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WRITING to HEAL: 20 Minutes a Day for 4 Days

MY GOAL IS TO SUPPORT YOU IN THIS PROCESS

Helping clients heal difficult emotional experiences is central to my practice. **WRITING TO HEAL** is one of several ways, in my practice, that I guide and support individuals to heal.

WRITING TO HEAL is a brief process based on groundbreaking research by James W. Pennebaker, Ph.D., and on a good deal of other research, from the last 3 decades, that demonstrates the healing power of writing.

I offer it to clients because it has helped so many people to heal a traumatic experience or other emotional upheaval and change their lives in several ways. Of course, each person's experience with **WRITING TO HEAL** is their own. Outcomes depend on a person's focus, consistency with the process, and openness to healing.

We all have conflicts and unresolved issues that need our attention. Happier, more fulfilled people refuse to remain stuck in their painful experiences. They don't deny such experiences; they find their way out in healthy ways. **WRITING TO HEAL** can be one of those ways.

In **WRITING TO HEAL** you choose a story that continues to bother you---an accident, a divorce, an illness, an experience with abuse, a painful loss. If an experience is troubling, it is a story that needs work. In **WRITING TO HEAL** you can unravel it and knit it back together. You can take cancer, or abuse, or loss, or whatever befalls you and find a way to understand and recast it.

WRITING TO HEAL enables you to heal from a story stuck in your brain grooves so you can embrace present experiences. If you are feeling powerless, are in inner turmoil and need to "unpack" your mind and organize your thoughts and feelings, or need to disclose and clear a particular memory of a stressful or traumatic experience, **WRITING TO HEAL** can ground you and help you find your way. Your commitment is 20 minutes a day for 4 days.

• **CONTACT ME** so we can explore your options with **WRITING TO HEAL**.
I am your guide and support person for this brief process.

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