from life
- Simple metaphors (ex: portrait chinois)
- Characters, sub-personalities and archetypes
- Tales and stories from imagination
- Diagrams (columns, shapes with sections, clusters)
- Other point of view (through change of pronoun, place, age, sex, etc.)
- Positive affirmations
- Non-dominant hand
- Playing with words (creative word games; surrealistic games; etc.)
Some drawing techniques:

- Spontaneous drawing
- Scribbles/doodles
- Prompts (using any mark on the page; ink stains; images to extend with lines; etc.)
- Zoom in / zoom out (drawing part of a drawing bigger or a whole one smaller)
- Doors (opening a door in a page to see what’s on the other side)
- Positive art (creating healing images or drawing what’s needed)
- Symbolic shapes (drawing inside a shape, for ex: emotions in a big heart)
- Body outline (drawing sensations and feelings inside the outline of the body)
- Mandalas
- Playing with drawing (blind drawing, playing with mediums, drawing “ugly” art, etc.)

Some collage techniques:

- Spontaneous collage (using images, papers, paraphernalia, etc.)
- Image collage (using mostly images from magazines)
- Photo collage (using personal photos and/or photos you take)
- Textured collage (using different textured papers to create backgrounds)
- Shape collage (using colored paper and scissors (Matisse’s style))
- Word collage
- Mixed media collage (using also paint, gesso, working in layers)
- Playing with collage (surrealistic games, etc)

Examples of combined techniques:

- The voice of the art (giving voice to a drawing, a shape, an image)
- Dialogue with the art (talking with a drawing, a collage, part of a drawing; etc.)
- Words-on-Art (adding words on drawings and collages, writing reflections, etc.)
- Art-on-Words (adding pictograms to writing; drawing feelings in between texts; etc.)
- Door in a text (opening a door in a written page)
- Art over a written page (drawing or gluing images on a written page)
- Art and writing combined in diagrams
- Zoom on a word (writing a chosen word big on a page and drawing around it)
- Mind mapping
- Text around a creation (non linear writing around a drawing or image)