



CENTRE
FOR THE



Distance learning

The New Creative Journal™ Certification Training

2026-2027 PROGRAM (international formula)

With **Anne-Marie Jobin**, Founder and Director of the Centre for the New Creative Journal, Professional Art Therapist member of the Quebec (AATQ) and Canadian (CATA) Art Therapy Associations, Author and Lead Instructor.

Supported by one or more **NEW CREATIVE JOURNAL** co-instructors

The *CENTRE FOR THE NEW CREATIVE JOURNAL* offers a 200-hour training designed for professionals who wish to integrate the *New Creative Journal* method into their practice.

THE NEW CREATIVE JOURNAL™

The *New Creative Journal*™ is a dynamic approach based on combining the strengths of art therapy, creative writing and creativity theories. It is an unconventional journal in which writing, spontaneous drawing and collage interact to facilitate access to the inner world and the riches it contains. This method uses playful techniques to stimulate creativity and increase vitality.

Who is this program for?

This training program is aimed at people who wish not only to integrate the *New Creative Journal* into their own lives, but also to bring this powerful tool into their professional practice. While the focus is educational rather than therapeutic, the work can naturally have therapeutic effects. This training is particularly well-suited for:

- Therapists, coaches, and creativity consultants
- Career counsellors
- Health and social services professionals
- Teachers, educators, and instructors
- Workshop leaders in libraries, community centres, and retirement homes
- Other professionals or individuals considering a career transition
- Retired or pre-retired individuals who want to embark on new personal or community projects

Prerequisites

- A minimum level of experience or training in supporting others individually and/or in group facilitation contexts.
- Completion of the online course [*Introduction to the New Creative Journal*](#) offered by our Training Centre (this course is not included in the professional training). The introductory course is offered as self-study so candidates may take it online at any time.

Training objectives

IMPORTANT: This training is not a substitute for professional qualifications in counselling or art therapy.

This professional training has the following objectives:

- To acquire fundamental theoretical and methodological knowledge of the New Creative Journal approach.
- To engage in an intensive personal practice of the New Creative Journal throughout the program, since developing the necessary skills requires first-hand experience to grasp its scope and impact.
- To develop skills in designing and leading New Creative Journal activities, tailored to the specific needs of individuals or groups.
- To learn how to manage the various situations that may arise when using the New Creative Journal in facilitation or support settings.
- To apply the New Creative Journal approach with professionalism and ethical awareness.



CONTENT IN 2 MODULES OF 100 HOURS EACH

MODULE 1

The New Creative Journal Method

See the detailed program.
Refer to [the appendix](#).

100
HOURS

From March to August 2026

MODULE 2

Practical and Experiential Aspects

See the detailed program.
Refer to [the appendix](#).

100
HOURS

From September 2026 to March 2027

Methods, teaching tools and requirements

This training is delivered in an international format, with scheduling adapted for participants living anywhere in America as well as in Central Europe. Seminars are generally held in large groups and occasionally in smaller sub-groups. Sub-groups can be led by a co-instructor (certified facilitator) supervised by Anne-Marie Jobin.

Before and in between the meetings

- Short theoretical presentations, delivered as videos, are available to watch between meetings. These are accompanied by course notes and, at times, practical exercises.
- All videos and exercises are provided through our online learning platform.

During the meetings

- Some theoretical presentations
- Practical exercises
- Group discussions
- Experiential exercises and practical labs

Online course (10 pre-recorded lessons, self-paced)

- Each lesson includes theoretical presentations delivered as videos (two lessons per month approximately), accompanied by course notes.
- Five practical exercises accompany each lesson and can be completed independently.
- Readings in PDF format support the theoretical content of each lesson.
- Feedback on exercises and readings is required.
- Participants are expected to engage in a “mentoring” activity for one lesson by providing feedback to peers.
- Each lesson requires approximately half a day to complete.
- The online course is supervised by the designated co-instructor.

Practical aspects

- In Module, 2, a brief written reflection on ethical considerations is required.
- A peer-group meeting, including a mini animation of a New Creative Journal activity, will take place after the practical sessions. This meeting, typically held via videoconference, is led by the designated co-instructor.
- A 15-hour practicum, organized by the participant, is also part of Module 2 and is supervised remotely by a designated co-instructor.

Throughout the training

- Regular practice of the New Creative Journal (4 to 5 times per week) is required throughout the training.
- The discussion forum offers a space for exchange, support, and connection among participants.
- Optional “coffee-break” videoconference sessions will also be held periodically, approximately once a month, throughout the training.

Assessment procedures

- Attendance via video conference is mandatory. Recordings (replays) will be available for participants who must miss a session due to unforeseen circumstances. Absences must be made up by repeating the content, either in a one-on-one meeting with an instructor or by watching the replay and doing the exercises suggested, when possible. However, a maximum of 4 three-hour meetings may be missed in the entire training course.
- Active participation in discussions for each of the ten themes covered in the online course, including engagement in a “mentoring” process for one of the lessons.
- An assessment of the participant’s personal process, including a report on the texts.
- Completion of a report on ethical considerations.
- Delivery of a 30-minute mini animation of a New Creative Journal activity, followed by a brief written report.
- Completion of a 15-hour practicum.
- Submission of a practicum report and a final personal assessment.

Certification

A certificate is awarded upon completion of the training. Certification grants the right to use this logo, which serves as a distinctive mark identifying individuals who have completed the training offered by Anne-Marie Jobin at the Training Centre. Certified participants are also authorized to promote activities under the name New Creative Journal™.



The certificate can only be issued if all the requirements listed above have been fulfilled. In certain cases, compensatory measures may be proposed to complete missing elements.

Please note that this certification qualifies participants as Certified Facilitators in the New Creative Journal method. It does not qualify them as therapists or art therapists. This training provides professional skills in a specific method—the New Creative Journal—but it does not include formal training in counselling or group facilitation. These topics are addressed briefly during the program; however, certified participants are expected to rely on prior training or seek complementary education if they plan to lead workshops or offer support with a therapeutic focus.

The trainer and her team

Anne-Marie Jobin

Trained in social work (*Université du Québec à Montréal*) and art therapy (*Vancouver Art Therapy Institute*), she developed the *NEW CREATIVE JOURNAL*® method, which she has been teaching since 1998. To train professionals in this method, she founded the École le jet d'Ancre Inc. in 2004. She is the author of several books, two of which have been translated into English. She is a member of the *Quebec Art Therapy Association* and the *Canadian Art Therapy Association*.



The training staff

Anne-Marie is accompanied by one or more co-instructors certified in the *NEW CREATIVE JOURNAL* method. Each of them brings unique skills and experience to our Training Centre.



Other information

Technical requirements

Participants will need access to the following equipment and resources:

- A computer equipped with a camera and, ideally, headset for improved sound quality.
- A stable high-speed internet connection.
- Access to a printer is recommended.

Materials

Included in the training: Course documents are provided in digital format for participants to consult or print as needed.

Participants must provide: Basic art materials and personal journals. The materials needed are basic and don't have to be professional grade. What matters most is having a variety of materials in order to better explore different textures and effects.

Suggested supplies include:

- A notebook with unlined paper, A4 size (Europe) or approximately 8½ x 11 inches (Canada/US)
- Pens and pencils for writing
- Some pens in permanent ink
- One or two medium-sized paintbrushes and an old plastic card (like a credit card)
- Dry pastels and oil pastels
- Wooden coloured pencils and felt-tip markers
- Water-based paints: basic watercolour set and/or small tubes of acrylic paint
- Glue sticks and white glue (school glue or wood glue)
- Scissors
- Old magazines for collage and decoupage
- Recycled paper, tissue or textured paper, coloured paper, packaging materials, etc.

Individual monitoring and supervision

Individual follow-up related to the online course, practical work, assessments, and internship is included but limited to approximately 6 hours per participant, distributed as follows (based on average times over the years):

- Online course support via the teaching platform (for all 10 lessons): 1 hour 30 minutes
- Mini animation and email follow-up: 30 minutes
- Training supervision via email, videoconference, or phone: 3 hours
- Assessment, training report, and email follow-up: 1 hour

Please note that ongoing personal therapy or in-depth individual support is not part of this training. If sensitive issues arise during your practice, it is recommended that you seek support from a therapist outside of the training.

Estimated time investment between meetings

- Regular practice of the New Creative Journal throughout the program, averaging approximately 45 hours over 7 months (about 5 sessions of 20 minutes per week).
- Online course work requiring 4 to 6 hours per week, including:
 - Watching short videos (10 to 15 minutes)
 - Completing 5 journal exercises (2 to 3 hours)
 - Writing a report to post on the forum (10 to 30 minutes)
 - Reading 3 to 5 texts per lesson (about 2 hours) *
 - Approximately 1 additional hour during the “mentoring” week.
- An ethics assignment involving reading a short document and commenting on the discussion forum (30 to 60 minutes).
- Preparing a 30-minute mini animation (about 3 hours), to be given during the sub-group mini animation day (one full day).
- Organization and completion of a 15-hour practicum in the New Creative Journal Method (allow around 20 hours for preparation).
- Two practice reviews and a reading report, each requiring approximately 30 to 60 minutes.

*Note: Reading times vary from person to person; some may spend more time, others less. Certain readings are optional.



Tuition fees

Canada:

\$3,600 (CAD \$3,400 + \$200 for application and administrative fee (non-refundable) + all applicable Canadian sales taxes).

You must choose one of these two payment options:

- ONE (1) payment of \$ 3,400 CAD plus tax on February 25th, 2026
- TWO (2) instalments of \$1,700 CAD plus tax on February 25th, 2026, and September 23rd, 2026.
- EIGHT (8) instalments of \$425 CAD plus tax on the 25th of each month from February to May 2026 and on the 23rd of each month from September to December 2027.

Outside Canada (USA, Europe, Others):

\$3,200 (USD \$3,000 + \$200 non-refundable deposit).

If you live outside Canada, your fee is payable in US dollars. Depending on your bank, small conversion fees may apply if your account is in another currency. We suggest checking with your bank if you're unsure.

You must choose one of these two payment options:

- ONE (1) payment of USD \$3,000 USD on February 25th, 2026.
- TWO (2) instalments \$ 1,500 USD on February 25th, 2026, and September 23rd, 2026.
- EIGHT (8) instalments of \$375 USD on the 25th of each month from February to May 2026 and on the 23rd of each month from September to December 2027.

If you would like to discuss another payment arrangement, please contact us - we'll be happy to explore options with you.

Invoice for the \$200 **administrative fee** will be sent to you AFTER OFFICIAL ACCEPTANCE ONLY. Payment of this fee will reserve your place in the group.

Registration Procedure

To officially submit your application, please visit our website and complete the online form. Your application will only be considered once all the required information is provided. The process is straightforward: fill out the online questionnaire and attach your most recent CV.

Applications are reviewed in the order they are received.

To send your application **[CLICK ON THIS LINK](#)**

IMPORTANT: You may submit your application before completing the *Introduction to the New Creative Journal* course; however, the course must be finished prior to the start of the certification program.

ANNEX: DETAILED PROGRAM

Prerequisites

Introduction to the *New CREATIVE JOURNAL™*.

(Online course for all, by Anne-Marie Jobin)

Basic concepts with videos and practical exercises.
Online, to be followed at your own pace.

ONLINE

Must be completed **BEFORE** the start of the certification training

For more information or to register for this course

[Click here](#)

THE CENTRE FOR THE NEW CREATIVE JOURNAL (ÉCOLE LE JET D'ANCRE INC.) WILL DELIVER THE 200 HOURS OF TRAINING AS FOLLOWS

The program will run with a minimum of 12 participants. If enrollment exceeds 30, participants will be divided into sub-groups of 15–20, while still meeting regularly in the large group.

MODULE 1: THE NEW CREATIVE JOURNAL® METHOD - 100 HOURS

Be sure to note down the times that correspond to your time zone, by consulting a website that allows you to verify this information, such as timeanddate.com.

Please note that all the following times refer to New York city time (UTC-4).

Launch of the Program - 3 h

1.1 Introduction and first exercises

Meeting on Zoom (3 h)

Hosted by Anne-Marie and her training team.



VISIOCONFERENCE (live)

Wednesday, March 4th, 2026
From 12:00 to 3:00 p.m.

The basics of the method - 12 h

1.2 Approaches and theoretical foundations

Pre-recorded videos and course notes (3 h)

To be completed at your own pace, before the following meeting.

SELF-PACED

**Between March 5th
and March 13th, 2026**

1.3 General notions and the continuum of techniques

Meeting on Zoom (3 h)

Hosted by Anne-Marie and co-instructor.



VISIOCONFERENCE (live)

**Friday, March 13th, 2026
From 12:00 to 3:00 p.m.**

1.4 Introspective approaches and the technique ladder

Meeting on Zoom (3 h)

Hosted by Anne-Marie and co-instructor.



VISIOCONFERENCE (live)

**Saturday, March 14th, 2026
From 12:00 to 3:00 p.m.**

1.5 Creative techniques and contribution from artists

Meeting on Zoom (3 h)

Hosted by Anne-Marie and co-instructor.



VISIOCONFERENCE (live)

**Sunday, March 15th, 2026
From 12:00 to 3:00 p.m.**

Expanding the Horizons - 20 h

1.6 Contribution of art therapy and qualities of art media

Videos, course notes and practical exercises (4 h)

To be completed at your own pace, between meetings.

SELF-PACED

**Between March 16th
and March 25th, 2026**

1.7 Exploring the artwork

Meeting on Zoom (3 h)

Hosted by Anne-Marie and her co-instructor.



VISIOCONFERENCE (live)

Wednesday March 25th, 2026

From 12:00 to 3:00 p.m.

1.8 Creativity and combining languages

Video, course notes and practical exercises (4 h)

To be completed at your own pace, between meetings.

SELF-PACED

**Between March 25th
and April 1st, 2026**

1.9 Personal practice and integration

Meeting on Zoom (3 h)

Hosted by Anne-Marie and her co-instructor.



VISIOCONFERENCE (live)

Wednesday, April 1st, 2026

From 12:00 to 3:00 p.m.

1.10 Multimodality in practice

Videos, course notes and practical exercises (3 h)

To be completed at your own pace, between meetings.

SELF-PACED

**Between April 1st
and April 8th, 2026**

1.11 Collective creative games

Meeting on Zoom (3 h)

Hosted by Anne-Marie and her co-instructor.



VISIOCONFERENCE (live)

Wednesday April 8th, 2026

From 12:00 to 3:00 p.m.

ONLINE

From April 15th
to August 19th, 2026

The lessons will be posted in two sets of five, to allow for more flexibility in your personal schedule.

Suggested rhythm: 2 lessons
per month (dates below).

April 15th, 2026 - lessons 1 to 5
June 24th, 2026 - lessons 6 to 10

Going further: Pathways to the Inner Life - 50 h

1.12 Online course of 10 lessons

Readings, videos, practical work and forum discussions.
Mentoring required for one lesson.

Supervised by Anne-Marie Jobin and by a co-instructor.

To be completed at your own pace before the end of Module 1.

LESSONS: GOING FURTHER – PATHWAYS TO THE INNER LIFE

SUGGESTED RHYTHM

Lesson 1: **The Unconscious, the Greater Vastness and the Imaginary**

April 15th, 2026

Lesson 2: **The Source of Creativity**

April 29th, 2026

Lesson 3: **Presence and Relaxation**

May 13th, 2026

Lesson 4: **The Body, Stress, Health and Well-being**

May 27th, 2026

Lesson 5: **Everyday life and Working with Difficulties**

June 10th, 2026

Lesson 6: **Nature**

June 24th, 2026

Lesson 7: **The Language of Metaphor**

July 8th, 2026

Lesson 8: **Poetic Language**

July 22nd, 2026

Lesson 9: **Dreams**

August 5th, 2026

Lesson 10: **Mandalas – Closing the Journey**

August 19th, 2026

Various tasks - 15 h

Additional reading, peer exchanges, participation in coffee breaks, and general assessment of module 1.

Please note that the time required for these various tasks may vary from one person to another; this number of hours are but an approximate indication of the time required.

MODULE 2: TEACHING THE METHOD: PRACTICAL AND EXPERIENTIAL ASPECTS - 100 H

Practical Labs on facilitation and guidance - 20 h

2.1 Laboratory #1: Introducing the method

Meeting on Zoom (3 h)
Hosted by co-instructor.



VISIOCONFERENCE (live)

Wednesday, September 23rd, 2026
From 12:00 to 3:00 p.m.

2.2 Facilitating the method: theory

Videos, theory and course notes (2 h)
To be completed at your own pace, before the next class.

SELF-PACED

From September 23rd
to September 30th, 2026

2.3 Laboratory #2: Topic-based workshops

Meeting on Zoom (3 h)
Hosted by Anne-Marie and co-instructor.



VISIOCONFERENCE (live)

Wednesday, September 30th, 2026
From 12:00 to 3:00 p.m.

2.4 Laboratory #3: Adapting activities to different audiences

Meeting on Zoom (3 h)
Hosted by Anne-Marie and co-instructor.



VISIOCONFERENCE (live)

Wednesday, October 7th, 2026
From 12:00 to 3:00 p.m.

2.5 Laboratory #4: Accompanying individuals

Meeting on Zoom (3 h)
Hosted by co-instructor.



VISIOCONFERENCE (live)

Wednesday, October 14th, 2026
From 12:00 to 3:00 p.m.

2.6 Laboratory #5: Ethics and facilitation challenges

Meeting on Zoom (3 h)
Hosted by Anne-Marie and co-instructor.



VISIOCONFERENCE (live)

Wednesday, October 21st, 2026
From 12:00 to 3:00 p.m.

2.7 Taking stock and envisioning the path ahead

Video and exercises (1.5 h)
To be completed at your own pace, before the next class.

SELF-PACED

From October 21st
to October 28th, 2026

2.8 Closing with Laboratory #6: Diving in

Meeting *coffee break* style on Zoom (1.5 h)
Hosted by Anne-Marie and co-instructor.



VISIOCONFERENCE (live)

Wednesday, October 28th, 2026
From 12:00 to 1:30 p.m.

2.9

Mini animations in small groups - 10 h*

* Includes preparation time and follow-up

One-day meetings in sub-groups.

Hosted and supervised by the sub-group instructor.

Groups of 4 to 8 people will be formed at the start of the course. These meetings are supervised by the co-instructor. During the day, each person will lead a creative journaling activity of their choice, for 30 minutes, and then attend the activities of their peers, all in an atmosphere of caring and mutual support.



VISIOCONFERENCE (live)

Participation for one day between
October 31st and November 15th, 2026
A survey will be sent to the group

From 9:00 a.m. to 5:00 p.m.

Participation for
ONE day only

2.10

Practica - 35 h*

35-hour practicum – 20 hours of preparation/supervision and 15 hours of facilitation (flexible schedule).

Supervised by co-instructor.

- Organized by the participant and supervised remotely by the co-instructor
- Supervision consists of comments on the assignment and follow-up by e-mail, videoconference or telephone (maximum 3 hours).
- The choice of placement depends on the desired objectives, which may be in the workplace, with an organization or in another context.
- The arrangements are flexible. For example, the practicum can take place over 2 full days or 5, 3-hour meetings. It can be run as a group or one-to-one, or as a combination of two shorter projects.

STAGE

Between October 2026
and February 2027

Learning review and closure - 20 h

3.1 Harvesting the learnings (5 h)

Video, readings and exercises

To be completed at your own pace, before the next meeting.

SELF-PACED

Between February 17th
and February 24th, 2027

3.2 Picking up the thread, sharing experiences

Meeting on Zoom (3 h)

Hosted by the co-instructor.



VISIOCONFERENCE (live)

Wednesday, February 24th, 2027
From 12:00 to 3:00 p.m.

3.3 Special activity

Meeting on Zoom (3 h)

Hosted by the co-instructor.



VISIOCONFERENCE (live)

Wednesday, March 3rd, 2027
From 12:00 to 3:00 p.m.

3.4 Personal journey review

Meetings on Zoom (3 h)

Hosted by Anne-Marie and co-instructor.



VISIOCONFERENCE (live)

Friday, March 5th, 2027
From 12:00 to 3:00 p.m.

3.5 Beyond training: a world of possibilities

Meetings on Zoom (3 h)

Hosted by Anne-Marie and co-instructor.



VISIOCONFERENCE (live)

Saturday, March 6th, 2027

From 12:00 to 3:00 p.m.

3.6 Closing activities

Meetings on Zoom (3 h)

Hosted by Anne-Marie and co-instructors.



VISIOCONFERENCE (live)

Sunday, March 7th, 2027

From 12:00 to 3:00 p.m.

Various tasks - 15 h

Additional video viewings, supplementary readings, reporting on mini animations, reflecting on ethics, participating in coffee breaks and peer exchanges, preparing practicum reports, and general practice assessments are all part of the process. Please note that the time needed for these tasks may vary from person to person; the stated number of hours should only be considered as an approximate guideline.



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