



Lucia Capacchione's
Creative Journal
Expressive Arts
(CJEA)

Overview

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**Creative Journal
Expressive Arts
(CJEA)**

Originated
by

Lucia Capacchione, PhD, ATR, REAT (1937-2022)

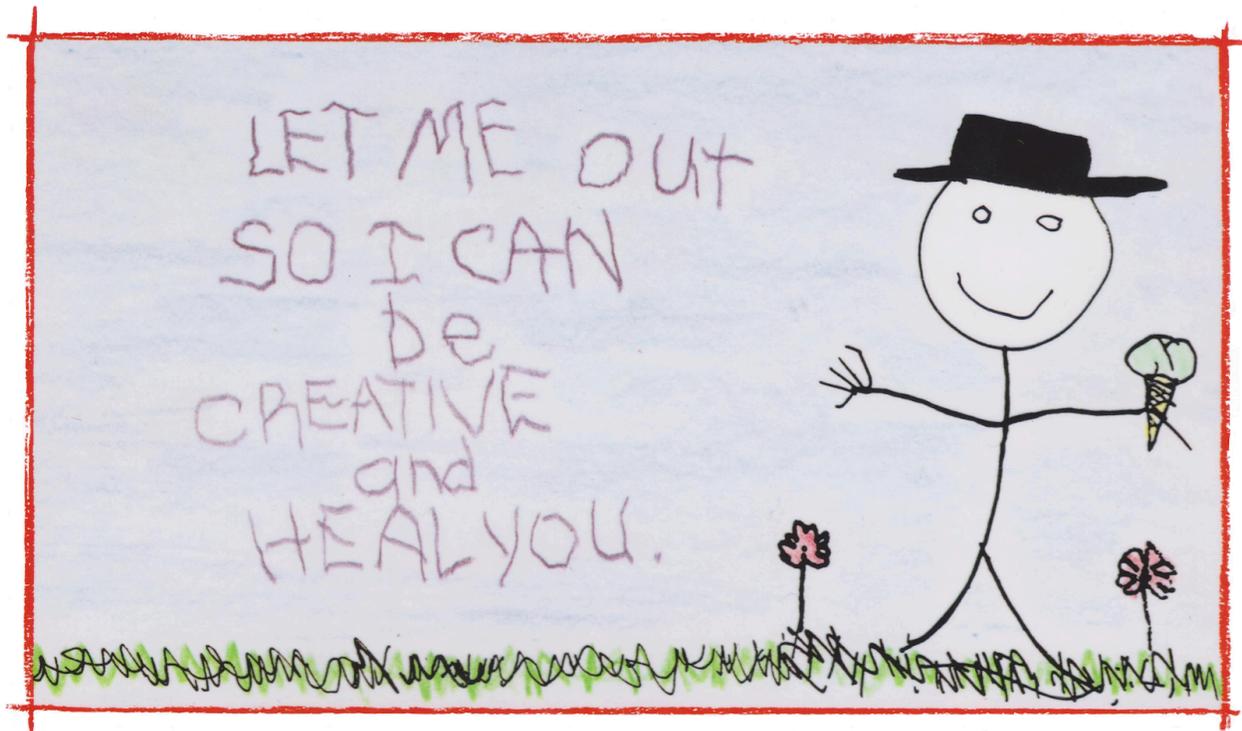
Introduction to CJEA

What is Creative Journal Expressive Arts (CJEA)?

Creative Journal Expressive Arts (CJEA) is a method with simple tools for any process of healing, creativity, and life Visioning®.

Who is CJEA for?

- If you can hold a crayon, you can do this work.
- All ages, from toddlers to seniors.
- All populations, regardless of your zip code or community.



CJEA Creative Journal Expressive Arts Method Includes:

- The Creative Journal Method (1976)
- Whole-Brain Two-Handed Method (1976)
- Inner Child Reparenting Method (1976)
- Body-Mind Healing-Arts Method (1980)
- Visioning® Method (1994)

Biography

Dr. Lucia Capacchione was an Art Therapist, Expressive Arts Therapist, and bestselling author of 23 books. She was an early pioneer in Journal Therapy, Inner Child Work & Expressive Arts Therapies in the 1970's. During her extensive career, she developed unique approaches to stress reduction, well-being and creativity. She continues to tailor her programs for specific demographics. Her original Creative Journal Expressive Arts (CJEA) method is being used internationally in mental health care, wellness support groups, addiction treatment, body-mind healing, life & career coaching, creativity enhancement, spiritual guidance, education, public school programs, and more.

Endorsements

“Beginning with *The Creative Journal*, Capacchione has been a powerful champion of the therapeutic potential of keeping one’s own drawing journal....In [her books] she discusses her personal journey and how journaling has facilitated her growth and development....This intimate touch engages readers and offers them permission to tell their stories through working in their journals.”

~ Art Therapy: Journal of The American Art Therapy Association ~

“Underlining all of her work, is the simple but profound truth that each of us has within ourselves the power to change our lives in positive ways, including healing.”

~ The late, Robert E. Ault, ATR ~
Co-founder: American Art Therapy Association
Former Art Therapist, The Menninger Foundation

“Both drawing and writing encourage a fundamental need that we have for self-expression. Writing has the added benefit of translating experience into language - which can help a person resolve trauma more quickly. Lucia Capacchione’s work is pioneering.”

~ Professor James W. Pennebaker ~
Author: *Writing to Heal* and *Opening Up by Writing it Down*,
pioneering researcher in the field of therapeutic writing ~

“Dr. Capacchione not only helps to bring out the best, but helps to discover that there is a best that is worth bringing out.”

~ The late, Norman Cousins ~
Author: *Anatomy of an Illness*

Creative Journal Expressive Arts (CJEA): Summary

“A practical, playful, insightful, and delightful way to get in touch with the *Inner Self*. It is remarkable that one’s own intuitive wisdom and creativity can be tapped so easily in a process that is readily available to us.”

~ Joan Borysenko, PhD ~

Author: *Minding the Body, Mending the Mind*

“The process of healing is the product and Capaccione’s work guides us in the process, presenting tools for change. I recommend it to all.”

~ Bernard S. Siegel, MD ~

Author: *Love, Medicine and Miracles*

“By exploring my right brain through writing with my nondominant left hand, I learned to access the place where I had locked some memories tightly away. After a time I was able to break through barriers that had stymied me for decades.”

~ William A. Donius ~

NY Times Best Selling Author:

Thought Revolution: How to Unlock your Inner Genius

Based on the **Whole-Brained Two-Handed Method (1976)**

“Lucia Capaccione’s workshop was a powerful tool on my healing journey.”

~ The late Louise L. Hay ~

Author: *You Can Heal Your Life*

“*Recovery of Your Inner Child* provides a structure so that we can focus on being Real, and its messages and guidance are safe. It comes from one of the great teachers and therapists of our day.

~ Charles L. Whitfield M.D. ~

Author: *Healing the Child Within*

Creative Journal Expressive Arts (CJEA): Summary

“The best book I’ve read on how to talk to your Inner Child and find out what it needs. Practical, helpful, and easy.”

~ Melody Beattie, author of *Codependent No More*

“Healing is making ourselves whole. Healing our Inner Child is a major part of our recovery. Lucia Capacchione is a master of gently guiding you through this process. Love yourself enough to recover from the past.”

~ The late, Louise L. Hay ~
Author: *You Can Heal Your Life*

“The exciting culmination of a life’s work by a pioneer in integrating the arts into the practice of psychotherapy and self-help, Lucia has recovered for all of us the ancient connection between the expressive arts and the release of our healing powers. Bravo to an artist of the soul!”

~ David Richo ~
Author: *How to Be an Adult in Relationships*

The late Dr. Valerie Hunt, former head of kinesiology research at UCLA, author of *Mind Mastery Meditations*, was a personal friend and colleague of Dr. Capacchione’s. After reading the first edition (1988) of, *The Power of Your Other Hand* Dr. Hunt explained how she thought Dr. Capacchione’s techniques accessed right-brain processing and connected the hemispheres. According to Dr. Hunt, writing with the nondominant hand integrates the hemispheres and opens up new neuronal pathways between the two sides of the brain. She stated that writing with the nondominant hand engages both sides of the brain. The words come from the left brain language centers, while the messages conveying feelings, intuitions and insights come from the non-verbal right brain.

CJEA - Overview

The CJEA Method uses a drugless prescriptive approach, with processes tailored to the needs of individuals and groups. Dr. Capacchione's time-tested methods offer empowering tools for healing and realizing one's true heart's desire. The CJEA Method is accessible to people of all ages, as presented in Dr. Capacchione's 23 books (translated into 20 languages).

The CJEA Method, originated by Dr. Lucia Capacchione, is a comprehensive set of tools for any process of healing, creativity, and life Visioning®. The Method consists of five distinct components, each with its own unique characteristics and benefits:

CJEA Method Components:

- The Creative Journal Method (1976)
- Whole-Brain Two-Handed Method (1976)
- Inner Child Reparenting Method (1976)
- Body-Mind Healing-Arts Method (1980)
- Visioning® Method (1994)

CJEA Method Signature Benefits:

1. Process emotions through creative expression
2. Feel, express, identify and accept emotions
3. Identify and tame the Inner Critic
4. Cultivate self-acceptance and worthiness
5. Identify needs
6. Communicate and advocate for one's own needs
7. Develop elegant boundary-setting skills
8. Discover and embrace one's subpersonalities with Voice Dialogue
9. Experience the Inner Child in the body, emotions, imagination, and spiritual self
10. Reparent the Inner Child through a Nurturing and a Protective Parent within
11. Heal and cultivate relationships
12. Become aware of feelings stored in the body through movement and art
13. Heal the body-mind through the arts, movement, and inner dialogue
14. Access inner guidance through messages in spontaneous art and dreams
15. Find inner wisdom guides through symbols and images
16. Discover deeper meaning in life
17. Make more conscious choices and life decisions

Creative Journal Expressive Arts (CJEA): Summary

18. Find one's heart's desire
19. Re-vision various aspects of life
20. Unlock innate creativity
21. Express creativity in the world
22. Create a healthier, happier, more creative and satisfying life

CJEA - Method Components

The Creative Journal Method (1976)

This unique approach to journal-keeping is the foundation of all CJEA components. The Creative Journal Method offers original prompts characterized by integrated writing, drawing, and collage. The practitioner facilitates clients with CJEA tools to:

- Process feelings, thoughts, perceptions, experiences, physical sensations, nocturnal dreams, inner wisdom, relationships, aspirations, and goals
- Learn the visual language of feelings through doodling, scribbling, drawing, and collage-making
- Access the nonlinear, emotional, intuitive centers of the right brain with art
- Allowing one's non-verbal right brain to "speak" through writing with the nondominant hand
- Overcome self-criticism, fear, and anxiety
- Find and love oneself through a regular practice of Creative Journaling
- Get to know and care for one's Inner Child
- Learn to tame the Inner Critic and dissolve creative blocks
- Heal and cultivate relationships
- Explore and interpret nocturnal dreams through art and writing
- Find guidance from inner wisdom for more conscious life decisions
- Clarify goals and remove barriers
- Make dreams come true

Creative Journal Expressive Arts (CJEA): Summary

Sourcebooks for The Creative Journal Method (1976)

The principles of this method are discussed and applied in the following books by Dr. Lucia Capacchione:

- The Creative Journal*
- The Power of Your Other Hand*
- Recovery of Your Inner Child*
- The Creative Journal for Children*
- The Creative Journal for Teens*
- The Creative Journal for Parents*
- The Art of Emotional Healing (Living with Feeling, hardback)*
- Visioning®*
- Drawing Your Stress Away*
- Hello, This is Your Body Talking*
- The Talent Workbook*
- The Inner Child Play Book*
- Life Skills Workbook for Teens*
- The Well-Being Journal (Out of Print)*
- Lighten Up Your Body, Lighten Up Your Life (Out of Print)*
- The Picture of Health (Out of Print)*
- Creating a Joyful Birth Experience (Out of Print)*
- Putting Your Talent to Work (Out of Print)*

Whole-Brain Two-Handed Method (1976)

This method features Dr. Capacchione's signature bilateral techniques for healing, creativity, and accessing inner wisdom. The practitioner facilitates clients with tools to:

- Access non-linear, emotional, intuitive centers of one's right brain through art-making and writing with the nondominant hand
- Balance the brain hemispheres through bilateral drawing (both hands at once) and improvised movement
- Cultivate communications between the hemispheres of the brain through written dialogues and drawing with both hands alternately
- Tame the Inner Critic through written dialogues between the dominant and nondominant hand
- Stimulate creativity, problem-solving, and innovative thinking by opening new neuronal pathways in the brain with images and words
- Develop a supportive, balanced relationship between the verbal, rational left brain and the non-verbal, emotional, intuitive right brain
- Enhance sensory awareness by tapping into the visual-spatial and body sensing centers of the right hemisphere of the brain

Source Books for Whole-Brain Two-Handed Method (1976):

The principles of this method are discussed and applied in the following books by Dr. Lucia Capacchione:

- The Creative Journal
- The Power of Your Other Hand
- The Art of Emotional Healing
- Drawing Your Stress Away
- Hello, This is Your Body Talking

Inner Child Reparenting Method (1976)

This component focuses on Dr. Capacchione's highly-acclaimed original approach to self Reparenting and Inner Family healing. The practitioner facilitates clients with tools to:

- Identify and experience the Inner Child (In the body, emotions, creativity, and spirituality) through writing, drawing, sculpture, mask-making, movement, and Voice Dialogue.
- Get to know one's Inner Family
- Cultivate a Nurturing Parent Within, who listens to and cares for the Inner Child's needs
- Strengthen a Protective Parent Within, who provides safety and security for the Inner Child through boundaries and limit-setting
- Identify, name, and manage one's own negative self-talk of the Critical Parent Within
- Heal wounds of childhood and beyond through creative self-reparenting processes
- Develop a balanced and fulfilling life by expressing the Playful, Creative, Spiritual Child Within
- Apply CJEA Inner Family principles in health, relationships, and life choices

Source Books for Inner Child Reparenting Method (1976):

The principles of this method are discussed in the following books by Dr. Lucia Capacchione and applied in all of her books:

- Recovery of Your Inner Child*
- The Creative Journal*
- The Power of Your Other Hand*
- The Inner Child Play Book*
- Drawing Your Stress Away*
- Hello, This Is Your Body Talking*
- The Art of Emotional Healing*

Body-Mind Healing-Arts Method (1980)

This component consists of practices for listening to the body, releasing emotions, uncovering inner wisdom, and taking specific actions for healing. The practitioner facilitates clients with tools to:

- Communicate with and learn from body signals through art, writing, sculpture, and movement.
- Release tension and stored emotions
- Destress by allowing music to flow through the body via spontaneous movement
- Relax by integrating music and art through “dancing on paper”
- Uncover emotions buried in the body through Body Mapping
- Let the body speak its truth in written dialogues between both hands
- Discover inner wisdom and guidance hidden in pain, illness, and discomfort
- Create a Picture of Health through “visual affirmations” with art
- Centering emotionally and physically through mandala-making
- Create self-empowerment through building a support system

Source Books for Body-Mind Healing-Arts Method (1980):

The principles of this method are discussed and applied in the following books by Dr. Lucia Capacchione:

- The Creative Journal*
- The Power of Your Other Hand*
- Drawing Your Stress Away*
- Hello, This Is Your Body Talking The Power of Your Other Hand*
- The Art of Emotional Healing (Living with Feeling, hardback)*
- The Well-Being Journal* (out of print)
- The Picture of Health* (out of print)
- Lighten Up Your Body, Lighten Up Your Life* (out of print)
- Creating a Joyful Birth Experience*

Visioning® Method (1994)

This component features creative strategies for manifesting one's heart's desire in any aspect of life. The practitioner facilitates clients with tools to:

- Identify and manifest your heart's desire through a unique creative process
- Discover one's true heart's desire through focused meditation
- Create a collage Vision Board of desired outcomes and experiences
- Uncover deeper meaning hidden in the Vision Board images through journaling, Voice Dialogue, and movement
- Dialogue with one's "future self" through written dialogues with both hands
- Embody one's "future self" through movement and Voice Dialogue

Source Books for Visioning® Method (1994):

The principles of this method are discussed and applied in the following books by Dr. Lucia Capacchione:

- ❑ *Visioning*
- ❑ *Putting Your Talent to Work*
- ❑ *The Talent Workbook*
- ❑ *Talent2Work*
- ❑ *Life Skills Workbook for Teens*

CJEA Context

Traditional therapy is conducted by a trained, licensed therapist or counselor. This is done in either one-on-one or group sessions. As with traditional therapy, the CJEA Method can be applied to individuals and groups.

The Method can be facilitated by Creative Journal Expressive Arts (CJEA) certified practitioners in public presentations, workshops, training events, and ongoing support groups, or classes. Licensed mental health professionals, who are also certified in CJEA Method, often include CJEA in their professional practice.

Professionals may be trained by Dr. Capacchione, or her staff, to apply specific CJEA components within the context of a particular project or program.

Creative Journal Expressive Arts (CJEA) programs are tailored to meet the needs of individuals and groups. The method is designed to adapt to a vast cross-section of demographics. The CJEA Method has a proven track record in cancer support groups, workshops for veterans and active military, addiction treatment, memory care, support for caregivers, job and career development, Visioning®, creative growth, creativity in business and industry, spiritual retreats, public school programs (K-12), and courses in higher education.

CJEA Theory - Privacy and Confidentiality (Emotional Safety)

Any effective therapeutic process requires privacy, confidentiality, and freedom from judgment. The process of self-discovery, healing, and personal growth can only occur in a judgment-free, emotionally safe setting.

When done in solitude, the CJEA Method represents the purest possible form of privacy and confidentiality. The person who engages in CJEA processes, on their own, has full control over the substance and timing of their discovery, healing, and growth. This pure level of privacy offers unprecedented freedom from "people-pleasing," "playing to the audience," and conforming to the expectations of others. Solitude and confidentiality eliminate external influence and criticism.

Any sharing with others of one's personal process is done voluntarily and selectively. It is a free choice and no amount of manipulation or bullying should be yielded to. Sharing is done *only* with those who are emotionally safe: non-judgmental, clear about and respectful of confidentiality. *Safe individuals* might be a therapist, counselor, best friend, or confidante. It is imperative that there be a history of trust, confidence, and caring with the individual being honored with the gift of sharing.

To safeguard privacy, one's CJEA journals and artwork must be stored in a safe, secure location over which the journal-keeper has full control. For example, journals are often kept in a locked cabinet, secure metal file box, or travel bag. Larger art-work is frequently stored in a locked closet or secure portfolio.

CJEA Theory - The Creative Journal Method (1976)

The Creative Journal Method (1976) was originally presented in Dr. Capacchione's book *The Creative Journal: The Art of Finding Yourself* (1979, 2015). This method is based on principles of art therapy, expressive arts therapy, and writing/journal therapy. Dr. Capacchione integrated these principles and innovated an intermodal approach, giving rise to new applications and techniques.

The word *intermodal* signifies the sequencing of interrelated, interdependent activities. These activities employ a variety of media. For example, a drawing prompt (scribbling feelings out) is followed by written observation and insight into the resulting art or the process or both. Another example is the creation of a clay form reflecting the client's current mood. This is followed by an interpretation of the clay piece through movement. A written reflection on the clay and movement experience might close the activity. This sophisticated blend of modalities, coupled with powerful nondominant hand techniques, offers unparalleled access to the right brain and limbic system. This results in direct communication with one's own:

- Emotions
- Expression of feelings
- Physical sensations
- Somatic awareness
- Sensory processing
- Perceptions
- Intuition
- Experiences
- Memories
- Creativity
- Learning
- Problem-solving
- Motivation
- Dreams
- Unconscious
- Spiritual awareness
- Personal values

Creative Journal Expressive Arts (CJEA): Summary

Origin Story: The Creative Journal Method (1976)

The Creative Journal Method was born out of Dr. Capacchione's personal struggle with a life-threatening illness in 1973. Bedridden and desperate, after realizing that medical diagnosis and treatment was making her condition worse, she turned to her artist's notebooks for solace.

She began the practice of journaling and discovered the healing power of scribbling, drawing, and writing out feelings, nocturnal dreams, and insights. At the time combining art with writing was an innovative approach to journaling. The combination of this practice with therapy and integrative medicine resulted in Dr. Capacchione's full recovery. Her life-altering journal process led to a new career as an art therapist. Dr. Capacchione developed the Creative Journal Method in the context of guiding clients in their own journal practice.

Relationship with Oneself: Self-reflection and Self-worth

Making a commitment to oneself on a regular basis is a demonstration of self-worth, self-value, and self-love. Dedicating time to a journal practice creates an opportunity to focus on one's inner self. The Creative Journal Method is a proven means to gain self-knowledge and inner wisdom.

Subpersonalities

In 1973 Dr. Capacchione discovered she had many subpersonalities. These aspects of herself appeared spontaneously on the page as she drew and wrote. Her Inner Child was the first subpersonality to make an appearance. While writing in her journal, her nondominant hand unexpectedly grabbed the pen and drew a simple stick figure of a little girl. Then the child in the picture "spoke" by writing out her feelings in a barely legible scrawl. She was feisty and had lots to say.

Suddenly, Dr. Capacchione's dominant hand took the pen back. An overbearing Inner Critic immediately began writing, trying to boss the child around. What ensued was a confrontation between Dr. Capacchione's right and left hand, between her Inner Child and a Know-It-All Inner Critic.

Over time Dr. Capacchione's other subpersonalities slowly and effortlessly appeared in the form of pictures and words in her journal entries. She interviewed them by writing

Creative Journal Expressive Arts (CJEA): Summary

questions with her dominant hand. They replied, “spoke,” through writing with the nondominant hand. Inviting her subpersonalities to express their feelings and needs, she got to know them. The result was an innovative approach for actively communicating with subpersonalities, linking the conscious and unconscious mind. subpersonalities were finally given a “voice.”

Some subpersonalities became allies and guides in making life decisions:

- Playful Child
- Adventurer
- Day-dreamer
- Meditator
- Wise Guide
- Warrior woman

A few subpersonalities presented as domineering and judgmental in nature:

- Inner Critic
- Perfectionist
- Pusher
- Inner Bully

Other subpersonalities were gentle, compassionate, and supportive, such as:

- Nurturing Parent
- Protective Parent

Dr. Capacchione was introduced to the concept of subpersonalities in therapy and experienced them through journaling. In realizing that her subpersonalities were not *who* she was, she set out to devise tools for separating subpersonalities from her Core Self. Rather than identifying with one or another subpersonality, she took charge of them all. This enabled her to make more conscious choices instead of allowing subpersonalities to “act out” on their own. Her Core Self now had a choice about which subpersonality would be activated at any given time, depending on the contact and her personal values.

This process of dialoguing with both hands paved the way for Dr. Capacchione’s further development of her groundbreaking **Whole-Brain Two-Handed Method (1976)**.

CJEA Theory - Whole-Brain Two-Handed Method (1976)

Dr. Capacchione's groundbreaking discovery of the healing power of the nondominant hand was introduced within the framework of the **Creative Journal Method (1976)**. The **Whole-Brain Two-Handed Method (1976)** is a unifying thread throughout the CJEA Method.

Origin Story: Whole-Brain Two-Handed Method (1976)

Dr. Capacchione first discovered the power of the nondominant hand while she was still in recovery from her illness. She was introduced to the idea when her therapist, Bond Wright, asked her to write with her "non-writing" hand. Sitting on the floor with a large newsprint pad, Bond placed a big black kindergarten crayon in Dr. Capacchione's left hand. Dr. Capacchione tried to switch the crayon into her right hand, explaining that she was right-handed. Bond explained that this activity is done with the non-dominant hand.

Dr. Capacchione's Inner Child printed in a large, illegible scrawl that she wanted to feel her feelings and know they were O.K. This novel, first-hand, experience of the Inner Child was liberating for Dr. Capacchione and led to a tangible improvement in her physical and emotional health.

Between therapy sessions, Dr. Capacchione continued drawing and writing in her journal with her dominant hand. A few weeks after starting therapy, her energy and motivation started coming back. One day she began writing about plans to create a retrospective art show of posters, paintings, and cards. Suddenly the tone of the writing changed and a critical voice interrupted the flow. The message was harsh, negative, and discouraging. Without warning, Dr. Capacchione's nondominant hand grabbed the pen, drew a stick figure of a little girl and then printed large scrawling words sassing back to the critic.

What followed was a confrontation between her creative Inner Child and a Critical Parent within. The Child was being ordered to be practical and "get a job." The Child sassed back, asserting her need to be herself and unfold in her own way and time.

Creative Journal Expressive Arts (CJEA): Summary

After this heated debate, Dr. Capacchione had an Aha! Moment. Writing with her dominant hand, she reflected on new insights about her illness and recovery process. It suddenly became clear that she was in the middle of a life transition and on a journey to find her True Self.

The dialogue between Dr. Capacchione's Critical Parent and Inner Child opened up access to a whole new world of subpersonalities. These dialogues also introduced her to the differences in each side of the brain. Shortly afterward, she became aware of Dr. Sperry's research, at the California Institute of Technology, on the specialized functions of the brain's two hemispheres. Sperry's work explained Dr. Capacchione's discovery of the nondominant hand's ability to access emotions, intuition, and creativity associated with the right brain.

The nondominant hand is defined as: "The hand you don't normally write with." Many activities in the CJEA method include drawing and writing with the nondominant hand.

Dr. Capacchione has observed thousands of individuals in her private practice drawing and writing with the nondominant hand. Using the **Whole-Brain Two-Handed Method (1976)** her clients readily accessed the right hemisphere of the brain and activated the following:

- Physiological Process
- Emotional Expression
- Psychological Processing
- Spiritual Attunement

Physiological Process

According to the late Dr. Valerie Hunt, Dr. Capacchione's **Whole-Brain Two-Handed Method (1976)** opens new neuronal pathways in the brain. Writing with the nondominant opens new neural pathways in the corpus callosum which connects both hemispheres. While writing with the nondominant hand, the language centers in the left brain are engaged. At the same time, content is coming from the right brain (body awareness, gut instinct, intuition). While drawing with both hands simultaneously (known as bilateral drawing), both hemispheres of the brain are activated.

Creative Journal Expressive Arts (CJEA): Summary

Emotional Expression

According to Dr. Allan N. Schore's research, emotions are stored in the limbic system, which is only accessible through the right brain. Drawing with either hand depends on the visual-spatial centers of the right brain. Drawing with only the nondominant hand accentuates the connection to the right brain's visual-spatial centers. According to Dr. Hunt, drawing with the nondominant hand is a way to bypass the critical and analytical function of the left brain, which often blocks and interferes with the creative process. Further, nondominant hand drawing activates emotions stored in the limbic system.

Writing with the nondominant hand requires the use of both hemispheres. This process relies on language centers in the left brain. At the same time, the feelings and intuitions being expressed are coming from the emotional centers which are accessed through the right brain.

Psychological Processing

Creativity is a component of psychological processing and is enhanced when drawing or writing with the nondominant hand. In reviewing Dr. Capacchione's work, Dr. Hunt observed that the **Whole-Brain Two-Handed Method (1976)** provides ready access to the right brain's creative centers by short-circuiting the Inner Critic in the left brain. This is a key to creative breaking-throughs. Further, intuition and insights are deepened when writing and drawing with the nondominant hand and engaging in dialogues with both hands.

Spiritual Attunement

Newberg and D'Aquili have researched states of spiritual awareness. They discovered that certain areas of the brain change shape and size during periods of meditation and prayer by research subjects. The **Whole-Brain Two-Handed Method (1976)** enhances access to intuition, inner wisdom, and spiritual attunement shown to speak directly through the nondominant hand.

Creative Journal Expressive Arts (CJEA): Summary

The Two Hemispheres of the Brain

The left hemisphere of the brain processes verbal, mathematical and logical information. It governs the ability to follow rules of grammar, spelling and syntax, which make communication possible through common language. If certain centers in the left hemisphere are damaged or diseased, speech and reading impairment often result.

Conversely, the right brain specializes in non-verbal, visual-spatial functions, mental imagery, emotional expressiveness, and intuition. Examples of right-brain-reliant activities are dance, visual arts, music, drama, storytelling, and literature.

What about left handed people?

The right brain controls the entire left side of the body, while the left brain controls the right side of the body. Many people are naturally right-handed when it comes to writing. This makes sense since that is the hand governed by the left logical, verbal side of the brain. However, some people who write with the right hand are actually “switch-overs.” They were originally left-handed or ambidextrous, but forced by parents or teachers to be like everybody else and write with the “majority hand.” This can lead to nervous system damage, learning disabilities, and psychological problems. Dr. Capacchione is recognized as a pioneer in the process of recovery for “switch-overs.” Many of her readers and clients, who were “switch-overs,” have reversed adverse consequences by reviving their inborn natural handedness.

Connecting the Two Hemispheres of the Brain: How It Works

Writing with both hands alternately is another integrative process in the CJEA Method. Conversations between both hands and both sides of the brain enable the conscious mind to know what the unconscious mind is feeling. The **Whole-Brain Two-Handed Method (1976)** is an unparalleled means for connecting the hemispheres of the brain and opening communication between the conscious and unconscious.

The research of Dr. Robert Ornstein uncovered the link between the hemispheres and the conscious and unconscious mind. The **Whole-Brain Two-Handed Method (1976)**, featuring writing with the nondominant hand, offers a direct path to the unconscious mind. In working with clients, Dr. Capacchione has observed thousands of samples of nondominant writing. These examples often exhibit writing that is poetic and rich with metaphors and plays on words. Misspelled and invented words reveal new and unique

Creative Journal Expressive Arts (CJEA): Summary

meanings. These spontaneous occurrences are clearly the result of activating the right brain's ability to visualize, improvise and be playful.

Dr. Capacchione has noticed that nearly everyone experiences the same results when applying the **Whole-Brain Two-Handed Method (1976)**. Regardless of "handedness," (left-handed, right-handed, ambidextrous, or "switch-over"), the "non-writing" hand activates right brain functions of sensory awareness, emotional expressiveness, creativity, intuition, and spiritual awareness.

Drawing and writing with the nondominant hand will often lead to dramatic and rapid changes in non-artists and artists alike. Breaking through blocks is a common experience when using the **Whole-Brain Two-Handed Method (1976)**. Aha! moments become commonplace.

Dr. Capacchione has created unique activities for symmetrical, mirror, and contrast drawings. These processes for brain integration are now known as bilateral drawing, in which both hands are drawing simultaneously. These activities open new neuronal pathways between the cerebral hemispheres, enhancing body awareness and the creative "flow" state.

Reflections on two-handed processes, written with the dominant hand, often show a new depth of understanding, elevated awareness, and self-acceptance. The verbal left brain has been connected to the non-verbal right brain. People of all ages report achieving creative freedom, deeper insights about themselves, and a sense of inner peace after using these techniques.

Creative Journal Expressive Arts (CJEA): Summary

Creative Journal Dialoging and subpersonalities

In using the combination of the **Creative Journal Method (1976)** and **Whole-Brain Two-Handed Method (1976)** a process of discovering and exploring subpersonalities is readily accessible.

The **Core Self** (also known as the **Aware Ego**) always writes with the dominant hand and interviews the subpersonalities. These interview questions let the subpersonality know that it is being acknowledged and honored. The core questions are as follows:

- Who are you?
- How do you feel?
- Why do you feel that way?
- What can I do to help you? What do you need from me?
- What are you here to teach me?

The **Primary Selves** (the subpersonalities we usually identify with) respond by communicating with the dominant hand because they are dominant parts of the self. A typical primary self may be a Mother/Father, Manager, Administrator, Caregiver, Teacher, Executive, Athlete, Designer, Builder, Writer, Mechanic, Retail Clerk, Sales Rep.

The **Disowned Selves** communicate with the nondominant hand (the hand that has been disowned for writing). The nondominant hand accesses the unconscious, the right brain, and feelings more directly. A typical disowned self might be a Beach Bum, Flower Child, Rebel, Slacker, Artist, Musician, Dancer, Risk-taker, Adventurer, Meditator.

The **Spiritual Guide** or **Wisdom Voice** writes with the nondominant hand to access areas of the brain associated with intuition, inner knowing, and innate wisdom.

The **Others** (people, animals, historical or fictional characters, objects) communicate through the nondominant hand. Dialogues with “The Other” can yield powerful insights into oneself. These dialogues also shed light on the nature of one’s relationship with the external world. This happens through accessing areas of the brain associated with instincts, intuition, and innate wisdom.

Creative Journal Expressive Arts (CJEA): Summary

Relationships with Others

Honest communication with oneself leads to clarity about one's true feelings and needs. This internal learning process also builds skills that are useful in communicating with others. Building a strong relationship with oneself creates a path for healthier relationships with others.

Creative Journal Expressive Arts (CJEA): Summary

Which Hand is Which: A map for two-handed dialogues

When dialoguing with both hands it is imperative that one use the correct hand for each side of the conversation. The following chart specifies which hand is to be used for which “voice.”

Dominant Hand (Left Brain)	Nondominant Hand (Right Brain)
Core Self or Aware Ego	Any person or thing you think is “other” than you <ul style="list-style-type: none"> ● People (living, dead, fictional) ● Animals ● Objects ● Places ● Images, artwork (2 & 3-D)
Core Self or Aware Ego	Art / Images <ul style="list-style-type: none"> ● Drawings & Mixed Media Art ● Sculpture and 3-D Art ● Images in a Visioning® collage
Core Self or Aware Ego	Body and Body Parts
Core Self or Aware Ego	Spiritual Guide / Higher Power
Core Self or Aware Ego	Inner Wisdom
Core Self or Aware Ego	Future Self
Inner Parent (all forms) <ul style="list-style-type: none"> ● Protective Parent ● Nurturing Parent ● Critical Parent 	Inner Child (all forms) <ul style="list-style-type: none"> ● Vulnerable Child ● Angry Child ● Inner Brat ● Playful Child ● Creative Child ● Spiritual Child

Creative Journal Expressive Arts (CJEA): Summary

<p>Nurturing People from the Past</p> <ul style="list-style-type: none"> ● Early Role Models ● Early Mentors <p style="text-align: center;"><i>(NOTE: For Inner Child Process Reparenting)</i></p>	<p>Other People</p> <ul style="list-style-type: none"> ● Person with whom you have conflict ● Deceased persons ● Spiritual guide ● Another person's higher self
<p>Primary Selves</p> <p>subpersonalities and roles we identify with, express, and are known for. (NOT Core Self or Aware Ego)</p>	<p>Disowned Selves</p> <ul style="list-style-type: none"> ● Negative characteristics and behaviors projected onto others, thinking oneself is immune from these universal human behaviors. (Dark Shadow) ● Positive personality traits, talents, abilities, and accomplishments projected onto others, thinking they are personally unobtainable. (Bright Shadow or Idol Worship)

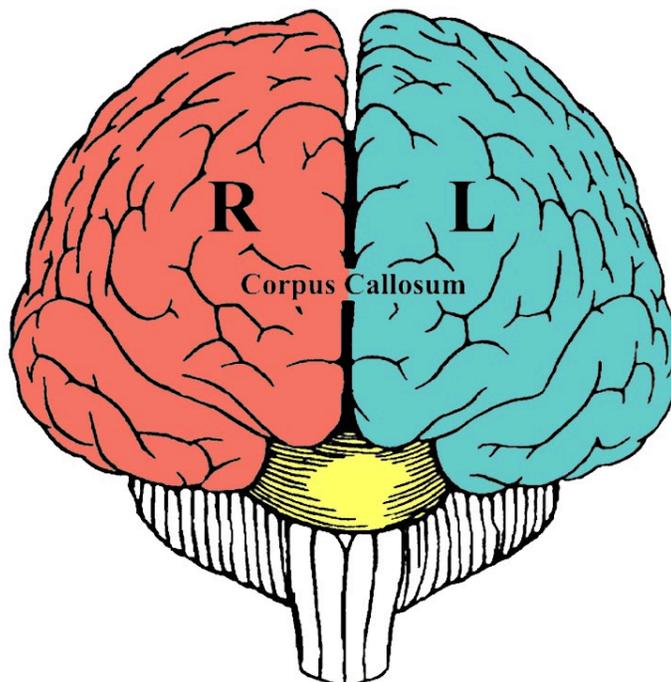
In the **Whole-Brain Two-Handed Method (1976)**, the hand to be used for drawing or writing, either dominant or nondominant, is determined in the context of the specific application.

Creative Journal Expressive Arts (CJEA): Summary

Brain functions of the two hemispheres

Right

Holistic
Sees the big picture
In the moment
Timeless
Feeling
Expressive
Musical
Artistic
Visual perception
Creative
Emotionally expressive
Sensory awareness
Esthetic arrangement
Body connection
Physical sensing
Spatial perception
Dreaming
Sense of rhythm
Intuitive
Creative problem-solving
Spiritual experience



Left

Order
Organization
Time based
Reading
Writing
Syntax
Grammar
Speech
Math
Reasoning
Goal orientation
Analysis
Sequential logic
Numbering
Categorizing
Linear thought
Makes “to do” lists
Schedules

The corpus callosum is a bundle of nerve fibers connecting the two hemispheres of the brain. This enables the two sides to communicate. Writing with the nondominant hand has been shown to strengthen this connection. Activities in this book help you “let your left brain know what your right brain feels and needs.”