

WRITING TO HEAL: 20 Minutes a Day for 4 Days

We all have conflicts and our attention. If you continues to bother you--divorce, an illness, an other trauma*, a painful be healed. We can unravel a broken story and knit it back together. We can edit a shattering experience and even rewrite that painful episode.



unresolved issues that need have a broken story that -it might be an accident, a experience with abuse or loss--that is a story asking to be healed. We can unravel a broken story and knit it back together. We can edit a shattering experience and even rewrite that painful episode.

You may be on a personal quest to clarify and deepen your sense of self. If so, writing about experiences in your life that matter to you and those that led you to important turning points allows you to define and understand more about who you are--really.

WRITING TO HEAL can change people's lives in several ways. It can:

- improve sleep habits
- enhance immune function
- lower blood pressure
- improve work efficiency
- improve how people connect with others
- reduce symptoms in asthma and arthritis sufferers

WRITING TO HEAL is a brief process based on groundbreaking, scientific studies by James W. Pennebaker, Ph. D, and many others, over the past three decades. The studies show clearly that expressive writing about an emotional upheaval or unresolved issue for a little as **20 minutes a day, for 4 days**, can help you acknowledge your deepest emotions openly, write a coherent story, and find your own voice. The disturbing experience can be a single event or a long-term chronic problem.

It can be very difficult to talk about ourselves because some of the things we might need to talk about are very hard to share with another human being. **WRITING TO HEAL** allows us to surface things we've been hiding in our emotional (right) brain and move them over to the words of our thinking (left) brain. Releasing them safely and privately in our own way, rather than keeping them locked inside, allows us to control our stories, instead of having them control us. It also enables us to reach an understanding of what happened in our story. And when this happens, the interpreter in our brains can help us realign the pieces and make sense of them.

WRITING TO HEAL is a self-reflection tool with tremendous power. By writing honestly about our thoughts and feelings, we can find the threads of meaning and value in our life's most painful situations and weave them into a deeper sense of who we are and what our life is about.

*Continue reading for more details about the
Writing to Heal Process*



YOUR *Writing to Heal* PROCESS

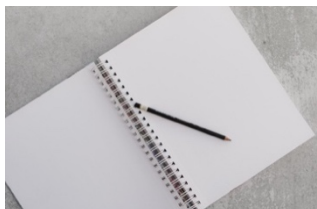
We begin your process by meeting together to identify the initial focus of your 4-day process (the focus can change over the 4 days) and **clarify** the writing guidelines and specific prompts. You will **write** for 15-20-minutes in my office, waiting room, or during an online session, and then we will **discuss** your experience and how it was for you: what came up, shifts in feelings, new questions, your felt benefits.

Before closing our session, we will decide on two phone or online check-in times with me to discuss your writing process, during the remaining 3 days, and to fine tune it for your specific needs, as needed.

While I honor the research of Dr. Pennebaker and other researchers who have explored the links between writing and health, I also draw on my clinical experience and intuition as I work with you in *your* **WRITING TO HEAL** process.

OPTIONAL FOLLOWUP SUPPORT: After you have completed your 4-day process, you may choose to work with me to learn ways for looking back at your writing to assess: what made a difference for you? what may have come up that wants your attention for healing? and what challenges you might have experienced?

It is important to become aware of any challenges you are experiencing. At the same time, by finding out what helped you the most in this initial process, you can begin to form your own writing exercises. I can share with you a variety of prompts you can use to continue your process.



I am your guide and support person for this brief process.

CONTACT ME about **WRITING TO HEAL:**

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Writing to Heal

with **Dr. MarthaElin Mountain**

**NOTE: Traumas have the potential to set off a cascade of biological changes that can result in a host of physical and mental problems. If you are currently deeply depressed or disoriented because of a traumatic experience, WRITING TO HEAL should not be your first course of action. See your physician or a psychiatrist or other licensed mental health specialist. Once your most severe symptoms have been stabilized, expressive writing may be particularly beneficial with a therapist who has experience in using this expressive writing process with their clients.*