

## Workshop Plan: Video Journaling Workshop

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### Workshop Plan: Video Journaling Workshop:

Workshop Plan: Integrating Video Journaling in Art Therapy

This workshop is tailored for individuals interested in incorporating video journaling into their therapeutic practices, particularly aimed at beginners and utilizing smartphones for video creation. By the workshop's conclusion, participants will grasp fundamental video journaling techniques, possess basic video editing skills, and comprehend how these tools can enrich their therapeutic endeavors.

#### Objectives:

- Understand the concept and therapeutic advantages of video journaling.
- Acquire basic video recording techniques using smartphones.
- Explore creative avenues to articulate emotions and thoughts through video.
- Develop introductory proficiency in video editing using user-friendly apps.
- Create a personal video journal entry as a means of reflective practice.

#### Course Structure:

##### Stage 1: Workshop Outline

- Introduction to video journaling in art therapy
- Overview of workshop objectives and structure

##### Stage 2: Workshop Activities

- Guided instruction on smartphone video recording techniques
- Hands-on exploration of expressive video creation methods
- Introduction to accessible video editing apps and basic editing exercises
- Facilitated creation of personal video journal entries

##### Stage 3: Specific Topics

- Communication, Reflection, and Expression: Techniques for effective communication through video, strategies for reflective video journaling, and methods for expressing emotions visually.
- Reflective Questions: Prompts for self-reflection on video journaling experiences and insights gained.
- Emotional Exploration: Tools and approaches for delving into and expressing complex emotions through video.

#### Target Audience:

- Art therapy students interested in leading video journaling workshops
- Videographers considering incorporating video journaling into their practice
- Bloggers/writers exploring the potential of video journaling as a workshop theme

This course provides a concise yet comprehensive framework for planning and executing a video journaling workshop. Participants can engage with the material over 1-2 sittings, then apply the concepts to design their own workshops. Feedback and further guidance can be sought after implementing the workshop plan, ensuring alignment with the needs and interests of the intended audience.



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