



***The National Association for Poetry Therapy***  
Annual Conference: "Writing the Winds of Change,"  
April 26-29, 2012  
Cenacle Retreat & Conference Center, Chicago



Retreat and Conference Center  
513 Fullerton Parkway  
Chicago, Illinois 60614

[WWW.CENACLESISTERS.ORG/CHICAGO-RETREAT-CONFERENCE-CENTER](http://WWW.CENACLESISTERS.ORG/CHICAGO-RETREAT-CONFERENCE-CENTER)

## **Conference Workshop Schedule**

General conference questions may be directed to Rob Merritt, VP of Conferences, at [rmerritt@bluefield.edu](mailto:rmerritt@bluefield.edu) or Nessa McCahey, NAPT Administrator, at [naptnessa@gmail.com](mailto:naptnessa@gmail.com)

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**Continuing Education Units provided by St. Catherine University, a sponsor for the conference.** CEU details, a sign-up sheet, and collection of fees for CEUs will be available at the registration table.



**ST. CATHERINE UNIVERSITY**  
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COLLEGE FOR APPLIED AND  
Continuing Learning

Students may be able to accrue peer or didactic poetry therapy experience credit. Please check with your master mentor/supervisor or mentor/supervisor to learn what documentation of your attendance may be required for your program.

## Thursday 4/26

### Opening ceremony: AvantRetro, 7:30 P.M.

AvantRetro (Charlie Rossiter & Al DeGenova) is a Chicago-based performance poetry duo that uses a variety of techniques and performance tools to present their original poetry that gets at the essence of what it means to be human.

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## Friday 4/27

Namaste Morning Stretch      7:00 – 8:00

Triple workshop                      7:00 – 8:00

**Triple Workshop      Susan de Wardt, CAPF; Ingrid Tegnér, MSW, CPT, MA - Building Community: A Poetry Therapy Group Experience-** Take part in small group sessions you might facilitate if you were a poetry therapist, or attend if you should choose this healing modality for creative expression and well-being. "Building Community: A Poetry Therapy Experience" is designed for those who would like a full experience of poetry therapy each morning at the conference. One mentor/supervisor and one certified applied poetry facilitator will be conducting a small group (8 participants max.) for three sessions. Both of the facilitators will have the same poem and the same plan for the session.

This three-part workshop invites newcomers and trainees to be members of a small, developmental poetry therapy group and accumulate peer group hours towards certification. Friday and Saturday mornings will be one-hour sessions designed to invigorate and inspire you as you start your day.

The Sunday session will also include discussion of group development, choice and use of literature, goal setting and implementation, safety/confidentiality, facilitation techniques, timing and pacing, developmental vs. clinical poetry therapy as well as opportunities for sharing ideas and experiences. The three sessions will demonstrate the therapeutic application of literature in a logical/creative progression with a particular group of interested people. **1 Hour Friday and Saturday mornings before other activities. 2.5 Hours on Sunday, total of 4.5 hours. Peer.**

**Breakfast**                              8:00 – 9:00

**President's Welcome**              9:10 - 9:40

## *Session A*

9:45 – 11:15

~~A.1 — Patricia McAdoo—Traveling through the Landscape of our Lives—~~The conference title, *The Winds of Change*, implies movement and this workshop is all about that, the movement in this case being our metaphorical journey through the landscape of our lives.

~~Drawing on the illustrations in the wonderful book, *Oh The Places You'll Go* by Dr. Seuss, this workshop examines the places we may end up as we travel through the metaphorical landscapes of our lives. The workshop expands on the kind of places mentioned in the book to examine other places where we may also end up. The childlike and humorous illustrations of our landscapes create an immediacy of connection and understanding for participants.~~

~~After a brief free writing period, participants will be invited to pick from a variety of illustrations of metaphorical places we can come across and spend time in during the course of our lives. The second half of the workshop will invite participants to read and share from their writing before a final summary group reflection and discussion. **Maximum of twelve participants.**~~

**A.2 Mary Hynes-Berry & Joy Roulier Sawyer- Breathing Texts to Life: The Story Behind the New Third Edition of *Biblio/Poetry Therapy—The Interactive Process: A Handbook* (North Star Press) by Arleen McCarty Hynes and Mary Hynes-Berry-** Celebrate the legacy of Arleen Hynes and her textbook. Take part in a revisitation of the Hynes and Hynes-Berry four-stage bibliotherapy model.

Join author Dr. Mary Hynes-Berry in this engaging, interactive workshop, a remembrance and celebration of the life and work of her mother, legendary bibliotherapy pioneer Arleen McCarty Hynes [1916-2006].

Along with editor and poetry therapist Joy Roulier Sawyer, the two will share stories of their deeply meaningful two-year collaboration on the new third edition of the groundbreaking textbook, *Biblio/Poetry Therapy—The Interactive Process: A Handbook*, originally published in 1986. Workshop participants will:

Take part in a refreshing revisitation of the Hynes and Hynes-Berry four-stage bibliotherapy model, as the two discuss how they moved through each stage of the model as part of their revision process of the text;

Collaborate on new ways the Hynes and Hynes-Berry bibliotherapy model might enhance and further each person's personal and professional work;

Engage in a group process designed to spark creative ideas on how to successfully use the new third edition text to introduce biblio/poetry therapy into university psychology and counseling programs;

Brainstorm together other creative educational ways to reach the next generation of biblio/poetry therapy facilitators.

Come take part in this living celebration of the enduring work of Arleen Hynes and help us “breathe new life” into this remarkable text. You’ll leave with fresh vision, hope and a solid bibliotherapy educational resource for the writing and healing journey ahead. **Didactic.**

**A.3 Esther Altshul Helfgott, PhD - Witnessing Alzheimer’s: A Caregiver’s View the Pantoum as Healing Tool-** Explore dementia's impact and examine the emotional and spiritual depths of our relationships to our loved ones. We will practice “pantouming,” a poetic exercise whose repetition and freedom, along with structure, are particularly helpful in achieving distance from, and closeness, to grief.

This workshop is an outgrowth of my blog “Witnessing Alzheimer’s: A Caregiver’s View,” which I began with the Seattle Post-Intelligencer in November 2008. Blogging was, and continues to be, a way to help me confront the stress and heartache of my husband’s struggle with Alzheimer’s Disease and, at the same time, make both of us visible to an often unaware public. Writing counters invisibility and isolation. It keeps those of us who are experiencing the trauma of caregiving on the map, if not in the social loop. It reminds people, especially ourselves, that we are still alive. We exist. I don’t know how I would have survived the nearly ten-year battle with this disease and, then, Abe’s death in June 2010, without writing. Poetry, in particular, but also journal writing and essays, got me through days and nights that I thought would never end, at least not well. I want to share what I’ve learned with you. We will practice “pantouming,” a poetic exercise whose repetition and freedom are particularly helpful in achieving distance from, and closeness to, the experience of grief that Alzheimer’s caregiving presents us with. I choose the pantoum form for us to work with because when nothing else would anchor me, the pantoum did. But you can go your own way here too. **Didactic.**

**A.4 Laura Santner, LMSW, RPT- Poetry Walk-** The group will gather on the conference grounds and read a poem about natural beauty, then will take a silent mindfulness walk through Lincoln Park to the lake. The group will write, share, explore the role nature plays in the healing process. A packet of nature poems will be distributed.

**A.5 Anne Bach- M.S., MFT & Jonathan Young, Ph.D. - Using Stories to Find the Way Back Home-** This is a workshop using stories and focused writing exercises to engage the imagination of participants on how life events are experienced as narratives. We will hear the adventures of *Hansel and Gretel* to see how storytelling stirs images.

Focus will be on ways to stimulate the creative flow of words, and find the healing that occurs when we claim our lives as worthy narratives. Timeless stories provide roadmaps for people dealing with anxiety and encountering the mysteries of the unconscious. After all, people have the same struggles as characters in fairytales. For example, we all need to find a theme for our lives, an integrating thread, something that leads toward a sense of wholeness.

Emphasis will be given to moving beyond the controlling mind, cultivating the random occurrences of creativity, and allowing material from the unconscious to be brought out through writing.

This session would be useful to all conference attendees. For clinicians, we should note that virtually all psychotherapists work with stories. Clients bring accounts of their journeys. Clinicians engage in framing the tales as clients decide what kinds of roles they play and how to navigate the plot. Introducing storytelling and writing deepens what is already at the core of the therapeutic relationship.

**A.6 Marlise Jean-Pierre- Starting a Poetry Group for the Mentally Ill-** We will focus on starting and maintaining a poetry group for those who suffer from severe mental illness at various community mental health organizations, hospitals or mental health support groups. Furthermore, we will discuss various ways to approach these organizations with the idea of starting a poetry therapy group in their setting. For the second part of the workshop, we will discuss common misconceptions about mental illness and discuss ways that poetry can help society eradicate these fallacies. We will also look at different techniques for gauging the interest of mentally ill poetry students in addition to the examining the common challenges of working with this population. Finally, we will look at a sample lesson plan and explore different teaching techniques.

**Keynote Poet Haki Madhubuti 11:30 – 12:15**

**Lunch 12:30-1-130**

***Session B 1:45 – 3:15***

**B.1 Robert Carroll, M. D.- Poetry and Breath-** We see a relationship between the external world and the interior landscapes of our body, mind, and spirit. This relationship is embodied in our written voice. We will explore this relationship and how it is manifested and influenced by breath. Various poems will be used to stimulate discussion and serve as prompts for writings exercises. Three breathing exercises designed to alter perceptions will be presented, followed by writing. The three writings will demonstrate how perceptions can be altered by breathing patterns (a phenomenon relevant to all of the neuro-sensory realms).

**B.2 Cyra Dumitru, MA- Moving Metaphors: Transformation from Traumatized to Revitalized Through Writing Extended Metaphors-** The right metaphor at the right time can move a wounded psyche toward greater wholeness. It can reframe reality by providing a new window for perceiving reality. The work of Gregory Orr, John Fox, and Lakoff & Johnson will be discussed. The workshop will include the presenter's personal journey through the reading of original poems, writing exercises and group discussion.

**B.3** — ~~Cancelled~~ ~~Nicholas Mazza, PhD~~ ~~Poetry Therapy and Humanistic Psychology: An Integrative Approach to Practice and Research~~—The place of language, symbol, and story as part of a poetic inquiry and expanding consciousness as it relates to the convergence of the literary arts, research, and clinical practice will be the focus of this workshop. ~~Didactic.~~

**B.4** **Diane Hovey, PhD, CPT, LMFT & Jessica Hovey- Poetry of the Body-** This workshop celebrates the body through poetry and dance. We will explore life's rhythms that shape the physicality of our being as we examine the poetry of beauty we are willing to suffer for. **The workshop will include dance so space to accommodate this without distracting a group needing quiet. Peer.**

**B.5 Rob Merritt, Ph.D.- “Memory and Hope:” Ways to Infuse the Spiritual into Your Writing-** This interactive workshop explore new ways to express the spiritual in our prose and poetry. A variety of writing exercises will be presented to implement Joseph Campbell's observation that “When we quit thinking primarily about ourselves and our own self-preservation, we undergo a truly heroic transformation of consciousness.” We will look at nonfiction examples by Wendell Berry, Barbara Kingsolver, Annie Dillard, John O'Donohue, Joseph Campbell, Thomas Moore, Carl Jung, Julia Cameron, Virginia Woolf and a variety of spiritual traditions to experiment with ways to add a new depth to our expressive writing.

We will write in response to such ideas as:

- Your life is a story
- Welcome the other (a stranger) into your life.
- Seek out archetypes for yourself and others.
- Face your shadow.
- Probe an encounter with the natural world.
- “Live the question.”
- Create a prayer or blessing.
- Invoke your spiritual ancestors.
- Ritual.

A bibliography of contemporary spiritual writing not focused on a particular religious tradition will be provided.

### ***Session C*                    3:30 – 5:30**

**C.1 Sherry Reiter, PhD, LCSW- Control Scripts-How to “Author-ize” Change in Your Relationships-** Explore “games people play” through manipulative language. Can you recognize a “Poor Me,” an Intimidator, an Interrogator, and other archetypes? We will dialogue, write, and role play.

In this dynamic workshop we take a look at the “games people play” but in a different way than Eric Berne or Stephen Karpman (“The Rescue Triangle”). Are you able to recognize a “Poor Me”

script, an Intimidator at Work, the Interrogator, and other forms of manipulative communication? Based on the work of Dr. Joy Janati (How to Protect Yourself from Control Dramas”), we will look at the universal dynamics in everyone’s need for attention and control, as well as possible ways to cope with communication that is either subtly or aggressively manipulative. This workshop will include script-writing, dialogue and role play. Participants are invited to bring in situations from the speech laboratory of life. We will also work with pre-set scripts.

This workshop is both didactic and experiential. We will be looking at the psychology of communication as well as opportunities to change the script when persons try to engage us in a manipulative way. Many people need to learn more assertive ways of coping. Being able to recognize particular patterns or “personality archetypes” is vital to being able to protect ourselves and transform unhealthy scripts that we may find ourselves in.

The philosopher Martin Buber once wrote, “You has no boundaries,” but the truth is that the ability to protect one’s self and boundaries is crucial in psychological health.

There are no good or bad types, simply different styles and personalities. The archetypes behavior is not conscious or intentional. However, this workshop stresses being conscious of manipulative language, because perceptiveness is the beginning of change and transformation in our relationships. Writing can be a rehearsal for living, and we can be the author – or at very least, the editor of our own scripts. **Limited to 20 participants. Peer.**

**C.2 Patricia Russo, MS, CPT and Steven Durost, PhD, LCMHC, Reat- Feast of Love: Developing Self-acceptance through Intermodal Bibliotherapy-** Participants will feast on a selection of poetry and literature aimed to nourish self-confidence, self-acceptance, and self-love. An intermodal expressive therapy approach, including drama therapy and biblio/poetry therapy techniques, will be modeled and experienced. Additional intermodal strategies, materials, and theory will be presented to enhance participants’ overall learning experience. **120 Minutes. Peer.**

**C.3 Felicia Mitchell- Connecting Illness and the Vocabulary of Nature-** This interactive workshop includes an image-based composing activity and discussion of relevant poems to encourage participants to think of ways they and/or their clients can navigate illness at the helm of the natural world. Just as nature can heal, imagery and symbols from nature help describe feelings about health challenges. This workshop includes these elements:

- Brief introductions of participants with attention to relationships with the natural world.
- Attention to natural imagery and symbols in selected poems, with connections made.
- Visual imaging about feelings related to health (including illness and wellness).
- Composition of images and symbols in response to visual imaging.
- General discussion and sharing
- Cards with visual images from the natural world are utilized in this workshop. A discussion of relevant published poems, with a handout including samples from a range of writers, is also included for context and inspiration. **120 Minutes.**

**C.4 Kathleen Adams LPC, PTR-MM/S- Poem, Plan, Power! How to Put Sizzle in your Poetry Therapy Sessions-** The art of facilitating poetry therapy groups lies in gracefully responding and adjusting to a constant series of choices, starting with: Which poem shall I use? How do I stimulate meaningful discussion about the poem or literature? What are the best ways to open and close the group?

The difference between a group that sizzles and a group that fizzles can often be traced to good preparation. In this interactive workshop, participants will review the four stages of the biblio/poetry therapy group and the eight dimensions of effective literature selection (Hynes & Hynes-Berry, 2nd ed., 1994). This context will shape discussion of a simple but effective one-page Literature Review and Facilitation Plan (Adams & Sawyer & Nosal, 2002). Participants will then break into small groups of 3-5. Using a preassigned poem, each group will construct a literature review and facilitation plan and present it to the large group. The ensuing discussion will highlight the strengths and areas of development for each plan. Participants will be emailed a packet of plans and poems after the conference. **120 Minutes. Didactic.**

**C.5 Reinekke Lengelle, MA- Wind in Your Face: Walking and Writing toward Healing** —Sometimes we cannot start our healing with the pen; this workshop will demonstrate writing techniques based on walking, poetry, and photographic prompts. The workshop will walk outside, then return for writing.

“At one time, I resonated almost viscerally with Dante’s words about the dark. My healing began by reconnecting with the world in morning walks where beauty discovered me in fragile moments. I took pictures. I noticed the change of the seasons: copper buds on Swedish poplars; the slow disappearance of ice crystals that had formed flowers on the still sinewy grass; a warmer breeze.

“In this presentation/workshop I tell my story, speak about the model of writing and healing (published in the Journal of Poetry Therapy, June 2009) and encourage writing based on walking, poetry, and photographic prompts.”

**120 Minutes.**

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**Dinner**

**6-7**

7:15 – 8:15 National Federation for Biblio/Poetry Therapy Information session and credential presentations.

Open Mic 9:00 - ?



## Saturday 4/28

Namaste Morning Stretch 7:00 – 8:00

Triple workshop 7:00 – 8:00

**Triple Workshop Susan de Wardt, CAPF; Ingrid Tegnér, MSW, CPT, MA - Building Community: A Poetry Therapy Group Experience-** Take part in small group sessions you might facilitate if you were a poetry therapist, or attend if you should choose this healing modality for creative expression and well-being. **1 Hour Friday and Saturday mornings before other activities. 2.5 Hours on Sunday, total of 4.5 hours. Peer .**

Breakfast 8:00 – 9:00

### ***Session D 9:15 – 11:15***

**D.1 Catherine Conway, CPT, LCPC, CADC & Nessa McCassey, CPT, PTP- Regional Poetry Therapy/Writing Retreats: Creation, Design, and Implementation-** This workshop will explore the nuts and bolts of developing a regional poetry therapy/expressive writing conference/retreat. We will further explore how to integrate other expressive arts into the retreat format to enrich the poetry therapy/writing experience.

Presenters, Catherine Conway and Nessa McCassey will provide an overview of their experience in the creation, development and facilitation of the Midwest Regional Poetry Therapy/Creative Writing Retreat held at The Cenacle Conference & Retreat Center last year. Ideas for marketing, workshop selection, program structure will be discussed. Templates for press releases, marketing opportunities, event website design, as well as, methods for contacting and integrating regional talent and resources for keynote speaker/poet will be provided. They will share what each learned and how they changed as facilitators throughout the development and facilitation of the conference. They will also share the importance of, and methods for, integrating self-care for conference organizers. Ideas of how to sustain connection, post-conference, and grow a regional community to nurture awareness of poetry therapy and its possibilities will be discussed. A brief question and answer period will follow the presentation. **90 Minutes. Didactic .**

**D.2 Geri Chavis, PhD, CPT- Creative Explorations of Change in Our Lives-** This workshop focuses on the meaning of significant changes in our lives and the ways we react and adapt to these changes. To explore this theme, participants will share personal response to poems and experience a variety of creative writing prompts, which involve journaling, poetic images and structures. **Peer .**

**D.3 Connie Banta, LPC, MFA- Use of Ritual in Poetry Therapy to Empower Transformation-** We will explore ritual's transformational power, the relationship between poetics and ritual, types/purposes of ritual, and effective ritual structure. After whole and small group discussions on these topics, participants will work in small groups to create a brief ritual to present to the whole group.

A 2-hour exploration of the ritual component of poetry therapy, in which we will discuss definitions of ritual, types/purposes of ritual, ritual's transformational power, the relationship between poetics and ritual and effective ritual structure. After whole and small group discussions on these questions, participants will work in small groups to create a brief ritual to present to the whole group. **120 Minutes. Peer.**

**D.4 Silvine Farnell, PhD- Emotional Excavation: Unleashing the Power of a Poem-** We will practice techniques that work when preparing a poem for performance, but our focus will be on using the techniques to allow a poem to do its full work. We'll go through one poem together and each participant will choose one poem to dive into alone. There will be time for journaling, sharing in pairs, and sharing with the group.

**D.5 Marshall Harth, Ph.D.- Both Sides of the Couch: Developing the Therapeutic Alliance Poetically-** Participants will directly experience the poetry and have the opportunity to offer feedback and shared self-reflection on the effectiveness of poetry to capture the alliance experience.

The development of the therapeutic alliance is often depicted textually or clinically from a training perspective. It is rarely described from the joint perspective of the therapist and the client as simultaneously engaged in the process. To envisage this exchange is difficult in a traditional linear textual format. This is because the dynamic is constantly swirling about the two participants. There is rarely an opportunity to "stop the action" and reflect on the process as it evolves. Poetry offers the opportunity to dramatize the dynamic as it appears. This is a challenging undertaking because it requires both the therapist and the client to be able to articulate their experiences, often occurring simultaneously, and in rapidly changing sequences. To capture this dynamic I have utilized poetic expression and wish to demonstrate it within this workshop. It requires a sensitive perception of the emotions occurring in both the therapist and the client. In order to accomplish this it is necessary to suspend one's defenses and attempt to hover gently above the experience and capture the essence of the moment in words that often ineffably bubble to the surface. This can be a remarkable experience for both the therapist and the client.

Several poems will be presented in this workshop and their value for explicating the process of developing the therapeutic alliance will be described. Each will be preceded by some introductory remarks and followed by shared discussion with participants to explicate the poem and its function in establishing the therapeutic alliance. **90 Minutes.**

**Keynote Speaker Diane Allerdyce 11:30 – 12:15**

**Lunch 12:30-1-130**

***Session E 1:45 – 3:15***

**E.1 Alma Maria Rolfs, LICSW, PTR- “Trauma y Trabajo”: Crisis, Culture, and Creativity with Latina Workers-** This workshop is based on the presenter's experience using poetry therapy to help Latina hotel workers overcome workplace trauma. It includes a model for group work addressing workplace “critical incidents.” This model combines psychoeducational and expressive approaches, and includes elements of crisis intervention, grief work, the need for cultural sensitivity, recognition of secondary traumatization, and the affirmation of life through creativity and the instillation of hope.

While some of the cultural aspects addressed are culture-specific, the model itself is flexible enough for use with either general heterogeneous groups of or other distinct populations. It is particularly designed to be useful with participants who may not be highly educated or psychologically sophisticated.

This workshop will be both didactic and experiential, with opportunities for reworking difficult personal work experiences through written exercises, and for responding to selected poems both verbally and in writing. Handouts distributed include bilingual versions of psychoeducational materials addressing trauma and grief, as well as helpful poems.

**Didactic.**

**E.2 Ted Bowman- Dwell in Possibility: The Place of Hope in Poetry Therapy-** Participants will be guided in an honest use of hope in poetry therapy. Using poetry, memoir, and case studies, hope will be practiced, discussed and demonstrated in ways educators and therapists

Hope, in poetry therapy, gets underwhelming attention. Caring helpers want to stop the bleeding, lighten the load, promote resiliency, or protect the vulnerable. This is to be applauded. Still, when approaches such of these become the norm, programs and workers become reactive, problem-centered, and, if not careful, jaded. Hope can be placed on the back burner where there is little fire, money, or commitment.

In this experiential session, participants will be guided in an honest use of hope in poetry therapy. Using poetry, memoir, and case studies, hope will be practiced, demonstrated and discussed in ways educators and therapists can immediately apply in their work or their lives.

**Didactic.**

**E.3 Ruth Folit & Beth Jacobs, Ph.D.- The Keyboard Vs. the Pen: Research, Therapeutic, and Experiential Differences in Emotional Writing-** This workshop focuses on the distinctions between journaling in handwriting or on a keyboard. We will discuss research findings, on-line journaling trends, and personal experiences and also present some experiential comparisons between the two modalities of creating written expression.

This workshop explores an interesting and current issue in the field of expressive writing. We will discuss and experience differences in expressive writing in longhand and on the keyboard. Many people journal on computers and on-line and most people have strong feelings about the significance and benefits of that trend. We will discuss what the psychological research reports

on differences in modalities of writing and describe current trends in computer journaling, including software and blogging. We will compare personal experiences in our own writing.

During the workshop, we will present an experiential duel between a keyboard and a pen. We will experiment with a few short writing exercises and have participants take turns doing the exercises with a keyboard and screen or a pen and paper. We will then discuss the qualitative differences in the experiences and benefits of the exercises. We will consider how the different qualities of writing modalities could possibly be put to specific therapeutic uses.

**90 Minutes. Didactic.**

**E.4 Dottie Joslyn, CAPF, CJF- Creating Poetry from the Heart of Journaling-** This workshop puts poetry and journaling together into an interesting collage of journal words in poetic form. We will create poetry from journaling techniques.

Poetry and journaling can be combined into another unique art/therapeutic form by using journaling techniques as a basis for poetry. The participants of this workshop will use prompts I give them or their own ideas to create poems from journal entries; from journaling techniques such as dialogue, captured moments or character sketch and from the tried but true alphapoems or, as better known to poets, acrostics. The workshop will engage participants in searching their lives as they do in journaling and making a satisfying creative work that may or not be shared with other participants. They will use journal entries of their own or write one in the workshop for one step of the process, then use journal entry prompts to write unique poems.

**Peer.**

**E.5 Robb Jackson, PhD, MFA, CAPF; Elaine Brooks, RN-BC, MA, PTR, MS- Becoming Credentialed in Poetry Therapy-**Do you love using poetry as a way of bringing growth and healing into your life and the lives of others? Have you thought of learning more about the field of biblio/poetry therapy and becoming a credentialed provider of poetry therapy services? If so, this workshop, which is didactic in nature, will provide you with the information you need to get started and answer any questions you might have. We are offering this proposal as a service for any NAPT Conference participants who may be interested in securing certification or credentials in poetry therapy work. **60 Minutes. Didactic.**

## ***Session F***                    ***3:30 – 5:00***

**F.1 William Greene, MD & Lisa Conger, MA- Take Two Poems and Call Me in the Morning-** This is an overview of a course in medical humanities and reflective writing for medical students. We will share and discuss our process and experience in developing and facilitation this course. A sample syllabus and writing exercises are included. We want to encourage others to consider developing such a class at their local or regional medical school.

**Didactic.**

**F.2 Panel Discussion: Perie Longo, PhD, MFT, PTR; Salita Bryant, PhD, MFA; Cindy Savett, BA; Hedi Lynn Staples, PhD; Ann Teplick, MA- Experiences of Writing Teachers Conducting Workshops in Mental Health Settings: Process, Pros, and Cons**

Issues addressed are scope of practice, the art of listening and response to clients' writings, teens at risk, navigating the extremes of psychological distress, appropriate literature, and adapting to unique demands in these settings.

Perie Longo, Moderator, will introduce each panelist briefly, and then ask these questions: As writing teachers and MFAs, what drew you to teach writing in mental health facilities? Would you describe your work? For you, what is the difference between a writing workshop and those you do in mental health facilities? What is the most rewarding aspect of this work for you? What have you found most challenging? The last 20 minutes of the panel (90 minutes) will be for comments and questions. In my communication with the panelists each have written the following as their focus in response to the description of their work:

**Salita Bryant**, PhD Literature, MFA Poetry, will discuss how creative writing is a narrative that “reveals some organizing principle that is both known and unknown” and how writing can help resolve trauma.

**Cindy Savett**, BA, will speak of relationships that evolve between writer and client, the deep resonance between the writer and listening group, and writer and the wider community.

**Hedi Lynn Staples**, PhD Literature, MFA Creative Writing, will speak about how a workshop framed as a recreational activity within a therapeutic setting may call for the facilitator to engage in self care usual to providers of mental health services, based on her work at the National Forensic Hospital in Dublin, Ireland.

**Ann Teplick**, MFA, will discuss The Pongo Teen Writing Project at the Washington State psychiatric hospital; her essay on this subject; and her work at the psychiatric unit of Children's Hospital in Seattle, with Writers in the Schools.

**Didactic.**

~~**F.3 — Laura Basso, LCPC & Amy Davis, LCPC — Taking Flight: Letting Go through Words and Art**—This workshop, using the written word and creative expression, will allow you to participate in a ceremony you can use throughout your lifetime. Participants discuss obstacles to growth and write their goodbye's on crêpe paper which will be assembled into a kite. The kite will be flown outside (weather permitting) so that burdens may be lifted by “winds of change.” Afterwards, short poems will be written on kite-shaped cards to serve as a reminder of the ceremony of transition. Cancelled due to illness.~~

**F.4 Lorraine Harrell, MFA- Vision Quest Poetry-** Interactive workshop in which participants will be guided in a reflective exercise to learn to put their heart on paper, by using their “primary” voice, the natural unself-conscious voice of their spirit; aided by the sensory images of an array of intriguing and everyday objects to evoke the colors, rhythms, and twilight

images of their lives. This safe, inner quest will guide them to create the poetry of their autobiographical and fictional soul.

“I view a vision quest as a spiritual journey, a turning point. It’s a sacred time of intentional change, wonder and courage. It requires that we open our hearts, and allow the process of deep listening to reflect, reveal and recharge our psyche. The purpose is to not run away from our thoughts, but to encourage ourselves to go through the shadow thoughts, capture its essence, reveal its truth and begin to lift it from its hidden well to begin the process to heal from a place of strength rather than from our wounds. Therefore, it is a completion of an old life, and movement through the threshold of the unknown, to discover the divine sacredness of self, and to return to one’s soul reborn.

I want the participants to really feel the events of their thoughts, as it moves through all the phases of time, as they feel the inner continuity of their life, the past and its movement into the future. “ **60 Minutes.**

**F.5 James Brandenburg, M.A., M.Ed., LPC, LMFT, CPT- How Poetry Therapy and Writing Aids Recovery (Owing Structure in AA Frees the Addict)-** The workshop explores the idea that by following certain steps in the 12-step Program (Alcoholics Anonymous) e.g. steps 4, 8, and 9, recovering addicts can make amends and take ownership of the damage they have caused. The writing process can be used by almost anyone and is liberating. Participants explore this process and examine their own issues. **60 Minutes. Peer.**

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**5:15 5:45                      NAAPT AWARDS**

**Dinner    6-7**

**Evening Event                      7:15 – 9:15 Evelyn Beck, Ph.D- Creative Aging: Riding the Winds of Change through Poetry and Sacred Circle Dance-** Join the circle with simple dances that are at once meditative, playful, and joyful. This event combining poetry with sacred circle dance will encourage you to contemplate your life’s journey. We will dance, we will read, we will write, and in so doing, bring mind/body and spirit together. All dances will be taught and no previous dance experience is needed. In this form of dance “there are no mistakes, only variations.”

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## **Sunday 4/29**

Namaste Morning Stretch      7:00 – 8:00

**Breakfast**

8:00 – 9:00

***Session G***

***9:15 – 11:45***

**G.1 Triple Workshop: Susan de Wardt, CAPF; Ingrid Tegnér, MSW, CPT, MA - Building Community: A Poetry Therapy Group Experience-** Take part in small group sessions you might facilitate if you were a poetry therapist, or attend if you should choose this healing modality for creative expression and well-being. **1 Hour Friday and Saturday mornings before other activities. 2.5 Hours on Sunday, total of 4.5 hours. Peer.**

**G.2 Laura Lewis, Ph.D.- The Torrents of Loss: Poetic Understandings of Loss and Bereavement-**Look at poetry inspired by losses/deaths. Elegies along with present-day theoretical understands of grief and bereavement.

The loss of loved ones in our inner circle of relational attachments often inspires great winds of change within the self. Factors such as whether the death was expected or unexpected, the kind of loss i.e. loss of romantic partner, a parent, or a beloved child all have particular influences on grief and bereavement processes and the poetry that may result from these factors.

As well, gender can play a marked influential role on how bereavement is integrated into the self and the kinds of activities or experiences that uniquely assist with one's grief.

When one reads and contemplates poetry that reveals themes of loss and grief, current knowledges about grief and bereavement can often be identified within the prose. This presentation will not only contemplate grief poetry from that of elegy to the present day, but will also analyze these works from the perspective of current knowledges that inform our understanding of grief and bereavement in Western culture.

How a therapist might use poetry therapeutically for those persons who seek counseling support for their grieving will also be an integral part of this workshop. **60 Minutes.**

**G.3 Dr. George Bell, D Min, CPT- A Journey In a Moment-** This workshop focuses on moments and how they can be isolated and studied by a writer (or a counselor) to gain insight into the forces that shape both thoughts and actions. Each though is isolated in a poetic format which enables flow of thought to become visible in a clear and artistic way.

A moment is a little chunk of life. Similar to a drop of water in a stream, it does not exist unless isolated. It contains a lot of interacting ingredients, thoughts, feelings, events that, when isolated in a poetic format, provide fresh and vital information that enhances self-understanding and appreciation. Be prepared to encounter complexities you may never have recognized. Also observe change as it happens! We will practice catching moments. **120 Minutes. Didactic.**

**G.4 Diane Allerdyce, PhD, CAPF- Using Poetry Therapy Principles in an Educational Setting to promote Empathy: The Principal's Poetry Project at Toussaint L'Ouverture High School for Arts & Social Justice,** In this interactive workshop, participants will have the chance to respond from various vicarious perspectives to two poems and a song that are part of the Principal's Poetry Project at Toussaint L'Ouverture High School for Arts & Social Justice. Trained as a CPT, the facilitator discusses how poetry therapy principles such as respectful listening, evocation, and expression can be utilized in an educational setting, even (or especially) with individuals who may have language-based or social learning barriers. **90 Minutes.**

**G.5 Charlotte Se're', MSW, LCSW- Using Play Performance in Staff Development-** This workshop will present two one act plays, depicting clients struggling to improve their lives with positive change. An interdisciplinary treatment team is featured in one play. Discussion following the performances will focus on dynamics in the therapeutic relationships as well as dynamics in the relationships among clients. **120 Minutes.**

**Lunch**

**12-1**





## National Association for Poetry Therapy 2012 Conference REGISTRATION FORM

This is a registration form for NAPT's Annual Conference. Members who register early will be the first to get into the sessions. ("First come first serve.")

**Mail or fax your conference registration with payment to:**

National Association for Poetry Therapy  
3365 Wildridge Dr. NE  
Grand Rapids MI 49525  
Fax: (888) 361-5540

Questions? Contact the NAPT office at: toll free (888) 498-1843,  
or email: [Contact@poetrytherapy.org](mailto:Contact@poetrytherapy.org)

<b>Name:</b>	<b>Circle One →    Male    Female</b>
<b>Credentials:</b>	
<b>Professional Affiliations:</b>	
<b>Profession:</b>	
<b>Address, City/State/Zip/Country:</b>	
<b>Home Phone:</b>	
<b>Work Phone:</b>	
<b>e-mail:</b>	

### Registration

*(includes Thursday evening and all Friday/Saturday/Sunday activities)*

\*\*If you are registering as a student, retiree, or educator please provide proof of your status.

(note that prices below include two options: first is for payment by check; second is payment online/via credit card)

Classifications	<del>Before 12/31/11</del>	<del>Before 2/28/12</del>	On and After 3/1/12	Option
Regular NAPT Member	<del>215 (check)/ 222 (credit ed)</del>	<del>240/247</del>	275/283	
Non-member	<del>250/258</del>	<del>275/283</del>	310/319	
Full-Time Student/Senior NAPT Member	<del>165/170</del>	<del>190/196</del>	225/232	
Full-Time Student/Senior Non-Member	<del>180/185</del>	<del>205/211</del>	240/247	
Date Rate (limited to one day)	<del>130/134</del>	<del>145/151</del>	160/166	

### Workshop Choices

**We will make every effort to accommodate preference but do not guarantee placement in the preferred workshop. Workshops fill up quickly. NAPT will make alternate selections if first and second choices are at capacity.**

Your Conference Choices*	First Choice (please indicate by session # such as A1, A2, A3, etc.)	Second Choice
Namaste Morning Stretch (7-8 a.m.)		Not Applicable
Triple Workshop (7-8 a.m.)		Not Applicable

Session A		
Session B		
Session C		
Session D		
Session E		
Session F		
Session G		
Keynote Poet/Lunch (attending this event only) *	\$55	Not Applicable

**If attending only one day, please check which day: Friday Saturday  
and make appropriate session choices (A-C for Friday and D-F for Saturday).**

## **Housing** (if not staying at the Cenacle, you must choose the commuter fee, below)

Cenacle Room  
 single \$98/day (multiply days by rate to get total charge) \_\_\_\_\_  
 double \$78/day/person (multiply days by rate to get total charge) \_\_\_\_\_

Commuter Fee (include if not staying at Cenacle)  
 \$105 (for full conference registration) (\$99 via check) \_\_\_\_\_  
 or \$35 (for single day registration) \_\_\_\_\_

## **Services, Needs, & Comments:**

\_\_\_ Check here if you wish roommate sharing service.  
 \_\_\_ Check if you have special needs and list your needs on the back of this form.  
 \_\_\_ Check if you have special food needs:  
 (Circle which ever applies)    vegetarian    gluten-free    other food allergy (please list:    )

Please tell us if you have any comments:  
 \_\_\_\_\_  
 \_\_\_\_\_

### **Please note:**

- If you would like to join or renew your membership please fill out the NAPPT membership application and include it when sending in your registration (go to this [weblink](http://www.poetrytherapy.org/membership.html) to download the application (<http://www.poetrytherapy.org/membership.html>).
- Any conference registrant who does not stay at the Cenacle must also pay a daily commuter fee (\$35/day), which provides for three meals/day.

## **Payment Type**

Check/Money Order      Visa      MasterCard      Discover

Card Number: \_\_\_\_\_ Exp. Date \_\_\_\_\_ CID# \_\_\_\_\_

Name as it appears on your card: \_\_\_\_\_

Signature \_\_\_\_\_

Please list any comments on reverse.

## Additional Housing Options (Nearby Hotels)

### **Days Inn Chicago**

644 W. Diversity Parkway  
773-525-7010  
Five blocks from the Cenacle  
info@daysinnchicago.net  
www.daysinnchicago.net

Thursday night one bed: \$101  
Friday & Saturday night \$137 each

Thursday night two beds: \$111  
Friday & Saturday night \$157 each

### **Inn at Lincoln Park**

601 W. Diversity Parkway  
866-774-7275  
Five blocks from the Cenacle  
[www.innlp.com](http://www.innlp.com)  
innatlincolnpark@sbcglobal.net

contact for rates

### **Belden-Stratford Hotel**

2300 Lincoln Park West  
773-281-2900  
Three blocks from the Cenacle  
[www.beldenstratfordhotel.com](http://www.beldenstratfordhotel.com)

contact for rates