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STIGMA

are often perpetuated by clinicians

aversion of labels is a primary cause of under-utilization of services.

Resistance to circumstances creates persistence in circumstances

STIGMA causes an avg 8 year delay in care for mood disorders.



STOP HIDING

START TALKING

IDENTIFY OUTSIDE DX

EMBRACE

that recovery is long but POSSIBLE

CHRISTINE HUTCHISON

Shadow Artist shadow real artists - J. Cameron

RULES

#1

You Have to write @ what you care about

personal

Expert

you can't capture your own voice writing about someone else.

READ: BIRD by BIRD - Anne Lamott

1. write
2. shitty 1st drafts
3. recognize & ignore inner editor
4. 3 drafts
 - a. write uncensored
 - b. don't think @ reader
 - c. allow sidetracks
 - ↳ give self perm. you'd give client.
 - d. when stuck, write WHAT'S NEXT?
 - e. think of it like therapy-go wherever you need.
 - ↳ allow time to warm up to self.

EDIT

- a. TAKE OUT THE LIES
 - ↳ Anne Lamott
 - ↳ ASK: is this me?

- b. don't skip conclusion.
 - ↳ remind where you've been.

HOW TO START

start in middle

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DON'T LET IT BE ABOUT WHAT YOU PRODUCE