



Application for the West Valley Counseling Center Life in Transition Workshop - 2021

Name: _____ Age: _____

Home Address:

Phone: _____ Mobile: _____

Email Address: _____

Participants must be fully vaccinated to attend, please provide the date you
received full vaccination: _____

How did you learn about the workshop? _____

Have you attended a previous Life in Transition (LIT) workshop? Yes No

If so, when: _____

Occupation: _____

Would you need Continuing Education credits? If so, please provide professional
license # and type of license/s: _____

Would you need any special accommodations during your stay or is there anything
that we should know prior to your attendance? Yes No

If so, please explain:

Do you have any food allergies or special dietary needs? Yes No

If so, please explain:

Current Medication/s:

Have you ever been hospitalized? Yes No

If so, please explain:

Do you have a therapist? Yes No

If yes, is your therapist supportive of your attendance in the workshop? Yes No

Please provide name, address, and phone number of therapist and review and sign the attached consent for release of information:

Reason for attending workshop:

What losses either current or past bring you to this workshop?

WAIVER: I understand my participation in this program, externalization and other related activities, **is** voluntary. It may involve my emotions in a manner which might subject me to emotional distress. I agree to accept such risks and assume the responsibility of emotional distress and/ or other effects thereof. Further, I release West Valley Counseling Center and Sharon Burnett, PhD, MFT and other staff from all claims made **by me or** on behalf of me (or

my estate) by reasons of illness or damages arising from attendance or participation in the workshops and /or related activities. This release includes the waiver of any responsibility by the above named individuals and/or groups also in the case of negligence.

Date: _____

Signature: _____

There will be a minimum of 15 and maximum of 25 participants per workshop.

Please register early as the workshop will fill up fast. To reserve your space, complete and sign all 3 pages and submit in person, via email or mail your completed application and \$500 deposit (Venmo payment is also available) to:

West Valley Counseling Center 18226 Ventura Blvd., #202 Tarzana, CA 91356

For questions about registration or the location, please contact Jennifer Robertson at 818-538-5499 or jrobertson@westvalleycounseling.org.

If you have questions about the workshop process, please contact Sharon Burnett at sharon@westvalleycounseling.org or 818-609-8703.

A follow up letter will indicate your acceptance and confirmation to this workshop, as well as suggestions of what to bring.

Consent for Release of Confidential Information Form West Valley Counseling Center - Life in Transition Workshop 2021

The following applicant to the West Valley Counseling Center Life in Transition Workshop has indicated that they are working with a therapist, and would like Sharon Burnett, PhD, MFT IMF #16203 contact you regarding their participation in this process before the workshop begins.

The signed release will also serve as permission for Sharon, as workshop facilitator, to call the applicant's therapist after the workshop, should that be deemed helpful for the participants's future therapy:

I, _____,
(Please add applicant's name)

request and authorize Sharon Burnett, PhD, MFT to speak to my therapist,

(Please print therapist's name, phone number and address)

about my participation in the Life in Transition Workshop on August 20-22, 2021.

Applicant Signature: _____ Date: _____

Disclaimer:

This process, meaning both the group format used in West Valley Counseling Center Life in Transition Workshops, and the individual externalization process, is not for everyone. Over the years, West Valley Counseling Center has observed that this workshop, and the externalization of feelings technique, has been a helpful tool for many people. West Valley Counseling Center has received many letters, and heard from many therapists, about life changing experiences of participants. West Valley Counseling Center continues to use this technique, from time to time, with grief work, as well. However, intense emotional processing can leave some individuals feeling “raw” and unstable. West Valley Counseling Center does not recommend this process for individuals who have been diagnosed as personality disordered, “Borderline” or “Bipolar”, unless their therapists are knowledgeable about the potential “highs” and “lows” that might result. All participants must be 21 years or older.