

## Conference Workshop Schedule

### *Expanding the Frontiers of Poetry: Growth and Healing through Language, Symbol, and Story*

April 18-22, 2007  
Marriott Portland Downtown  
Portland, Oregon

**Note:** Peer hours may be awarded for the following workshops when approved by a trainee's mentor/supervisor: Pre-conference workshop I, Pre-conference workshop III, A4, B1, B2, B6, C1, C2, D1, D6, Post-conference workshop IV, Post-conference workshop V.

#### **Wednesday Day Trip, April 18, 2007 9 AM – 4 PM and 8 – 9 PM**

***The Healing Ways of Water:*** Join us for a day of walking and exploring the healing ways of water beginning at the beautiful Japanese Garden of Portland, where we will read, write, and share haiku. Our exploration will take us out to the astounding Columbia River Gorge and Multnomah Falls, Oregon's largest, where we will enjoy lunch and further meditations on the healing ways of water. Lunch, transportation and entrance to the Japanese Garden are included in the single workshop/day trip fee. This trip is scheduled "rain or shine"; please dress appropriately and remember that there will be a moderate amount of walking. The group will reconvene at the hotel in the evening to share writings and discuss the day. Enrollment is limited to 25 participants; please register early.

**Presenter:** **Richard Brown**, M.Ed., CAPF, NAPT Board Member, is a Language Arts teacher at Roosevelt High School in Portland, Oregon, where he leads an after school poetry group and co-leads the Deep Roots Music Project. This project will take students' poems and lyrics and turn them into songs with the help of local musicians. A CD of the students' work will be released in May 2007.

#### **Wednesday Day Trip 10:30 AM – 2:30 PM**

***Write Down Town: A Literary Treasure Hunt:*** This pre-conference activity is a must if you've never visited the Northwest. Debra Thornley, MA. CAPF, her son Jerry, and daughter Hank, will take you on a guided tour of the Downtown Portland area. The tour will begin at the Marriott where you will take a city bus to Pioneer Square in the heart of the city. There will be a free streetcar ride along the way and a bag of Portland treats for each participant. After a visit to the world famous Powell's City of Books with a Northwest Literary Treasure hunt, and lunch at a downtown restaurant of your choice, the tour will culminate with a walk along the beautiful Willamette River before returning to the conference site. This is a walking tour. Bring your umbrella just in case. Lunch cost not included in the fee of \$25.00, which will be collected at the registration table (do not include in conference registration).

**Presenters:** **Debra Thornley**, M.A. CAPF, is a 35 year resident of Oregon, 13 of which were spent in the Portland area. Her family's Oregon roots date back to 1912. Debra will be assisted by her son Jerry and daughter Hank who have lived and worked in Portland for more than ten years.

## Thursday Pre-Conference Workshops, April 19, 2007

### Pre Conference I 8:30 - 11:00 AM

#### *Poetry Therapy and Drama/Movement: Advancing Verbal and Nonverbal Expression*

Poetic enactment, the use of drama/movement to expand the therapeutic and growth elements of poetry therapy, will be examined and demonstrated through Mazza's multidimensional R.E.S. model. The model consists of three major dimensions: 1) R - Receptive/prescriptive involving the introduction of literature into practice, 2) E - Expressive/creative involving written expression, and 3) S - Symbolic/ceremonial involving the use of metaphors and rituals. Nonverbal methods will be applied to each of the above dimensions.

**Presenter: Nicholas Mazza**, Ph.D., PTR, is the Patricia V. Vance Professor of Social Work at the Florida State University College of Social Work. He holds Florida licenses in clinical social work, marriage and family therapy, and psychology. Dr. Mazza is the founding and current editor of the *Journal of Poetry Therapy* and author of *Poetry Therapy: Theory and Practice* (2003, Brunner-Routledge).

### Pre Conference II 12:00 - 2:30 PM

#### *The Bibliotherapy Education Project: Collaborating to Build Skills and Share Resources beyond the University*

Collaboratively teaching graduate counseling students how to evaluate books for potential therapeutic uses has created this inter-disciplinary project that provides a database of evaluated children's books, a focus for continuing scholarship and bibliotherapy resources for multiple audiences. Discover how you can use the Bibliotherapy Education Project for yourself.

**Presenters: Paula McMillen**, Ph.D., is Associate Professor, Oregon State University Libraries. Her prior experience as a psychologist and her current career as a librarian prepared her well for research and teaching in the area of bibliotherapy. **Dale-Elizabeth Pehrsson**, Ed.D., Assoc. Professor, Teacher and Counselor Education, Oregon State University, has broad-ranging experience that includes nursing, literacy and study skills, and counseling with children and families. Both have been faculty members at Oregon State University since 1999.

### Pre Conference III 3:00 - 5:30 PM

#### *Express Stop: From the Poem to the Play*

This offering is a dynamic laboratory/workshop that helps participants explore the poem as a rich resource for story and improvisational theatre. Every play has a story and every poem is a fragment of that story. Once you appreciate the natural kinship of poetry and drama, you can easily take others to "The Express Stop: From the Poem to the Play."

#### **Presenter: Sherry Reiter**

Dr. Sherry Reiter, is a Registered Poetry Therapist/Mentor-Supervisor and a Registered Drama Therapist/Board Certified Trainer, as well as a licensed clinical social worker. She is Director of The Creative Righting Center in New York, a center of poetry therapy training. She teaches at Touro College and Hofstra University. She was recipient of the NAPT Pioneer Award in 2004 and is past President of NAPT and NFBPT.

8:30 – 9:30 PM

**Opening Performance: Madgesdiq**

Friday, April 20, 2007

**7:00 – 8:00 AM**

***Chi-Kung & a Haiku:*** Give your body a treat, start the day by cultivating energy and releasing tension as you compose a haiku inspired by your own body. Accessible to complete beginners, this workshop will include balance and breathing exercises, the five element form and a short movement meditation. People of all ages and abilities are welcome.

**Presenter: Larry Butler** lives in Scotland, teaches Tai-Chi and leads improvisation workshops. He co-founded the Poetry Healing Project out of which he founded and developed Survivors' Poetry Scotland; he is convenor for Lapidus Scotland, leads a life story group at Maggie's Cancer Care Centre in Glasgow, and is currently helping to create an arts/eco-village: [www.bodhi-eco-project.org.uk](http://www.bodhi-eco-project.org.uk).

**7:00 – 8:00 AM**

***Special Interest Group (SIG) Breakfast I: Journaling/Journal Therapy***

If you're interested in journaling or journal therapy, either for your own growth or as tools offered to clients, please join Membership VP Mary Caprio and others for breakfast in the hotel's restaurant, Allie's. We'll discuss how the new Journaling/Journal Therapy special interest group (SIG) will function and what projects/resources may be shared and/or developed by group members. Come meet others who share your interests! *There is no charge to attend, but attendees will pay for their own breakfast. Please RSVP at the conference registration table or before the conference via e-mail to [membership@poetrytherapy.org](mailto:membership@poetrytherapy.org)*

**Presenter: Mary Caprio, MS**, is beginning her second term as NAPT's Vice President for Membership. She lives in Franklin, TN, where she balances family, work, poetry, and graduate school.

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**8:15 – 8:30 AM**

**President's Welcome: Perie Longo**

**8:30 – 9:45 AM**

**Keynote Address: Kim Stafford**

We are happy to announce that Kim Stafford, a native Portlander, will be our Keynote Speaker this year. Kim is the founding director of [The Northwest Writing Institute](http://www.nwwritinginstitute.org) at Lewis & Clark College where he has been a writing teacher since 1979. He is also the director of the [William Stafford Center](http://www.williamstaffordcenter.org) and the author of fourteen books of poetry and writing including *The Muses among Us*, *A Thousand Friends of Rain*, and *Early Morning: Remembering My Father, William Stafford*. Kim believes that the expressive arts are the greatest priority of our time.

**Workshop Session A**

**10:00 AM – 12:00 Noon**

**A1a (60 minutes)**

***Poetry and Community Practice: Expanding the R.E.S. Model***

The differential use of poetic methods in community practice will be examined and demonstrated through Mazza's multidimensional R.E.S. poetry therapy model. The model consists of three major dimensions: 1) R - Receptive/prescriptive involving the introduction of literature into practice, 2) E- Expressive/creative involving written expression, and 3) S- Symbolic/ceremonial involving the use of metaphors and rituals. Specific attention will be given to prevention, education, enrichment, and advocacy programs.

**Presenter: Nicholas Mazza, Ph.D., PTR**, is the Patricia V. Vance Professor of Social Work at the Florida State University College of Social Work. He holds Florida licenses in clinical social work, marriage and family therapy, and psychology. Dr. Mazza is the founding and current editor

of the *Journal of Poetry Therapy* and author of *Poetry Therapy: Theory and Practice* (2003, Brunner-Routledge).

**A1b (60 minutes)**

***That Bogey-Monster in Your Closet: A Group Poetry Creation to Deal with Childhood Fears***

Using a graphic organizer we'll collect participants' remembrances of childhood monsters (in closets and under beds). Based on descriptions we'll create a poem followed by choral reading (with growls and spontaneous expressions). We'll repeat this activity with audience-generated topics. We will discuss the origins of such symbolic representations of fears.

**Presenters:** **Dr. Dale Pehrsson** is Associate Professor for Counseling and Clinical Director of the Bibliotherapy Education Project at Oregon State University. She is a Registered Nurse, Child-family Therapist, School Counselor and Registered Play Therapist Supervisor, who uses story therapy with play and art modalities in teaching and counseling. **Dr. Bob Pehrsson**, Professor of Literacy Emeritus, teaches developmental learning and literacy courses at Oregon State University. He worked as a Reading Specialist in New York for years and was the Language Supervisor at Lexington School for the Deaf. Bob is completing a major research project on interpretation.

**A2 (120 minutes)**

***Poetry, Psychology and Cherokee Stories: A Parenting Workshop***

This interactive workshop pairs Cherokee stories and teachings with psychology's "best practices" for healthy parenting. It also uses poetry exercises drawn from all six books of Gustafson's *In-Versing Your Life* series. Participants will discuss stories and write poetry around parenting issues. The workshop was first presented at Oaks Indian Mission in Oaks, OK.

**Presenter:** **Cynthia Gustafson**, a psychotherapist, attended Gustavus Adolphus College and Boston University, earned her MSW at Louisiana State University, and did post graduate work at United Seminary of the Twin Cities and Oklahoma State University. She is the author of the six-book *In-Versing Your Life* series, as well as other poetry and inspirational books.

**A3 (120 minutes)**

***"I Am Not a Juvenile Delinquent": Poetry of Incarcerated Teens***

This workshop includes a DVD featuring poems by girls at Touchstone, a residential treatment facility for adjudicated adolescent girls. In this experiential workshop, participants will write and read to each other as the facilitator responds to questions and promotes discussion of how to start similar programs.

**Presenter:** **Sharon Charde**, family therapist, women's writing retreat leader since 1992, and award-winning poet with two books to her credit, has volunteered for seven years as a weekly workshop leader at a residential treatment facility for adjudicated teenage girls and has published two books of their poetry.

**A4 (120 minutes)**

***Image and Self-Image: Poetry for Helping the Latina Woman Integrate Conflicting Identities***

This didactic/experiential workshop will explore the benefits of poetry therapy in 1) helping us understand the experience of the Latina woman, and 2) helping the Latina woman integrate conflicting identities and develop her true voice. Broader applications to other populations with similar contexts and concerns will also be noted.

**Presenter:** **Alma Rolfs**, LICSW, PTR, is a bilingual/bicultural clinical social worker, poetry therapist, mentor-supervisor, poet, teacher and former NAPT board member. She has worked extensively with Latino/Latina clients, directed a psychiatric expressive therapy program, and conducted poetry therapy groups with various populations. Currently Alma teaches, maintains a private psychotherapy practice, and offers poetry therapy training.

**A5 (120 minutes)**

***The Deep Roots Music Project: Songs of Self-Discovery***

Songs, stories, and testimony from The Deep Roots Music Project, a community writing curriculum that brings high school writers together with professional musicians and helps them work together to create music CDs. Hear how their rock-and-roll adventure takes the students on a journey of self-discovery.

**Presenter: Chris Gragg** taught language arts for eleven years at Reynolds High School in Troutdale, Oregon. He helped start a literary magazine at the school, and coordinated and hosted multi-school poetry slams in the Portland area. In 1998, he founded The Deep Roots Music Project, a program that helps teen writers and professional musicians collaborate to create music CDs.

**A6 (120 minutes)**

***Ariadne's Thread: Therapeutic Lines from the Movies that Help Us Find the Way Out***

W. S. Merwin says that “Inside this pencil crouch words / that have never been written / never been spoken / never been thought / they’re hiding / they’re awake in there / dark in the dark hearing us.” What is it that hides like Minotauros in the labyrinth of our mind? This workshop/presentation is to share the therapeutic power of the “lines”—drawing and writing, prompted by the “lines” of the movies—that help participants find the way out. The presentation will also include the testimony of the therapeutic effect of the movies students experienced in the presenter’s “Film and Literature” class in a Korean university.

**Presenter: Bong-hee Lee, Ph.D.**, is a poet, a movie columnist, and a professor of English Literature in a Korean university. She is a graduating CAPF with Kay Adams as mentor and supervisor. She translated Adams’ *Journal to the Self* and *The Way of the Journal* as well as James Pennebaker’s *Writing to Heal* into Korean.

**A7a (60 minutes)**

***Story, Archetype and Healing***

With the publication of “Story, Archetype and Healing” in the *Journal of Poetry Therapy*, interest in this profound technique for change is growing. Share in the “informing, enlightening and entertaining” stories within the lives of students, clients and ourselves.

**Presenter: Linda G. English, Ph.D., LPC**, is an Associate Professor of Counselor Education. She has taught at Henderson State University since 2001. Prior to returning to her alma mater, she taught for three years at Valdosta State University in Valdosta, Georgia. She served for twelve years within the public schools of Arkansas as a teacher and counselor. Currently Linda serves as Coordinator of the School Counseling Program, and has a part-time private counseling practice with Prescott Family Clinic.

**A7b (60 minutes)**

***Dance With Your Healing ~ Tears Let Me Begin to Speak***

Writing and discussion workshop—using the published text, *Dance With Your Healing~Tears Let Me Begin to Speak*—in which specific pieces of poetry will be read, questions posed, responses offered, short pieces written. The dialogue will focus upon sharing how specific pieces of writing/poetry/prose poetry offer healers, clients, and learners a way to dialogue with their sorrow and pain, and come to trust their process of healing.

**Presenter: Margot Van Sluytman** is a published poet and a Canadian pioneer in the field of poetry and healing. She has been teaching people via classroom and on-line courses to find and use their words to foster healing through self-dialogue with image, metaphor, and raw words. Her work is also offered to caregivers in palliative care, in sexual abuse centers, and at colleges, universities, and spirituality centers in Canada and the US. She is currently offering words and healing to newcomers to Canada through the Calgary Board of Education. She is publishing a book entitled *Layers of Possibility: Healing Poems from the National Association for Poetry Members*, Palabras Press, Spring 2007, and her book, *Breathe Me: Why Poetry Works*, will be

published in Fall 2007, also by Palabras Press.  
<http://www.margotvansluytman.com/biography.htm>

**Workshop Session B**  
**2:00 – 3:30 PM and 2:00-4:00 PM**

**B1 (90 minutes)**

***The Talking Stick as Symbol to Free Young Writers' Words***

To enhance the elementary school unit on Native American studies, Perie wrote a poem and developed a lesson based on the Talking Stick, giving it power to speak what children know and imagine but don't say. This lesson and its effect will be presented, along with time for participants to write, share and process their own writings.

**Presenter: Perie Longo, Ph.D., PTR,** is in private practice as an MFT and poetry therapist in Santa Barbara, CA. She is president of NAPT and a Mentor/Supervisor. For over twenty years she has taught through the California-Poets-in-the-Schools program. In 1998 she received NAPT's Outstanding Achievement award and in 2004 the Distinguished Service Award.

**B2 (90 minutes)**

***Many Waters: Poetry, Therapy and Spiritual Growth***

"Many waters cannot quench love / Neither can the floods drown it." In a materialistic age, many people are looking for a way of exploring their spiritual life that is not necessarily tied to a specific belief system. This workshop will offer theory, poems and writing exercises to create a safe space for spiritual reflection.

**Presenter: Victoria Field, MA, CPT,** was writer-in-residence at Truro Cathedral during 2006. Her creative work includes two poetry collections, fiction and two professionally produced plays. She is the co-editor of *Writing Works: A Resource Handbook for Therapeutic Writing*, Chair of Lapidus (NAPT's sister organization in the UK) and works in health, community and educational settings in Cornwall and beyond.

**B3 (90 minutes)**

***Poetry Therapy for Culturally Diverse Students Transitioning into an American High School***

Discussion centers around the value of poetry written by James Brandenburg to aid international high school students transitioning into American culture. He uses poems he wrote about each student's experience and will discuss ways that these poems encourage students to articulate their feelings in an unfamiliar language. Workshop participants will be invited to write a similar poem from a fictional student biography.

**Presenters: James Brandenburg, BA, MA, Med, LPC, LMFT,** has 18 years of experience running support groups with international high school students making a transition to the United States from foreign countries. **Lianne Mercer, RN, MSN, CAPF,** is a psychiatric nurse and poet who presents poetry workshops to nurses and others in the community interested in the healing value inherent in the process of writing. James will apply to receive his CAPF in Portland; Lianne is his mentor/supervisor.

**B4 (120 minutes)**

***Meditation in Motion: The Flow of Writing and Yoga***

Practice writing and yoga as forms of meditation, and gain tools for transformation in everyday life. Emphasis placed on letting words flow from a place deeper than rational mind. Writing practice will be interwoven with breath work, yoga postures, and seated meditation. All levels of writing and yoga experience welcome.

**Presenter: Beandrea Davis, CYT,** is a certified yoga teacher, writer, and photographer. Trained at Kripalu Yoga Center, she has taught nationwide. She recently returned from Paris where she sat in cafés and worked on her forthcoming memoir, *Good Enough for God*. Currently she is a graduate journalism student at University of California, Berkeley.

**B5 (90 minutes)**

***Mind the Gap: Using Poetry to Bring Generations Together***

Intergenerational programs are becoming increasingly popular as we begin to understand the benefits, not only for the older adults and children, but for the community as well. Based on research done at Easter Seals in 2006, this workshop will present a practical guide for developing an expressive arts intergenerational program including goals, benefits, methodology, discussion topics and activities.

**Presenters:** **Patti Russo**, MS, CPT, is a certified poetry therapist in Carlisle, Massachusetts. She has facilitated intergenerational groups at Easter Seals in Manchester, NH, and through the Carlisle Council on Aging. Patti currently works with Alzheimer's patients at The Atrium at Drum Hill nursing home and also offers poetry workshops for women, senior citizens and children. **Steven Durost**, LMHC, is the Intergenerational Expressive Therapies-based Program Director at Easter Seals NH. Through this program, Steven utilizes the arts to create healing relationships across generations. Steven is an Expressive Therapies Doctoral candidate, has taught in Israel, and established an elder support group in South Africa.

#### **B6 (90 minutes)**

##### ***Symbolic Modeling: A Different Way of Working with Metaphors***

Symbolic Modeling is a mind/body counseling approach which taps into subconsciously held beliefs and patterns, held in the brain as symbols and images, and works with them to bring about greater clarity and change. First developed for working safely with trauma patients, the approach is now being applied to a broad range of counseling issues.

**Presenter:** **Gina Campbell**, CAPF, began her study of Symbolic Modeling in 2003. Attracted to another way to use metaphors, she studied with Tompkins and Lawley, developers of the technique, in Europe. Gina brings this pioneering work to this side of the Pond, facilitating individual clients and offering training in the Symbolic Modeling method.

#### **B7 (90 minutes)**

##### ***Journey in Words: Community Cornerstones***

This workshop focuses on the philosophical cornerstones (developed at Diana's Grove) that can help us live in healthy community. We will explore some cornerstones of community by creating poetry and playing with words. This wordplay will help delineate the mythic, emotional, essential, and physical realities of our relationships.

**Presenter:** **Shaun Perkins Moffitt**. As a child, Shaun wrote poems on a pink notepad, folded the poems into squares, and tucked them under the roof tiles. Perhaps, she will harvest those poems before a tornado destroys the house or roofers peel away the words. She is a writer ([www.journeyinwords.com](http://www.journeyinwords.com)) and a staff member at Diana's Grove ([www.dianasgrove.com](http://www.dianasgrove.com)).

### **. The Rattlebox Open Mic Poetry Reading Friday, April 20, 2007 7 PM - ???**

*The Rattlebox* is a celebration of all that poetry accomplishes and causes us to celebrate. Come and join emcee **Jennifer Bosveld** of Pudding House for this community poetry event. First come—first to sign up. This is an international poetry venue! Refreshments and prizes included. **Presenter:** **Jennifer Bosveld** is president of Pudding House, the largest literary small press in America. She's widely published (*Rosebud*, *Gargoyles*, *The Sun*, more, and anthologies such as *Bottom Dog's Coffeehouse Poets* where editor Larry Smith calls Jennifer "a one-woman poetry revolution"). She's known for her ekphrastic books and for virtual journalism poetry among other things. Jennifer has been a long term member of NAPT and was on the founding board in 1981. She is one of our Praise of Muses and has presented at many NAPT conferences. Her books *Topics for Getting in Touch: A Poetry Therapy Sourcebook* and *Prayers to Protest: Poems That Center and Bless Us* are used by many in the field of poetry therapy.

**Saturday, April 21, 2007**

**7:00 – 8:00 AM**

***Chi-Kung & a Haiku*** (for description please see Friday morning)

**Presenter: Larry Butler**

**7:00 – 8:00 AM**

***Special Interest Group (SIG) Breakfast II: Writing in Academic Settings***

Many NAPT members incorporate poetry therapy and other expressive arts techniques into their work in academic settings. This new Special Interest Group offers a chance for teachers, professors, librarians, and other academics to share resources and perhaps develop new ones. Please join Membership VP Mary Caprio and others for breakfast in the hotel's Allie's restaurant. We'll discuss how the special interest group (SIG) will function and consider possible projects. Come meet others who share your interests! *There is no charge to attend, but attendees will pay for their own breakfast. Please RSVP at the conference registration table or before the conference via e-mail to [membership@poetrytherapy.org](mailto:membership@poetrytherapy.org).*

**Presenter: Mary Caprio, MS**, is beginning her second term as NAPT's Vice President for Membership. She lives in Franklin, TN, where she balances family, work, poetry, and graduate school.

### **Workshop Session C**

**8:15 – 10:15 AM**

**C1 (120 minutes)**

***Bringing Joy to Marianitas: Poetry Therapy for Latinas Struggling with Depression***

This workshop will present a summary of the facilitator's experience conducting therapeutic groups for Latinas struggling with depression. Through poetry reading, dialogue and breathing exercises, Latinas can find positive ways to cope with depression while learning to navigate the waters of creativity and spiritual connection. Participants will walk away with a rich selection of poems and techniques that are therapeutically sound.

**Presenter: Marianela Medrano-Marra, MS, LPC, CPT**, is a Dominican writer and psychotherapist living in Connecticut. She offers workshops and readings in various venues in Connecticut, New York and other parts of the country. In her workshops, she combines literature and psychology to help others find new ways of knowing the wholeness of human beings. She currently pursues a Ph.D. in psychology at the Institute of Transpersonal Psychology in Palo Alto, CA. Medrano has published the following poetry books: *Oficio de Vivir* (1986), *Los Alegres Ojos de la Tristeza* (1987), *Regando Esencias/The Scent of Waiting* (1998) and *Curada de Espantos* (2002). She lives in New Milford with her husband and son.

**C2 (120 minutes)**

***Seascapes of Healing: Navigating an Ocean of Emotions through Poetry, Art, Movement, and Sound***

Participants will be guided through the theme of ocean—mysterious, fluid and powerful symbol of the unconscious. Expressive arts techniques will be demonstrated to access, release and transform challenging emotions. As we play in the sand and touch smooth stones and shells, we will ignite the creative process and discover the ocean filled with latent possibilities.

**Presenter: JoAnn Flynn, M.Ed., CAPF, CEAF**, is an applied poetry facilitator and expressive arts educational facilitator. She has been a special education teacher for 18 years, facilitating poetry therapy groups for emotionally disturbed/learning disabled children. Currently she is a Connecticut Teaching Artist in the schools and brings poetry to the frail elderly and women in prison.

**C3 (120 minutes)**

***Bringing the Voice Home: Using Music and Song Lyrics to Cope with War***

We will explore the impact of war on American Veterans and ourselves, through music and song lyrics as literature. Handouts of songs written by veterans and popular culture musicians during wartime and peacetime, from WWI to the present will be offered. There will be time for reading, response to the material, and writing.

**Presenter: Hannah Menkin**, MA Gerontology, is a poet and visual artist, and a CAPF in training. She uses an integrative approach to help American Veterans and older adults find their own unique voice through oral history, storytelling, poetry/writing, and the creative/expressive arts. She currently facilitates writing workshops with veterans; many are homeless, and suffer from Post Traumatic Stress Disorder (PTSD). She is the recipient of the 2006 Los Angeles Art Lerner Poetry Therapy Award.

#### **C4 (90 minutes)**

##### ***Reconnecting Youth through the Power of Nature***

The closer we get to nature, the more life comes into focus... Learn how to connect and heal youth through nature study and outdoor writing. Handouts will include place-based learning tools for how to develop a nature writing program in your area. Copies of the *Eco Expressions* literary arts and science handbook will be available.

**Presenter: Jan Daniels** is an environmental journalist and educator in San Diego. She founded Eco Expressions—an environmental arts program for youth, focused on nature writing. She is the recipient of the Wild Gift environmental leadership award for working with teens in rehab, and abused and homeless children. Currently a Sun Valley foundation is funding the after school environmental arts program for middle and high school youth in Hailey, Idaho.

#### **C5 (120 minutes)**

##### ***The Healing Power of Words/The Hurtful Power of Words***

Helps particularly struggle with their choice of words. What to say and how and when to say it is integral to the helping or therapeutic process. In this practical workshop participants will explore the power of words, their own and those found in literary sources.

**Presenter: Ted Bowman** is an educator, trainer and author. He specializes in change and transition and the resulting grief and loss. Ted also teaches Family Education at the University of Minnesota. He works throughout the US and travels annually to the UK and Ireland for work there.

#### **C6 (120 minutes)**

##### ***The Language of Dance and its Power to Heal***

In this workshop we will learn “the language of dance” with simple circle dances (from around the world) that have special meditative, healing qualities that serve to integrate mind, body and spirit. Poetry will be woven in and among the dances, with time set aside for participants to reflect in writing or art on their experience of the dance. All dances will be taught, and no previous dance experience is necessary. “In circle dance there are no mistakes, only variations.”

**Presenter: Evelyn Beck** holds Ph.D.s in both comparative literature and clinical psychology. She is a psychologist and Women’s Studies Professor Emerita at the University of Maryland. She has studied dance throughout the US with teachers from many parts of the world and currently teaches circle dancing as a healing practice. Offering workshops at Crossings: A Center for Healing Traditions and elsewhere, she focuses on the creation of community through dance circles and poetry.

#### **C7 (90 minutes)**

##### ***Reading and Writing the Psalms***

The Psalms have survived, unlike any other biblical texts, in a myriad of contexts, cultures, and incarnations. What is it about these texts that allow them to bridge both time and cultural context? Through first-hand use, participants will explore the Psalms as a therapeutic prompt.

**Presenter: Donna Owens** is a poet, collage artist and workshop facilitator. She has been performing her poetry since 1999. Currently, she offers workshops for women interested in writing for self-empowerment. This workshop is a continuation of Donna's interest and research in the Psalms as a tool for therapeutic healing.

**Featured Poet: Address and Workshop**  
**10:30 AM – 12:30 PM**

We have the honor of having Lawson Fusao Inada as our Featured Poet this year. Lawson Inada is Oregon's first Poet Laureate since William Stafford retired from the post in 1989. Lawson is currently Professor Emeritus at Southern Oregon State College where he has taught since 1966 as a professor of writing and was a student of poetry with Philip Levine at Fresno State in California. Lawson is a third generation Japanese American who spent part of his childhood at several internment camps during World War II. His book *Legends from Camp* captures the experience vividly along with memories of his childhood in Fresno. Lawson is also the author of *Drawing the Line* and other books of poetry, as well as the editor of *Only What We Could Carry: The Japanese American Internment Experience*. He has been hailed as "a poet-musician in the tradition of Walt Whitman," and his writing has been greatly influenced by jazz. He is considered by many to be the father of Asian American literature. His poetry is inscribed in stone alongside the Willamette River in Portland, Oregon.

**Poster Session**  
**2:15 – 3:15 PM**

**P1: *Circles of Rhyme Support***

This is a workshop based in spontaneous, on-the-spot creation of poetry, with the assistance of the circle, or group, who are assisting the person in the middle form their poem, with words taken from a brainstorm session.

**Presenter: Christopher Warren** is a motivational speaker who describes himself as "a poet who breathes this Life, floats back to paper, thought, or feeling, so that I may fulfill my Heart throughout the day, as well as others. I am a poet for other reasons as well, some I am not even aware of, other than I was born as this, so that the world may have the experience of one beating Heart to the next."

**P2: *The Healing Effects of Poetry Therapy on Women with Breast Cancer***

The presenter offers a snapshot of the poetry therapy workshops she cofacilitates, designed to give women the chance to share feelings in a nonconventional way and gain support from others who are in a similar situation. Poetry therapy has been used for centuries to endorse well-being, promote change, increase coping skills and allow for free expression, all components of healthy adaptive functioning to a devastating health issue. The featured workshop demonstrates the provision of a safe, expressive environment that aims to reduce feelings of loneliness and/or isolation caused by the diagnosis, improve personal self-esteem, and increase feelings of control over emotional and physical functioning.

**Presenter: Amy Yerkes** is an NAPT member, a published poet and doctoral candidate at the Derner Institute of Advanced Psychological Studies at Adelphi University in Garden City, NY. Her long-term goal is to provide evidence-based support for the use of poetry therapy in a wide range of clinical settings.

**P3: *The Journey of the Self Reflected Through the Metaphor of the Home***

All of us have heard that the home is a metaphor for life. This poster will demonstrate how you can take that metaphor and re-enter the homes that gave us life and our identities meaning, and begin the renovation of your home by telling one's life story with integrity.

**Presenter: Katrina Blair** received her M.A. in Psychology from Vermont College and currently is a CPT trainee. Ms. Blair has facilitated personal growth groups with women and at-risk adolescents. Katrina has found that journal writing, poetry, and storytelling are essential tools that empower people of every age in their journeys towards personal transformation.

## Workshop Series D

3:30 – 5:30 PM

### D1 (120 minutes)

#### ***One to One: The Value of Poetry Therapy with Individuals***

We'll address possibilities for using poems and words with individuals in many settings, even the waiting room in a hospital clinic. We will explore giving and receiving poems in the counseling office as well as using interactive writing techniques in other settings. Then Phyllis will offer a writing experience that embodies these concepts.

**Presenter: Phyllis Klein**, currently in private practice, has been a therapist for over 25 years. She received her CPT in 2004 and has recently published two articles with Perie Longo, PTR, on the clinical aspects of poetry therapy. Phyllis currently brings poetry to the UCSF Mt. Zion Hospital with the Art for Recovery Program.

### D2 (120 minutes)

#### **Wisdom Poetry 3**

This is the third year of this workshop. The term Wisdom Poetry, from Kykosa Kajangu's poetry, is based on hundreds of proverbs he collected from dozens of African tribes and cultures. Presenters will each contribute proverbs, poems, anecdotes and stories drawn from our work as poets and healers that embody cultural wisdom, and the participants will respond with their own. Using a writing exercise, participants will then create their own Wisdom Poetry, drawing on the collected communal wisdom.

#### **Presenters: Robert Carroll, Jack Coulehan, & Kykosa Kajangu**

**Robert Carroll**, M.D., is a psychiatrist and poet. He teaches in the Department of Psychiatry at UCLA and Cedars Sinai Medical Center and has a private practice in Family Psychiatry in Los Angeles. He has published poems, stories and chapters in the psychiatric, medical and poetry literatures and has written 25 chapbooks of poetry. He was a member of the Los Angeles Performance Poetry Slam Team. He currently serves as Vice President for Institutional Liaison Development of NAPT. **Jack Coulehan**, M.D., M.P.H., is Professor of Medicine and Director of the Institute for Medicine in Society at Stony Brook University. He has published several collections of poems including *Medicine Stone*. His other books include *The Medical Interview* (2001) and *Chekhov's Doctors: A Collection of Chekhov's Medical Tales* (2003). **Kykosa Kajangu** is a poet and carrier of African wisdom. In addition, he is the founding director of Ma Africa, a center whose distinctive mission is to provide authentic African wisdom teachings. Most recently he was visiting professor at Southwestern University in Georgetown, TX, teaching in the Department of Religion and Philosophy. His first book, *Wisdom Poetry*, is in press.

### D3 (120 minutes)

#### **The Art of Journaling**

*"We talk too much; we should talk less and draw more."* — *Goethe*

William Stafford's poem "What's In My Journal" provides the perfect backdrop for this experiential workshop on visual journaling. Participants will examine attitudes about appropriate material to include in a journal and the obstacles that prevent people from using a journal as they explore simple art techniques to create their own visual journal pages.

**Presenter: Susan de Wardt**, Life Coach (Mindworks Coaching), combines analytic skills, intuition and a lifelong passion for writing and art to support people in reclaiming an authentic self for a richer, more satisfying life experience. Susan is a certified instructor for the *Journal to the S\*E\*L\*F* experiential workshop created by Kathleen Adams and is training for the CAPF designation.

#### **D4 (120 minutes)**

##### ***Navigating the Sticky Wickets in a Poetry Therapy Group***

It happens. A seemingly innocent disclosure upsets your flawless group plan ... a satisfying session turns tenuous and threatens meltdown. Discover how seasoned group leaders navigate the tension using poetry therapy interventions. Learn strategies to think on your feet and gain confidence to turn a sticky wicket into a growth-enhancing group.

**Presenters: Susan Reuling Furness**, M.Ed., LMFT, CPT, has devoted half of her professional life to teaching and mentoring counseling students. A seasoned marriage and family therapist, she revamped her practice after discovering NAPT. Facilitating multiple poetry/bibliotherapy groups each week, Susan helps families, HIV-AIDS patients, teenagers, depressed clients, and senior citizens with poetry therapy. **Laurie Arnold**, M.Ed., CPT, is a nurse, group facilitator, writer, and poetry therapist with a deep interest in the positive effects of writing. After offering groups to cancer patients, she found how people powerfully shifted their experience of illness. She has a strong commitment to holistic care that poetry therapy enhances daily.

#### **D5 (120 minutes)**

##### ***Who Do You Think You Are, and What (in the World) Do You Mean by That?***

While we communicate through emerging levels of diverse intelligences, personalities, genders, cultures, social infrastructures, states and stages of consciousness, personal experiences, and brain and body function, we occasionally misunderstand each other. Come explore language and multiple perspectives through Ken Wilber's integral (AQAL) vision. Perhaps you'll answer the workshop title's questions!

**Presenter: Reggie Marra** is an educator and award-winning poet, who, according to Naomi Shihab Nye, "writes with stunning, graphic precision," in his fourth book, *This Open Eye: Seeing What We Do* (2006). A former teacher, coach and administrator in secondary and higher education, he founded Integral Journeys in 1996. Find out more at [www.integraljourneys.com](http://www.integraljourneys.com).

#### **D6 (120 minutes)**

##### ***Yogapoetics***

This workshop will look at the convergence between yoga and poetry. Both activities employ mutual interdependence of mind, body and spirit to initiate positive changes in attitude. We will intersperse poems, our writing, and techniques of breathing, movement and meditation to grow and heal through language. Participants will be encouraged to do gentle yoga movements and to write.

**Presenters: Susan Jefts**, M.S. Counselor, is a counselor and poet living in Saratoga Springs, NY. She facilitates poetry for healing groups at local hospitals and retreat centers and is currently in the final stages of completing her certification in poetry therapy. She has had her poetry and essays published in various national and local publications. **Rob Merritt**, Ph.D., is a Professor of English at Bluefield College in Virginia. He has published a book of poetry, *Landscape Architects*, and poems in a number of journals. He has offered workshops through his local healing arts center and at NAPT conferences emphasizing the power of poetry, ritual, and nature to heal. **Marisis Nelson**, B.A., mental health counselor, is a member of the NAPT Foundation Board and a candidate for the CAPF. A poet and writer, she is a graduate student in Mental Health Counseling at Adelphi University. Her experience with Eastern traditions spans 36 years and includes practices in yoga, GiGong and Vipassana meditation.

#### **D7 (90 minutes)**

##### ***Rest Assured: Word-Magic for Insomniacs***

Insomniacs know about the black magic of stress-mantras. Your reasons for sleeplessness are all legitimate—what you do in that magical (trance-like) state, however, is up to you. Through a step-by-step protocol you can change words from curses to blessings. Use your poetic touch and transform yourself from victim to originator.

**Presenter: Siegfried Haug** is a Marriage and Family Therapist and Insomnia Specialist. He practices in Simsbury, CT, and Northampton, MA. He knows for a fact that communication with others and ourselves has life-changing powers. Words hurt and heal, repeated words destroy or regenerate. Most people use these mental tools without awareness, skill or committed intent. Poetry sensitizes us to the reality-making powers we wield.

#### Certification Workshop

The chairpersons of the Certification Committee will assist newcomers with information about training requirements for certification or registration as a poetry therapist

## Closing Performance

5:45 – 7:30 PM

### *The Luminosity Language: An Evening with Fern Davye*

Our closing event this year offers a fusion of lecture and performance, tapping into a rich portfolio of modern and contemporary work by poets both well-known and emerging. Join us to enjoy the provocative, evocative, emotional, intellectual, visceral and incredibly powerful dimensions of a performance that encompasses the poets of the ages.

**Presenter:** For seventeen years **Fern Davye** has toured throughout the country as *visiting artist in the luminosity of language*. She travels from her atelier in the red rocks of Arizona to audiences everywhere constantly, offering one-day and two-day residencies at middle schools, upper schools, community colleges, universities, corporate venues, and public performing arts series.

**Sunday, April 22, 2006**

**7:30 – 8:30 AM**

*Chi-Kung & a Haiku* (for description please see Friday morning)

**Presenter: Larry Butler**

**Post Conference Seminars (Choose 1)**

**Post Conference IV 9:00 - 11:00**

***An Oasis for Helpers: Self-Care and Self-Understanding***

Workshop participants will experience several ways in which poetry therapy can enhance our well-being and promote our self-awareness as facilitators of others' healing journeys. Through responding to poems and other stimuli and through creative written pieces, we will have the opportunity to focus on ways to reduce stress, on our view of self as helper, and on our feelings, expectations and needs in relation to our clients.

**Presenter: Geri Chavis, LP, CPT, M/S**, is a licensed psychologist, certified poetry therapist, poetry therapy mentor-supervisor and current NAPT Executive Board member. She is a professor at the College of St. Catherine, and in her private practice, counsels individuals, couples and families. Over the years, Geri has presented numerous poetry therapy workshops and facilitated both creative arts therapy and supervision groups.

**Post Conference V 8:30 – 10:00**

***Magic Moments: Capturing the Essence of the Conference Experience***

It is difficult to shift from the creative spirit and support of the NAPT family back to the normalcy of our everyday lives. By writing reflectively along with movement and relaxation exercises, we will use all of our senses to capture the essence and special meaning of the conference. From these activities, we will discover ways to gradually transition back to the familiarity of our everyday lives.

**Presenter: Barbara Kreisberg, MS, CPT**. With over 20 years experience as a poetry therapist in Massachusetts and Miami, Barbara Kreisberg currently sits on the board for NAPT, and is a contributing author in *The Healing Fountain: Poetry Therapy for Life's Journey*. She has served as conference chair and has presented at several NAPT conferences in the past. Barbara currently offers writing groups for both hospital staff and patients at Baptist and South Miami Hospitals in Miami, Florida.

**9:00 - 12 Noon**

**Mentor/Supervisor Workshop (Mentor-Supervisors only)**

**Presenter: NAPT Federation**

This workshop is limited to Federation-approved mentor/supervisors for the CPT/CAPF/PTR training process. Join your colleagues to discuss training matters and to dip into the shared wisdom pool.