



## Visual Journaling: Creativity & Resilience

G26070307

with Kelly Finnerty & Edie Hoffman

July 19-25, 2026

Welcome to Visual Journaling-Creativity and Resilience,

Edie and I are so excited that you have chosen to explore creative expression through the practice of visual journaling. We speak from experience when we tell you that it is a very versatile, deeply personal practice that can inform many aspects of your life. It has helped us remember peak experiences, navigate transitions, notice the beauty of daily life, start a new career, unravel the complexity of relationships and work through grief. We will encourage each other to be brave as we work collaboratively and individually: trying new approaches, sharing what's working and what's not. We'll share our joys.

**Workshop Overview:** This workshop is centered on the stages of the creative process and the skills of creativity and resilience. Our goal as group is to become familiar with ways to sustain a creative mindset for ourselves and others using a journal format. Your personal intentions will emerge.

We will begin the week with an introduction to various forms of visual journals. We will then explore specific approaches suited to various intentions. Sessions



will range from observational drawing and photographing the beauty of Ghost Ranch, to creating mixed media collages that reveal intuitive connections. There will be a dialogue between the written and spoken word and the images we create. Be prepared for some daily expressive movement just for fun, loosening up and grounding! No prior art experience of any kind is needed. There will be personal time each afternoon to explore Ghost Ranch in your own way.

Materials provided: A 5.5" x 8.5" journal for mixed media will be provided. Basic materials and tools will be provided, i.e., pens, drawing and colored pencils, markers, watercolor, adhesives, scissors, portable photo printer for use with compatible smart phones. For use in collage, many images from magazines and other sources will be available.

Materials to bring: Please bring a writing instrument you enjoy using. You are also welcome to bring any favorite art tools and materials if you wish. You may want to bring copies of personal images and letters (not originals if they are precious), images of people you admire, places of personal meaning, poetry or other ephemera you might want to incorporate into your journal.

Pack comfortable layers for hot days, possible cool mornings and evenings and afternoon monsoons. Sturdy walking shoes, sunscreen, water bottle and hat are also advised. We may be outside for some activities.

If you have questions, feel free to reach out to: [kofinnerty@gmail.com](mailto:kofinnerty@gmail.com)



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### Daily Schedule

Sunday	3:00-6:30 pm	Arrival. Meals
	6:30-7:30 pm	Orientation. Class Gathering
Monday	9:00 am - 12:00 (noon)	Intro to: Stages and skills of creative process. Types of journals Visual Vocabulary exercises. Writing prompt.
	1:30-3:30 pm	Stage: Inspire Skills: Be observant. Take a risk. Collaborate. Dancing Hands-mixed media exploration.
Tuesday	9:00 am - 12:00 (noon)	Stage: Incubate Skills: Be curious. Discuss ways to begin. Writing prompt: What's emerging? Experiment with rice paper, mixed media mark making, photographing.
	1:30-3:30 pm	Skills: Look for patterns Visual Vocabulary exercises. Museum trip- Experience <i>Deep Time</i> at Ghost Ranch. Draw, photos, writing
Wed	9:00 am - 12:00 (noon)	Stage: Illumination. Skill: Make connections. Be flexible. Create Muse Figure with collage. Dialogue with image.
	1:30-3:30 pm	Skill: Tolerate ambiguity. Photo enhancement and printing. Image transfers.
Thursday	9:00 am - 12:00 (noon)	Stage: Implementation Skill: Seeing things in new ways. Asking what if? Independent work Poetry/ Writing prompt
	1:30-3:30 pm	Alter/enhance images. Color mixing with acrylic paint.
Friday	9:00 am - 12:00 (noon)	Stage: Communicate Complete current work. Select work to share.
	1:30-3:30	Skill: Sharing Mock-up exhibit display. Discuss.
	6:30-8:00	Art Show