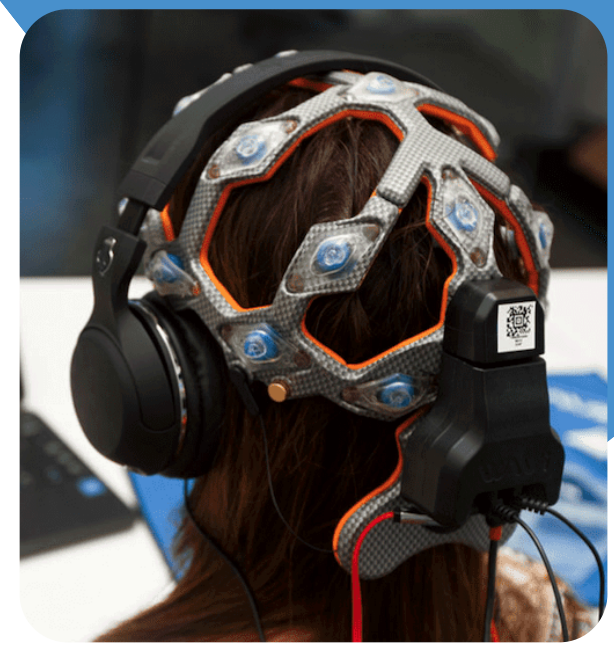
The Imagine Project

Can expressive writing change your brain?



Join an Exploratory Brain Study on Writing & Recovery

What we aim to learn

Our goal is to learn whether participation in The Imagine Project's expressive writing process induces observable shifts in frontal brain activity.

About The Imagine Project

The Imagine Project is a nonprofit that promotes an evidence-informed expressive writing process that helps individuals build resilience, envision new possibilities, and find hope for a brighter future.

Initial Brain Scan

Non-invasive, resting EEG scan scheduled one week prior to writing group.

3-Day Writing Group

60-min daily workshop exploring The Imagine Project's expressive writing process in a supportive setting.

Follow-Up Scan & Survey

Second resting EEG scan scheduled within one week of last writing workshop and a survey on the experience.

Participation

Welcome to adults (18+) who are currently in recovery from substance use. Open to individuals at any stage of their recovery journey—whether days, months, or years in—including those who have experienced recent setbacks or relapses.

Details

- Study in December 2026 with two groups.
- Location in Steamboat Springs, TBD.
- City Market gift card for participants that complete the study.
- Led by The Imagine Project in partnership with WAVi Medical.

Questions?

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Sign me up!

Complete the interest form