



Speaker Bio

Lyn Barrett

Lyn Barrett is the founder of Dissociative Writers which offers weekly online writers workshops for people with dissociative disorders, as well as an annual 6-week class on memoir writing. Lyn published her memoir, *Crazy: Reclaiming Life from the Shadow of Traumatic Memory*, in 2022, writes a weekly blog and newsletter, and speaks on podcasts and at in-person venues. She was diagnosed with multiple personality disorder in 1992 and is a retired teacher, school principal, and pastor.

www.lynbarrett.com

www.dissociativewriters.com

