



ERIKA BAXTER, M.A., LMHC, M.Div.
2722 Colby Ave. Suite 602
Everett, WA 98201
425-241-3098
www.erikabaxtercounseling.com

Written dialogue processing

My training with David Schnarch has led me to initiate with many clients the dialogue process. This is a brain-changing tool in Crucible Neurobiological Therapy as described in David's new book "Brain Talk". This is not just a writing exercise. If you are asked to do this by me, it will involve a one or two-page dialogue with an antagonist in your life. You will send that document to me either by e-mail/google doc or mail as a thumb drive or hard copy. I will then make line by line comments to help guide you in this brain changing process. If you agree to me reading outside of our sessions, you will be charged half my normal hourly rate. Usually a page and a half to two pages takes me about an hour. Please be aware that it is possible for people to hack into a computer or steal mail and this makes this process not confidential if someone chooses to do this. If this is a concern, then you can give it to me at our session and I will return it to you at your next session. Please let me know and take precautions on your end if you are sending it to me. You also have the option to send it to me, so I have it and to let me know you would like us to review your dialogue in session verses having me do it ahead of time.

Client Signature & date

Therapist Signature & date