

Mental health professionals encounter difficult work conditions that contribute to high rates of anxiety, depression, posttraumatic stress disorder (PTSD) and burnout syndrome (BOS). This study sought to determine if a modified written exposure therapy (WET) protocol is feasible and acceptable to mental health professionals. Participants completed a WET protocol consisting of 30-minute writing sessions, done once a week over the course of 5 weeks. Feedback was given based on cognitive reframing and flexibility techniques and was used to guide the following writing session. Measures of depression, anxiety, PTSD, BOS, and resilience were obtained before and after the intervention along with participants completing a satisfaction survey. The modified WET protocol for mental professionals was both feasible with future adjustments and acceptable. A sufficiently powered, randomized clinical trial is needed to assess the effects of this intervention in decreasing rates of anxiety, depression, PTSD, and BOS and the effects of improving resiliency.

*Keywords:* Written Exposure Therapy, Burnout Syndrome, Depression, Anxiety, Post-Traumatic Stress Disorder