



Barbara Burrows

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Informed Consent for "Write On for Better Health"
An Expressive Writing webinar with Barbara Burrows for adults and teens
Participants require access to internet and email communication

DOCTOR/CLERGY/FRIEND SUPPORT IS NECESSARY FOR INTRODUCTORY PROGRAM
(JUNE 11-14, 2018 AND SEPT 10-13/18)

The goal of Expressive Writing (EW) is to write about painful emotional experiences that may have been ignored or repressed. Accessing these feelings may offer relief from depression, anxiety, inner stress or somatic symptoms.

It is quite possible participants will find themselves upset or uncomfortable with the nature of the writing prompts or with the writing itself. Giving thought to these painful aspects of life may impact the writer's mood. *This darkening mood is normal and usually temporary.* If you experience undue distress from writing, check in with your doctor, clergy or friend.

Writing offers a cathartic experience that releases emotions (much like having "a good cry"). This emotional experience is thought to provide relief, and is the basis of psychotherapy. Expressive Writing may offer a way of "becoming one's own therapist" and in this case "no pain; no gain" may apply.

PLEASE NOTE: Writing is private, and not shared with the group. For full anonymity, participants may turn off the video option on their own computer during the webinar.

..... **cut here and forward signed consent to Barbara Burrows**

I have read of the possible impact on my mood participating in **"Write On For Better Health"**. I have support in place should I feel the need.

Signature: _____

Date: _____

Print name: _____

Phone: _____

If under 18 years of age, include parent or doctor signature

Parent or doctor (print name) : _____

Parent or doctor signature: _____