



Moxie
Consultation

Rae Hight, RN, MA, LMHC
Certified Journal Therapist
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WRITING FOR EMOTIONAL BALANCE...♦♦

*A unique, 8-week individualized guided journaling course.
Created as an adjunct to individual therapy.
Based on the journaling workbook by Dr. Beth Jacobs.*



This course provides:

- ✉ Information regarding therapeutic writing and the health benefits of journaling.
- ✉ Instruction regarding focused journaling techniques that facilitate insight into, and management of, overwhelming emotions.
- ✉ Individualized feedback on the journaling process throughout the course.
- ✉ Development of an individualized journaling plan at the end of the 6-week course.

No Journaling Experience Needed

Entire 8 weeks can be done on-line or on the following schedule:

Weeks 1 & 6: Hight's Pathway Studio, Port Orchard; arranged on an individual basis.

Weeks 2 - 5: Via ongoing e-mails.

Cost: \$150.00 *(includes additional handout materials; client provides their own book which is available through Amazon.com at a greatly reduced price)*

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