



# The Museletter

News and Resources from the National Association for Poetry Therapy

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(2007-2009)

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## The Museletter

Editor — Karen vanMeenen

Layout — Connie Banta

## Reaching Out and Reaching In: Reflecting on the Minneapolis 2008 Conference

Contributed by Richard Brown, VP of Conferences

As it would be, the Mississippi River provided the bookends for this year's conference as the day trip, "The River Flows Reaching Far," inspired Anne Bach to write a poem steeped in memory, touched with patches of snow, and the moments of the day, which ended up being portrayed theatrically by conference attendees during the closing performance, led by Christopher Ellinger and Zhaleh Almaee of True Story Theater. The performance of her poem was stunning, moving and beautiful.

In between these bookends was a variety of workshops, including Experience Poetry Therapy: The Triple Workshop, Writing Rumi & Wonder, You Spit Rhymes, and The Healing Power and Poetry of Circle Dance, which took place in the Dome of the Millennium Hotel. Just outside the right bookend was Perie Longo's "Reaching Down: Perie's Going Home Companion," which took place Sunday morning and was a fine send-off for those who attended.

Thursday afternoon, first time attendees joined me for the third annual Newcomers' Dinner. We all enjoyed a delicious dinner at Zelo's Italian restaurant in downtown Minneapolis. The Minneapolis Mingle, our Thursday evening opening event, began with

a star-studded cast of poets—ourselves—walking around with poets' names on our backs. We then tried to guess who we were by playing a poetic version of 20 questions with other attendees. The following activity involved creating alliteration poems using letters from the alphabet that we randomly received, and the wordplay was fantastic. Small groups then acted out poems that they were given, and we concluded the evening by writing six-word memoirs.



VP of Conferences Richard Brown acting out a poem at the Minneapolis Mingle

(Continued on page 5)



Karen vanMeenen

## From the Editor

Welcome to another issue of the *Museletter*. This issue includes coverage of the 28<sup>th</sup> annual NAPT annual conference in Minneapolis in April, where hundreds of NAPTers reached out and reached in to explore the healing power of the word. (And don't miss the save the date for the 2009 conference in our nation's capitol.) We also offer the first in an ongoing series of interviews with people currently outside the organization who, like those of us involved in NAPT, are experiencing and "promoting growth and healing through language, symbol & story." I welcome your contributions to this interview series and to all other aspects of this publication in the future; please get in touch with your ideas.

Finally, this issue also includes a tribute to Rich Rosenfield, a vital and valued member of the NAPT family. His ever-ready smile, good humor and positive outlook will be missed and we will long honor his selfless dedication to poetry therapy. With this issue we also say goodbye to the highly capable (and amazingly flexible) *Museletter* layout artist, Connie Banta. We wish her all the best in her educational endeavors and are grateful to have her in the NAPT family.

Wishing you and yours a safe, joyful and peaceful summer season.

### Found Poetry

Contributed by Karen vanMeenen

#### spam poem #1

*almost cab driver—  
you talk  
a few more in size  
you're done  
become a teacher*

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### Museletter Submission Deadlines

Send ads to NAPT office  
Send articles to [naptpublications@yahoo.com](mailto:naptpublications@yahoo.com)

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- Visit NAPT's website at [www.poetrytherapy.org](http://www.poetrytherapy.org)

## **NAPT celebrates accomplishments**

*Contributed by Diane Allerdycce*

Greetings, Everyone! I want to start this message by thanking everyone who contributed to and/or attended our Minneapolis conference. I am also writing to celebrate the accomplishments of the past year. Including (1) teamwork, (2) a largely successful transition to our new management provider, (3) increased communication among Board and other NAPT members, especially around the issues of NAPT's expanding identity and (4) improved /improving relationships with our sister organization, the National Federation of Biblio/Poetry Therapy (NFBPT).

I am grateful to the Board for its cohesiveness and support over the past year. This ability to work together for the good of NAPT, to me, is a major accomplishment. Several months before our last "live" board meeting in Portland, we had transitioned from management by Diversified Management Services to administrative support through The Center for Education, Training & Holistic Approaches, Inc., and a number of "bumps in the road" were evident, including getting our membership used to having fewer administrative hours devoted to NAPT and training our new administrator, Lauren Keller. I see it as a second major accomplishment of the past year the smoothing out of many or most of these bumps.

I believe, too, that we have made significant progress toward the goal set last year of exploring an expanding identity for NAPT through the establishment of regular Board teleconferences. We can't always measure success or accomplishment in a list of concretes, even when concrete outcomes are a longer term goal; I consider the past year's communications to have established a foundation for further exploring the issue of NAPT's expanding identity with greater clarity than perhaps before. All our efforts have contributed to NAPT's purpose: "promoting growth & healing through language, symbol & story."

Among my Goals and Recommendations for 2008-2009 is that I would like to see NAPT decide on and implement a transition in its name change that reflects a wider community outreach, especially around education. It is my pleasure, then, to announce that Rob Merritt has accepted to become the Education/Institutional Outreach Chair on the NAPT Board of Directors. Welcome, Rob!

Of the goals I would like to accomplish during the second year of my NAPT presidency, I would like very much to establish, or at least to lay the groundwork for, a chapter system for NAPT that would allow regional and international chapters of NAPT to be established in a formal way that would support the members of various regions as well as the parent organization, and I would like to see these

groups organized around poetry therapy work not necessarily related to training groups. Of course the main goal for all of us is to have NAPT continue and to grow and to thrive and to be able to serve as a vibrant force in the growth and healing of our world through language, symbol and story.

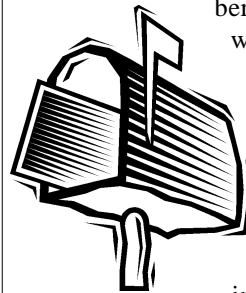
This goal is shared by the person who has agreed to further another, essential goal: to continue to increase responsiveness to NAPT's membership and to grow our membership to a point that can ensure NAPT's sustainability vis-à-vis budgeting concerns. Thus I am delighted to introduce Nessa McCassey as our new membership chair. Nessa is an amazingly creative person and original thinker with strengths all her own! Welcome, Nessa, and thank you so much for agreeing to serve in such an important position as NAPT Membership Chair. Below is a message from Nessa, and following that, from NAPT's Administrator, Lauren Keller.



## **President's Message**

### ***E-mail addresses, please!***

Like most other organizations these days, NAPT relies more and more on e-mailed communications to members. This saves substantial amounts of money and also means that you can hear from us in a more timely fashion. Some of our e-mailed announcements—such as the monthly membership e-newsletter—are not duplicated with print versions, so if we don't have your e-mail address, you are missing them.



Please send us your e-mail address so we can keep you up-to-date and you won't miss out on any of the benefits of NAPT membership. If you're not currently receiving the monthly e-newsletter or other NAPT announcements, please send a note to [info@poetrytherapy.org](mailto:info@poetrytherapy.org) so we can add your e-mail address to the database.

Also, please notify us also of e-mail address changes.



*Left to right: Ruth Gendler, Nessa McCCasey and Diane Allerdyce at the Minneapolis Sculpture Garden*

### **A Message from NAPT's New Membership Chair, Nessa McCCasey**

Hello to all my NAPT friends! I have pledged that 2008 is the year when I will step up into my community and state to make Poetry Therapy better known as a healing avenue for the troubles and ills of our time. And it is my pleasure to be doing this at the same time as engaging more with NAPT as a new Board member! I was voted in as the new Membership Chair by the Board members at the conference in April. Spring was just starting to bloom there in Minneapolis and I feel like that is also happening to Poetry Therapy and all of the expressive arts therapies.

One of my goals as Membership Chair is to bring a greater sense of connectedness to various regions where there are solitary members, and to empower us all to reach out a little more in our communities in order to grow NAPT in numbers. I'd also like to find more ways to ensure each member that you are so appreciated and so needed! It is the diversity of membership that feels so good to me. We are able to learn from each other because of that diversity. It's something I cherish about NAPT.

Please contact me at poetnessa@comcast.net if you would like to talk with me about the regional project of connecting NAPT. I'm going to need your help, I'm sure! Please also contact me if you have questions/comments/ideas. It's always good to connect! Have a great spring and summer.

### **A Message from NAPT's Administrator, Lauren Keller**

I am happy to say that I made it back from my second NAPT conference in Minneapolis and that it took me only a few

days in sunny South Florida to thaw out from the cold. After attending my first conference in Portland, Oregon, last year, I was ready for Minneapolis and looked forward to seeing the faces of NAPT once again.

As the conference got off to a start I was very lucky to encounter some very special people without whom I would have not been able to run a successful registration desk. I would like to take this opportunity to thank these very special people. To Jeanne Dillion, though your time was short, you were greatly needed, and I thank you. To Lois Hall and Sharon Kaylen, without your daily assistance, dedication and commitment, I would not have been able to able to run such a proficient and successful registration desk. To Donna Owens, you are always appreciated and your dedication to volunteer-



*NAPT Administrator Lauren Keller with longtime volunteer Donna Owens*

ing at the NAPT conference this and past years exemplifies the true spirit of the word. It can be very challenging to step into something that you are not accustomed to doing, like running a registration desk at a national conference. Thank you again NAPT's 28<sup>th</sup> annual conference volunteers!

Minneapolis had many great things to offer. The sculpture garden with the famous Cherry in the Spoon happened to be my favorite. I felt the conference had a nice flow and intimate ambiance. I also had the opportunity to have a memorable night on the town with Richard Brown, Nessa McCCasey, Lauren Lavoie, Donna Owens and Niall Hickey. We ate at a traditional Irish pub, which Niall seemed to enjoy after coming from Ireland to attend the conference.

From the beginning to the end I felt this was a successful event. It was a pleasure to meet and greet all the new and old faces of NAPT. I strive to take pride in ensuring that I serve NAPT efficiently. You are all valued members and I look forward to serving you this upcoming year and in Washington, DC, in 2009!

## **Reflecting on the Minneapolis 2008 Conference** (cont'd.)

Friday began with NAPT's President, Diane Allerdyce, awing us with her welcome talk, "Future Awe," in which she challenged people to talk the walk of poetry therapy, as well as walk the talk. Keynote Speaker, Ruth Gendler, followed with an "Invitation to Beauty," inviting us all to remain open to the beauty found in the world and in our daily lives. Her inspiring talk, filled with readings from her books *The Book of Qualities* and *Notes on the Need for Beauty* was both thoughtful and profound.

Friday evening saw Jennifer Bosveld leading The Rattlebox Open Mic Poetry Reading for the third year in a row. As usual, Jen's Jenerous spirit was displayed as she gifted books of poetry to many of the participants. New-comers and well-seasoned NAPTsters strode to the mic to share their poetry. Jen invited people to come forward who had certain objects in their poems which kept the spontaneous flavor of the open mic flowing.

Saturday, Patricia Smith, internationally renowned performance poet and four-time winner of the National Poetry Slam individual championship title, held us spellbound with her strong and poignant poetry. Patricia also conducted a workshop, as did Ruth. It was wonderful for both of them to offer workshops and to see them participate in the conference as two among us.

In the Welcome to the conference program, I invited people to reach out and reach in at this conference, embracing all that it had to offer in terms of inspiration, meeting new people, reconnecting with old friends, and seizing opportunities for self-expression, growth and healing. Watching attendees do just that was a pleasure indeed!



This poem was written at the NAPT conference by first-time attendee Jason Freeman of Sioux Falls, SD.

### ***Walking Towards Fairview Hospital***

*The true border is not the river,  
or the interstate, or the line  
between the internet and the white  
pine forest. The true border  
is not the space between exhale  
and inhale, the silence  
between a answer and the next question,  
doubt spinning the turbines  
of the soul. The border falls  
with the rain, becomes drops  
on a discarded Virginia Slim carton,  
the one on 17<sup>th</sup> and Portland, the one  
everyone has trained themselves  
to ignore as they shield their heads  
with black umbrellas and try to stay  
this side of the border  
between laughter and the casket.*



### **Join NAPT's online discussion group**

It's a great place to ask questions, share resources, and stay in tune with others who share your belief in the power of words to bring about growth and change. To sign up send your e-mail address to: [membership@poetrytherapy.org](mailto:membership@poetrytherapy.org)

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# Warrior Writer: An Interview with Drew Cameron

Contributed by Ann Bracken

*Drew Cameron, 25, lives in Burlington, Vermont. He served in the United States Army beginning in August 2000 for four years on active duty and subsequently served two years in the Vermont National Guard, separating in August of 2006. As part of his healing work from the trauma of the Iraq War, Drew participated in a therapeutic writing program called Warrior Writers. Out of that came his idea to create Combat Paper, paper made from the uniforms of people who served in Iraq. Drew and his fellow vets have produced numerous journals and two books of poetry from the combined Warrior Writers and Combat Paper programs.*

**Ann Bracken:** Tell me about Iraq.

**Drew Cameron:** The reality was a lot more chaotic, more callous [than what is portrayed in the media]. And when we weren't fighting, we'd get in our trucks and tool around the country. We were young guys with lots of bravado; we got complacent. We got very comfortable and did whatever we wanted. We got a kick out of stupid things.

**AB:** What do you mean, stupid things?

**DC:** We acted in what they (the officers) called a "show of force." Guys would get a real kick out of it. You know, we'd drive fast. We'd go out with a number of trucks, all loaded up. If a car was in our way, we'd just push it to the side of the road or run it off the road. We had our sunglasses on and usually had our rifles hanging out of the windows, at the ready. The idea was that if we were really tough and looked like we were ready for a fight, people would be deterred. Instead, people felt harassed, brutalized, hurt and hunted. Innocent people were hurt or driven over. It was a real provocation. But when I got home, I told myself I had nothing to feel bad about since I had never killed anyone.

**AB:** You said you thought you had nothing to feel bad about since you never killed anyone. Are these the kinds of thing that people would feel bad about when they came home?

**DC:** Yes, most definitely. I am very fortunate that I never killed anyone. But that kind of behavior is a provocation. And those are the kinds of memories that play in your mind over and over, the kinds of things that wake you up at night. Even worse than that, many people will have a single horrible ex-



*Drew Cameron*

perience that will play out over and over in their minds. They'll replay it and replay it, trying to make some sense of it and there is no sense in it.

**AB:** Describe how writing about your experiences has helped you. How has it helped others?

**DC:** I went from being quiet and all alone to being involved in art and helping my fellow vets. I am trying to bring about some kind of change through my work, through the art. Creating art comes from a good place inside. This work is also a political statement. My friends come here to the paper studio and hang out. This project of writing and then making paper out of our uniforms spurs a very positive, creative, releasing activity. It's cathartic for those who get involved in both the writing and the act of making paper. And the healing that happens is not forced. The people are really doing it themselves.

They [vets] come in here and start talking, making paper, doing art and the ideas just start bouncing around. And I'm in my studio, which used to be a place for me to hole up in and spend a lot of time alone. Now it's a place where I just love to bring people in. I can be generous with this and I

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want to continue in that vein. I went from being quiet and unable to relate to anyone to someone who brings his friends in here and can offer this opportunity to someone just home from Iraq. This healing is important and no one should have to do it alone.

**AB: It really is an amazing transformative act to cut up your old uniforms and then use them to make paper for your journals. How did this idea come about?**

**DC:** The story of the soldier, the Marine, the man, the woman, and the journeys within the military service in a time a war is our basis for the project. Creating handmade paper editions of the book and facilitating papermaking with my fellow veterans eventually led to using our combat uniforms. The story of the fiber, the blood, sweat and tears, the months of hardship and brutal violence are held within those old uniforms. The uniforms often become inhabitants of closets or boxes in the attic. Reclaiming that association of subordination, of warfare and service into something collective and beautiful is our inspiration.

**AB: What would you like to see come out of your experience? What do you want people to know?**

**DC:** I want people to know that when we come home, we vets don't fit in. Everything has changed. We've changed. I've been slapped in the face with a set of circumstances and I have a lot of choices as to how I can deal with them. I was sent to fight in an illegal, unjust, immoral war. I can wither away. I can reenlist. I can resist. I can organize. I have choices. I chose to write about it, reflect on my experiences, and move forward trying to do something different with my life.

**AB: Can you share a writing exercise that was especially helpful for you?**

**DC:** Sure. Here is what I wrote in my first writing workshop with Warrior Writers.

*Warrior Writers has been an impetus for me, recollecting old letters and my overseas journal to pick apart the memories that I would carry on paper. Going back to a place that I have left over four years ago. Trying to remember, regardless there hasn't been a day that has gone by in the time since when I haven't thought about it. 1,460 days of thinking about war. I feel as though we must go to the beginning to tear apart the shroud of numbness. We have to find the way back, understand it, dig in and continue; there are no short cuts with this.*

*When I first moved here I didn't want to be known as a veteran, I would ask my partner not to tell people. I didn't*

*think it necessary, nor did I want to be known as Drew the Army guy. Pushing away from the experience only manifested it in undesirable ways. My affliction isn't flashbacks or intrusive thoughts, drug use or violent behavior. My affliction is nothing. Absolutely nothing. I didn't feel, hate, love, fear, or even care. My life was a monotone of going through the motions, I so very wanted to be emotional. I know in my training I enabled myself to build various walls. Methodically constructing walls takes time and effort, it is an effective way to enable positioning one's self against the brutality of combat. Unfortunately they do not teach a soldier how to deconstruct these walls. This is my charge, to find the foundations, to understand them and perhaps permit myself to move in—there will be no moving on.*

**AB: What is the message you'd like readers to take away?**

**DC:** It's so important that you're here. We're nothing without a broader push of people in society. There are many different components to culture writing, art, the fine arts, combat paper. We can encourage others to do this, to participate in this shared experience. We can influence people by inspiring others. There are many small things we can do. For me, it's a unique opportunity. Before, I never spoke about being a vet. Now, it's a big part of who I am.

## Media Watch

*This column of The Museletter is designed to be a service to our readers and to the larger field of poetry therapy. We will print listings of newspapers, periodicals, academic and professional journals, radio programs, television specials, etc. that provide coverage of writing as a healing tool, as well as related issues. If you see or learn of material that should be included, please email full citation information to the Editor at [naptpublications@yahoo.com](mailto:naptpublications@yahoo.com) for inclusion in the next issue.*

On April 27, 2008, *The Toledo Blade* published an article titled "Poetry's power to heal" about poetry writing in substance abuse programs. NAPT President Diane Allerdyce is quoted in the article, which can be found at [www.toledoblade.com](http://www.toledoblade.com).

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# Remembering Rich Rosenfield (Oct. 24, 1940 - Feb. 5, 2008)

Contributed by Perie Longo



There are many things that have been noted about Rich since he passed away: his great love for his family and friends, his magnetic smile, his attention to details in all matters, his dedication to the future of NAPT. Rich was also a highly respected psychologist and psychotherapist who wrote last



Five NAPT Presidents at the March 1, 2008 memorial for Rich Rosenfield: Diane Allerdyce, Steve Rojcewicz, Ken Gorelick, Peggy Heller, Perie Longo

December in an article titled “Why Poetry Matters,” that it was *discovering what will facilitate connections between self and others and deepen connections with self* that were most important to him in his work. This morning I’m thinking how he was a warrior for all that he held dear, and how hopeful he remained as he moved through his treatment. The last weeks of his life he continued to send out messages to his friends and keep up appraised of his prognosis, always with well wishes for our own lives, and expansive gratitude for our letters and cards.

I write this especially for those who might not have known Rich well, or not at all. From 2003-2008, he helped pull NAPT from the clutches of fraud by developing, with Marge Silberling, a system to safeguard our finances. Marge took over as manager after the fraud was discovered. The then-incoming president, John Fox, asked Rich to act as treasurer, which he reluctantly agreed to, but once he did, he gave us his all. But he didn’t stop there. While I was Executive Director (2003-2005) and President (2005-2007), Rich served in many capacities as teacher, guide and visionary to name a few. And friend to us all.

For his bringing organizational clarity to NAPT, he was awarded in 2004 with the Outstanding Achievement Award and in 2006, for his hundreds of hours spent preparing the most beautiful and complete financial reports, for his counsel, leadership and wisdom, we created the one-time Above and Beyond Award. I phoned to give him the news. He wasn’t there, so I left a message. He returned the call next day and thanked me for honoring him with the “All or Nothing” award. It could very well have been that, we often laughed. At the 2007 conference in Portland, Rich said he was now ready to pursue more creative efforts. Little did any of us suspect how the wording of his award would take on new meaning with his diagnosis in August.

True to his wishes, Rich was able to achieve some things that were important to him. He was a prolific poet, and he assembled his third volume of poetry titled *Moods Rising*. He wrote a speech titled “The Primacy of Discovery: Bringing the Healing Power of Expressive Writing to the Psychological Mainstream” and delivered it in October to his local psychological association. His concluding remarks spoke of a recent discovery he had made four days following his first treatment cycle for lymphoma: that he was seeing his life and his relationships “with complete clarity followed by a sense of self-acceptance, inner peace and calm I had never previously experienced ... I understood more deeply the meaning of the word *freedom*.” He left us with the wise advice to not “push the river with our knowledge ... but help create a space where the river flows within.”

Rich often spoke of how his early inspiration to write poetry came from his paternal grandfather, Samuel Ullman (1840-1924), who began writing poetry later on in his life. His most famous poem, “Youth,” became an international phenomenon, published in several pre-war anthologies after his death. But it was in the post-war period that a number of columnists and journalists reprinted the poem in magazines and newspapers. It became what Rich called a prime example of the symbolic/ceremonial mode of poetry therapy that Dr. Nicholas Mazza describes in his text *Poetry Therapy: Theory and Practice*. In the article that appears in *The Journal of Poetry Therapy* (December 2007). Rich hypothesized:

*The future of poetry therapy lies in its being able to reach a much broader audience with a much broader purpose than is realized through the receptive/prescriptive and expressive/creative applications; moreover, the success of the continuing evolution of poetry therapy will be found in its ability to establish a symbolic/ceremonial presence that enters our national and international life.*

This was Rich's dream for poetry therapy. I hope you read his full article in the *JPT*, and that together we can continue working to have his dream take hold.

On March 1, 2008, I traveled from California to the celebration of Rich's life held in Fairfax, VA, along with current NAPT president Diane Allerdyce. We were met there by past presidents Peggy Heller, Ken Gorelick and Steve Rojcewicz and all of Rich's family and hundreds of loving friends. Many of his poems were read and loving memories shared, along with a poignant Powerpoint presentation of his life. At this year's conference in Minneapolis, we were so grateful for the presence of Rich's daughter Debbie and her husband Mark in our tribute to Rich. We extend our gratitude to Rich's wife Charlotte for her patience and support of Rich's time with us. We will miss him so very much, forever grateful for his contributions and that smile that could chase away any darkness. His poem "Reflections," in part, reads:

*... this much is certain:  
while the journey is ours  
we are not alone; ...*

*a thousand hands are joined  
as the last remnants of light  
flicker and night's peaceful  
calm descends:  
and in that magical moment  
between day and night  
a cocoon bursts,  
and a butterfly escapes its  
bounds and flies free,  
reborn.*

*NAPT Past President Perie Longo and NAPT  
President Diane Allerdyce (top, left to right)  
with Rich Rosenfield's daughter and her  
husband, Debbie & Mark McCann*

## **For Rich Rosenfield**

*You were a friend who pulled me through  
the finances of NAPT, taught me  
a column of figures  
is just a vertical poem with a story to tell  
and so I strung the numbers out  
across the horizon of my mind,  
a little like the moon's waning.  
Tonight the skeleton of a winter tree  
catches a round moon in its web,  
your latest poem, full and bright,  
you gone above and beyond,  
who longed to do something creative  
with the rest of your life.  
Though months were few, did you know  
how many you brought 'round  
to your view of things? through your poems,  
your love and well wishes? saying  
you wouldn't have changed a thing  
about your life, leaving us intact,  
balanced on the precipice of time.  
We will never be the same,  
a good thing always, our years together  
measured with each breath  
reaching out, changed for the better  
because you reached in and we followed.*

—Perie Longo  
February 2008



## Poems for Rich...

From Rumi:

*Imagine the time  
the particle you are returns from where it came from  
the family darling comes home  
wine without being contained in cups  
is handed around  
a red glint appears in the granite outcrop  
and suddenly the whole cliff turns to ruby*

—Offered by Phyllis Klein

### Walk With Me

by Munda

*Walk with me, the path of life,  
to explore every bend of the road  
Enjoy with me the beauty of life,  
along its wonderful way*

*Find comfort with me, in each other's arms,  
when grief crosses our path  
Find strength with me, in each other's strength,  
when despair lies in wait*

*Laugh with me, a single true laugh,  
to enlighten another's distress  
Cry with me, a single true tear,  
to understand true happiness*

*Cherish with me, the wonders of life,  
as they need to be preserved  
Rejoice with me, in the mysteries,  
of what is yet to be*

*Find peace with me, in each other's souls,  
when the world has gone insane  
Find love with me, in each other's hearts,  
until this life has been fulfilled*

*And when the path comes to an end  
I hope we can say from within  
We've known the beauty of true love,  
our love came from within*

—Offered by Barbara Kreisberg

## Findings

Contributed by Lila Elizabeth Weisberger

### ***It all depends upon a red motorized scooter: Search for independence***

#### The Red Wheelbarrow

by William Carlos Williams

*so much depends/upon/a red wheel/barrow  
glazed with rain/water/beside the white/  
chickens.*

The best way to travel around Manhattan is by foot. Our subway station is a good walk away, there are long waits for buses and the person quickest on his feet gets the taxi. Traveling by car requires finding a parking spot, or paying a huge amount to park in a parking lot. Walking in Manhattan has become too difficult for my husband Gene. His pain level shoots up to a nine after walking a few blocks. When he wants to return home, he needs to force his legs to move and to withstand the pain. If I am with him, he may walk behind me with his hand leaning on my shoulder. On a windy day, I try to walk ahead of him to protect him.

An excerpt from "If" by Rudyard Kipling:

*If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: "Hold on!"*

We decided that the time had finally come to buy a motorized scooter so he could zoom around the city. We were pleased by our solution since the city holds endless places Gene wants to experience, and he can easily place his heavy camera in the basket so as to capture the photo ops. A motorized wheelchair marked the user as handicapped or ill, and he wanted none of that.

In Disney World this winter, we rented a motorized scooter to test it out. It was perfect, and that's when we decided to check out various scooters and find the lightest four-wheel one in which he felt comfortable. He zoomed with ease and pleasure amidst the happy crowds. There was even an unexpected benefit: people with handicaps went right to the front of the line for rides and seats. Gene didn't feel any stigma because two friends in their thirties were riding with him in their scooters. To me the three cheery people seemed more like a happy-go-lucky motorcycle gang rather than

people with physical limitations. In Disney World many people were scooting around, beeping their horns so as to have a clear path ahead. A few times he backed up into me, or caught the edge of my shoe with his front left wheel. No worries! I was happy to see the three kids driving around and having fun.

Our decision was made, and we bought a scooter. We tried to select the lightest one we could that he was comfortable in. In a medical supply store in Florida, Gene tried out five or more scooters until he found his wheelbarrow—i.e., scooter. It comes apart into four pieces, which we hoped meant that I could put in in the trunk of the car. That wasn't a possibility, since I found I could barely lift the lightest part. We were concerned about where to store it in our apartment building. The perfect solution was right in the hallway by our apartment. That was permitted until an anonymous neighbor complained. I understood their possible reason for complaining: they did not want to be reminded of infirmity, and wanted only flowers in view for their own sake and their visitors. It was an eyesore. The reason given to us was that it was a fire hazard, because it would slow up people leaving their apartments. Probably it is against fire regulations.

Gene and I maneuvered the scooter into a room in the apartment. We moved furniture out of the way, and now are barely able to walk in and out of the room. We were sure that the independence and freedom he would gain to tour his city independently was worth everything.

The first time we were going out, he felt embarrassed and I believe that shame was part of his reluctance. There is a stereotype about people with canes and walkers and wheelchairs. The stigma doesn't affect hardy-looking people on crutches, because the assumption is that they were in a skiing accident or the like.

Gene and I talked it out and then we went outside to try it out. OOPs, he could feel the bumps and potholes. Well, a pillow could absorb some of the shock. No one looked our way except one small child. He could move more quickly than I could walk. He did feel cold because he wasn't doing any physical activity. Well, a blanket could easily be placed around him.

At the end of our long block we came to the corner and waited for the green light. The red light flashed on and the cars stopped. We had not realized that there would be a threat from the cars, trucks and buses turning from the left and the right. I knew immediately that he could not be easily seen because he was riding low, not like on a bike or horse. Sometimes a policeman rides on a horse along with the traffic. The policeman sits proudly, looking so powerful and important. In the scooter, Gene was just a small dot on the road.

I became the Crossing Guard, and walked across the street as he rode, my arms out blocking traffic. Now the realization! It would be risky to cross the wide, busy streets

without a companion. We are talking about what we can do about that and are going to order flagpoles that are made to fit scooters. I am thinking about adding lights even though he will only travel alone in the daytime.

Gene has not found the freedom we hoped for, and I feel like the mother who is teaching her son to ride a bike, and is walking beside him so he feels protected and is protected. The child on the bike achieves independence after a few lessons, but even he is limited by his parents as to how far he can go, and which streets are out of bounds. Perhaps, it is the same for Gene. He can zoom around the block, cross one small street and not go beyond. The child just needs to perfect his skills on the bike and grow older. We need to invent or discover ways he can be seen and protected from the oncoming cars. In the meantime Gene and I need to swallow our disappointment. While slanting my ending line, I will state mildly that Gene did not find independence, and I became the Crossing Guard.

Another excerpt from "If" by Rudyard Kipling:

If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And—which is more—you'll be a Man, my son!

When touring in Barcelona, Spain, many years ago, there was music and dancing on the street. Gene and I joined in and I saw with admiration a young woman and man dancing together. He was in a wheelchair, and making that wheelchair jump and swing. That was an inspirational sight.

Gene and I will continue to work on a solution.

### ***Anonymous scooter haikus from swami@argousa.com***

*Little wheels turning  
Little engine purrs along  
Magic carpet ride*

*Adventures we've had,  
Adventures still before us  
Small magic carpet*

*Today I ride free  
It is so very joyful  
Bugs in my smile...*

*Red scooter goes by,  
shiny in the summer sun...  
cooler than a car.*

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# NAPT News

Contributed by Richard Brown, VP of Conferences

## Save the Date! Submit a Proposal!

The 2009 National Association for Poetry Therapy (NAPT) conference will be held at the Crowne Plaza in Arlington, VA (our nation's capital), April 15-19, 2009. NAPT invites you to submit an original workshop proposal for our 29<sup>th</sup> Annual Conference, "Embracing Poetic Expression: Creative Pathways for Self, Community, and the World."



We invite proposals for 60-, 90- and 120- minute workshops covering any aspect of the use of poetry, literature, journaling, creative writing, storytelling, performing and expressive arts and related fields. As we will be very close to Washington, DC and The Mall, workshop proposals that involve movement and/or walking excursions beyond the hotel walls will be especially well received. Panel discussions and poster sessions are also welcome. There will be fees for A/V equipment such as CD players, LCD projectors, etc., so please keep presentations as simple as possible (ie., plan on using flip charts instead of PowerPoint, etc.). Please note that presenting is on a volunteer basis only. There is no compensation whatsoever for presenting. The deadline for workshop, poster session and panel discussion proposals is September 1, 2008.

Those who have successfully offered an NAPT conference workshop in the past are welcome to submit a proposal for pre- and post-conference workshops to be held on Thursday, April 16 and Sunday, April 19.

To submit a proposal visit [www.poetrytherapy.org](http://www.poetrytherapy.org) and follow the links to the 2009 conference page, where you can find more information and download a proposal form.

Please make plans to join us in our nation's capital April 15-19, 2009, for another memorable NAPT conference.

# NAPT Member News

*Please send your professional news announcements of 150 words or fewer in the format exemplified below to the Editor at [naptmuseletter@yahoo.com](mailto:naptmuseletter@yahoo.com) by the published deadline for each issue. Please note: we do not list events or awards that are listed elsewhere in the Museletter (e.g., Poetry Alive awards and awarding of CPTs and RPTs).*

**Laurie Arnold** (Pittsburgh, PA) was offered a position as a poetry therapist at the University of Pittsburgh Medical Center, Western Psychiatric Institute and Clinic. She will be working with dual diagnosis clients, the elderly and those with eating disorders. She is thrilled to be part of a creative arts team and to be doing poetry therapy—her dream! I big thanks goes out to Lila Weisberger, her mentor, and many poetry therapy colleagues who have been her essential, on-going inspiration.

**Ann Bracken** (Columbia, MD) of The Possibility Project, will present a paper on journaling and reflection in business education at the July 2008 Global Business and Technology Association Conference in Madrid, Spain. Ann co-authored the paper, which is entitled "Reflection in Active Learning: Does the Open Reflection Really Work?" with Alexei Mateev of City University of New York and Rick Milter, Director of the MBA Fellows Program, Carey Business School, Johns Hopkins University.

**Karen Rippstein** (Hawthorne, NY) was invited to facilitate creative writing workshops at Burke Rehabilitation Foundation in White Plains, NY. The twice yearly, 8-week series is partially supported by a grant from Poets and Writers, Inc. as well as Burke. The series is open to the public in addition to patients and staff. Usually, there are 10-15 participating for the 90 minutes. The writing responses are rich, thought-provoking and meaningful.

**Ellen Rust** (Franklin, TN), who is finishing her training as a PTR, recently gave a workshop on ekphrastic writing at the Frist Center for the Visual Arts in Nashville, TN. Nineteen participants wrote from the featured exhibit, "Monet to Dali: Modern Masters." Ellen was subsequently asked to present a similar workshop in connection with an upcoming exhibit. She is looking forward to developing a good working relationship with the Frist Center, and to spreading the word about the value of ekphrastic writing and poetry.

**Margot Van Sluytman** (Calgary, Alberta) was featured in the Member Spotlight for The Society for Arts in Healthcare for May 2008. She also received a Scholarship to The Thomas Merton Institute of Contemplative Living for

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September 2008. In May, Margot shared her Expressive Writing Workshops at three prisons in British Columbia. She will publish some of the poetry penned by the individuals with whom she had the gift of sharing time.

## NAPT Foundation

### News

*Contributed by Dottie Ellis, Treasurer*

#### **Call for Nominations: Pursue the Dream: The Chris Mazza Award for Poetry Therapy**

Because the Foundation did not announce the Pursue the Dream: The Chris Mazza Award for Poetry Therapy opportunity last fall, we have extended the nomination deadline until July 31, 2008. This award was established in memory of Nick Mazza's son, Christopher, and it is to promote projects that benefit, uplift and support the development of adolescents and young adults in the field of poetry therapy. The award will be given to recognize, support and deepen the continuing work of a poetry therapist or poetry facilitator working with young people.

If you or someone you know might be a worthy recipient of this grant, please let us know by July 31, 2008. You may send letters via e-mail to [dajoslyn@sbcglobal.net](mailto:dajoslyn@sbcglobal.net) or snail mail to Dottie Joslyn, 1209 E. River Rd., Springfield, MO 65804. This grant comes with an award of \$1,000 to assist the poetry therapist or facilitator continue the work that s/he is doing with young people. If you have any questions, please let Dottie know at the addresses above or see the description under Special Projects on the NAPT/Foundation webpage: [www.poetrytherapy.org/foundation.html](http://www.poetrytherapy.org/foundation.html).

#### **Call for Grant Applications: Poetry Alive!**

Poetry Alive! grant applications will be accepted via e-mail only from July 15 through September 15, 2008. Grants, limited to \$1,000, are intended to seed and grow poetry therapy workshop series, publications, events and other projects by poetry therapists/facilitators. All projects must begin and end in the calendar year 2009. Grant awards will be announced in November 2008 and paid in January 2009.

Anonymous members of the Foundation Board and outside readers review these applications, which will be scored according to their impact in direct program content, budgetary need, programming for diverse and at-risk populations and local grassroots support. You may direct questions regarding the application process to Dottie Joslyn at [dajoslyn@sbcglobal.net](mailto:dajoslyn@sbcglobal.net). Applications may be found under Special Projects on the NAPT/Foundation website at [www.poetrytherapy.org/foundation.html](http://www.poetrytherapy.org/foundation.html).

## News from the National Federation for Biblio/Poetry Therapy

*Contributed by Gina Campbell, President*

The NAPT conference in Minneapolis in April marked the official announcement of a new designation by the Federation, that of master mentor/supervisor (MM/S). The following people were invited to accept this recognition in honor of their unique and extraordinary contributions: Kay Adams, Geri Chavis, Deborah Grayson, Peggy Heller, Perie Longo, Sherry Reiter, Alma Rolfs and Lila Weisberger. These pioneers developed and ultimately defined best practices in the field, as they taught others the fundamental concepts and skills of poetry therapy. The Federation is looking forward to continuing to work with the master mentor/supervisors as we develop the training requirements for new mentor/supervisors.

Also at the conference, the Federation sponsored Dr. Samuel Gladding, pioneer NAPT member, expert in clinical supervision and counselor education at Wake Forest University, and prolific author, who presented a workshop on supervision for current and potential mentor/supervisor trainees. Designed to help M/Ss meet CEU requirements, the workshop proved to be a stimulating and valuable opportunity to address supervision concerns specifically related to the poetry therapy context. The session will be available on DVD. Thanks to the Foundation for its helpful support in making this workshop possible.

All current mentor/supervisors are in the process now of renewing their credentials, which will go into effect in June 2008. You'll soon be able to find out more about many of them on the Federation website, where detailed information about their training programs and related links will be posted.


The Federation has had several board members come and go this year, but we want to say a special goodbye to Steve Rojcewicz, who served ably for 15 years on various poetry therapy-related boards. His expertise and wise council will certainly be missed!

In the new news category, the Federation and the NAPT boards have created a liaison committee to enhance our communications with one another. Consisting of four members of each board, including the two presidents, the committee will address items of mutual interest. We anticipate both boards will benefit from the perspective of the other in our common goal of developing and supporting our poetry therapy community. The members from the Federation are

Kay Adams, Gina Campbell, Peggy Heller and Wendi Kaplan; from NAPT: Diane Allerdyce, Richard Brown, Geri Chavis and Nessa McCassey.

And last, but by no means least, here is the newest group of CAPFs, CPTs and PTRs, inducted at our Minneapolis conference: Certified applied poetry facilitators: Susan de Wardt, Robb Jackson and Dottie Joslyn; Certified poetry therapists: Emily Marsick and Susan Fusco. These credentials were awarded in 2007: James Brandenburg, CPT; Anjana Deshpande, CAPF; Susan Furness, PTR; Susan Fusco, CAPF; Patricia Grant, CPT; Bong Hee Lee, CAPF; Diane Hovey, CPT; Debbie McCulliss, CAPF; Dana Michie, CPT; Jane Pace, CPT; Wendy Rosenburg, CAPF; Charlie Ruff, CPT; Patricia Russo, CPT; and Mary Thompson, CAPF.

Congratulations to all! Those thinking about training for a credential in poetry therapy should visit our website at [www.nfbpt.com](http://www.nfbpt.com) for information on how to get started.



**Moving?  
Let NAPT know!**

Whether you are moving house or just changing service providers, please let NAPT know your new surface mail or email address so you do not miss any announcements from us. Email [info@poetrytherapy.org](mailto:info@poetrytherapy.org) so we can make the change to our database.

## Muse Reviews

### Window for a Small Blue Child

by Gerrie Fellows

Manchester, UK: Carcanet Press, 2007

*Reviewed by Larry Butler*

Reading this sequence of poems aloud I was entranced by a marriage of lyrical with scientific language, a mythic *story of a man and a woman who wanted a child*, and who had a child by in vitro fertilisation (IVF). Inside and out, Fellows maps the journey from infertility to birth, offering rites, flowers, dreams, invocation, information and *a geography of loss* along the way. I have lived with some of these poems for a few years, since the author has led workshops on this theme for Lapidus Scotland as part of our writing-well program.

As medical procedures are carefully crafted and transformed into poems evoking an inner landscape, we (as readers) re-visit some of our hopes and fears, even our prenatal memories, and are reassured by the way the writer makes sense of it all:

### Photomicrograph II

*showing the cloud  
on the horizon of the eye  
has been dispersed*

*making visible  
a second polar body  
extruded into perivitelline space*

*The zone pellucida  
is sealed in a cupped translucent sea  
sperm cling to its surface*

*The photomicrograph shows  
the male and female pronuclei  
of a fertilised oocyte*

Reading this sequence I enjoyed following the narrative while flicking frequently to the glossary at the end for guidance—Endometrium: the lining of the uterus (could have been the lining of the universe for all I knew); Blastomere: the cells of the fertilised ovum or zygote (might have been a lake in Cumbria). Although sometimes I needed a dictionary, this didn't put me off. Even on first reading I could appreciate the beauty of both the words as well as the bodily processes, refined by a simplicity of tone, often in a minor key:

### Blood Text

*read between her body's scanned tides*

*translated into layers of meaning  
a text revealing what was hidden*

*in the blood which clots into numbers  
the seeded chemistry of the cells*

By using the "he/she" voice till the very end, Fellows encourages the reader to identify with all the protagonists. Her minimal punctuation and space between words gives breath to the page and frames the text in the vastness of a blue sky. In all the poems there is the touch of a visual artist who paints and sculpts her words. Every health center and waiting room should have a copy of *Window for a Small Blue Child*. It tells the IVF story without judging any part to be good or bad, just how it is/was for the author, her husband and many of us. This book is an awakening to the subtle arts of poetry and medicine.

*Individuals interested in reviewing books that may be of interest to readers of the Museletter are requested to contact the Editor at [naptpublications@yahoo.com](mailto:naptpublications@yahoo.com).*

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# PoemNation

## Professional Training

### ● **California**

Phyllis Klein, LCSW, CPT is starting two 8-week Therapeutic Writing groups in San Francisco and Palo Alto, CA. She has also co-led two meditation and poetry workshops with a meditation teacher in San Jose (Shaila Catherine) and plans to continue this tradition. Phyllis will be presenting a poetry/writing workshop for the Santa Clara Valley Marriage and Family Therapy Wellbeing Retreat on Aug. 9. For information call (415) 273-1036 or visit [www.womenintherapy.com](http://www.womenintherapy.com).

The **Southern California Poetry Therapy Network** offers peer/supervision hours for trainees working on their CAPF, CPT and PTR on the second Sunday of the month in Santa Barbara or Los Angeles. Others interested in the process are also welcome. Facilitation practice, skill building, case studies and literature review are offered. The group is supervised by Mentor/Supervisor Perie Longo, PhD, MFT, PTR. Call Perie at (805) 687-1619 or email [perie@west.net](mailto:perie@west.net) for further information.

### ● **Colorado**

**Colorado CPT training group** meets the third Saturday (with some schedule variations) near downtown Denver offering peer group, literature review, group supervision. Contact Kay Adams at (303) 986-6460 or [KAdamsRPT@aol.com](mailto:KAdamsRPT@aol.com) for schedule and information.

### ● **Connecticut**

**Peer group** in Southeastern Connecticut. Easily accessible to CT, MA and RI. For more information contact Elaine Brooks, PTR-M/S, at (860) 546-0621 or [ebrooks2@charter.net](mailto:ebrooks2@charter.net).

### ● **Florida**

The **South Florida Peer Group** meets the third Sunday of the month at the Fort Lauderdale office of Mentor/Supervisor Deborah E. Grayson, LMHC, RPT. Each month participants are treated to the latest techniques in Poetry Therapy, thematic poems, new books and resources in the field and invaluable feedback from their peers. We allow ample time for discussing difficult cases, reviewing applications and updating personal files. This has been an ongoing group for eight years! Join us by reserving your space at (954) 741-1160.

**Mari Alschuler**, LCSW, RPT, M/S, is available for **mentoring** of CPT and RPT trainees. She continues to offer a correspondence/email course in **Poetic Devices**. Please contact her at [MAlschulerRPT@aol.com](mailto:MAlschulerRPT@aol.com) or (954) 424-9085.

### ● **Illinois**

**Charlie Rossiter**, PhD, CPT, offers **mentoring** for poetry therapy trainees as well as writing and poetry therapy workshops in the Chicago area. For more information or to be added to his mailing list to be kept informed of offerings contact him at [Charlie.Rossiter@poetrypoetry.com](mailto:Charlie.Rossiter@poetrypoetry.com). Charlie is also working on developing an “**Off-Season Training Intensive**” in the Chicago area. If you are interested in receiving details when they become available, send a note to [Charlie.Rossiter@poetrypoetry.com](mailto:Charlie.Rossiter@poetrypoetry.com) with “off-season intensive” as the subject line.

### ● **Maryland**

The **Institute of Poetry Therapy of Maryland** offers individual in-person poetry therapy didactic training and supervision in the Washington DC metropolitan area. For more information contact Ingrid Tegnér, MSW, CPT-M/S, at [info@instituteofpoetrytherapy.com](mailto:info@instituteofpoetrytherapy.com) or call (301) 610-6016.

**Gina Campbell**, Counselor and CAPF, offers **training in Symbolic Modeling**, a cutting-edge mind/body technique that uses a systematic process for verbally exploring and developing a client's *internalized metaphors* to foster clarity, healing and change. Participants will have opportunities to be both facilitator and client as they learn the basics of Symbolic Modeling and Clean Language. These are skills readily used by therapists, body workers, life coaches, teachers and business consultants. Quickly and safely get at the deep-rooted sources of issues that may not be accessible at the conscious level. Effective with assisting clients in releasing old patterns, beliefs and trauma. Also effective with goal-setting, motivation issues and more. For more information email [Gina\\_Campbell52@alumni.williams.edu](mailto:Gina_Campbell52@alumni.williams.edu).

### ● **Minnesota**

**Geri Chavis**, LP, CPT, PhD, facilitates a poetry therapy **supervision group** in Minneapolis. For information contact Geri at [ggchavis@stkate.edu](mailto:ggchavis@stkate.edu) or (651) 690-6524.

**Minnesota Regional Gatherings**: Since the early 1980s, the Minnesota Poetry Therapy Network has been meeting six times a year and is going strong. This peer experience poetry therapy group focuses on a particular theme, reading and creating together and sharing resources. Currently, we are in the process of planning our group's second anthology of choice

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poems generated during our gatherings. We meet every other month on Saturdays from 10:30am to 2:30pm. For details contact Geri Chavis at ggchavis@stkate.edu or at (651) 690-6524.

### ● **New England**

The **New England Chapter of the American Society for Group Psychotherapy and Psychodrama (ASGPP)** offers free, open psychodrama trainings three times a year in New England. For information e-mail diarydoor@aol.com or phone (508) 647-0596.

### ● **New York City/New Jersey/Long Island/Long Distance**

The “**Creative Righting**” Center continues to train poetry therapists who are distant learners as well people in the tri-state area. Once Sunday a month, peer groups meet at The Institute for the Arts in Psychotherapy in New York City. Newcomers are welcome. Sessions include facilitation by Sherry Reiter, PhD, PTR-M/S, facilitation session by a member of the group, one hour of supervision, and one hour of didactic. Includes poetry, story gems and honing of facilitation skills. For full schedule, visit [thecreativerightingcenter.com](http://thecreativerightingcenter.com) or write Sherry at [sreiter@erols.com](mailto:sreiter@erols.com).

**bridgeXngs POETRY CENTER, Inc.**, a state-of-the-art comprehensive poetry center and intentional community pioneering on-line courses for poetry therapy trainees, directed by Lila L. Weisberger, offers local and long distance trainings, individual and small group supervision. Monthly poetry peer groups are offered in Manhattan as well as the July Intensive “**ACTIONWEEK.**” Courses offered are for on-line poetry peer groups for long distance trainees (10 hours of peer credit); an on-line ten month didactic course and experience facilitating on line based on the text *The Healing Fountain: Poetry Therapy for Life’s Journey* by Geri Chavis and Lila Weisberger; *Poetic Forms: Poetry as Symphony*; *Poetry as Container*; *Developmental Psychology and Abnormal Psychology: Words on a Hat: Learning Psychology Through Literature* and study groups of major poetry therapy texts. Special Programs: Poetry and Altered Books; Poetry and creation of three dimensional dolls. For information contact Lila at [bridgeXngs@aol.com](mailto:bridgeXngs@aol.com) or (917) 660-0440.

### ● **On-line/Virtual/Region-free**

**Two-year CPT distance learning program** with Kay Adams RPT, mentor/supervisor. Call Kay Adams at (303) 986-6460, email [KAdamsRPT@aol.com](mailto:KAdamsRPT@aol.com) or see [www.journaltherapy.com](http://www.journaltherapy.com) for details.

**Online CPT psychology prerequisite courses.** Abnormal Psychology, Group Process and Counseling Methods classes of 10 weeks each are forming now. Call Kay Adams, (303) 986-6460, email [KAdamsRPT@aol.com](mailto:KAdamsRPT@aol.com) or see [www.journaltherapy.com](http://www.journaltherapy.com) for details and schedules. **Independent study Language Arts prerequisite classes** also available with Gayle Nosal, CPT, [gnosal@ecentral.com](mailto:gnosal@ecentral.com).

The **Wordsworth Center’s signature Intensives** that engage the wider world of applied literature in poetry therapy are available for presentation in your community. Ken Gorelick and Peggy Heller, clinical poetry therapists, mentor/supervisors and former presidents of NAPT, have developed unique intensive programs, often called “creativity camp,” for students, practitioners and seekers in the poetry therapy field. All participants will attain knowledge of poetry therapy methods and principles through lectures, discussions, readings and writing processes; skills through experience of classical and action poetry therapy and team design of field applications hours in didactic, peer group and group supervision applicable to CPT or RPT credentials or mentor/supervisor requirements. For more information about sponsoring and organizing a Wordsworth Intensive in your community contact Peggy Heller at [peggyheller@verizon.net](mailto:peggyheller@verizon.net) or Ken Gorelick at [kengorelick@verizon.net](mailto:kengorelick@verizon.net).

**Margot Van Sluytman offers on-line courses** in Poetry/Writing and Healing: 1) Poetry and the Process of Healing: The Dance With Encounter; 2) Poetry from Soul—Soul from Poetry; 3) Writing From Wild Self—Real Self: Surrender not Control; 4) Writing and the Process: Out of Dark Night; and 5) Writing and the Process Two: the Healing Art of Dancing With Words. Margot has recently added Wild Vision to her list of Expressive Writing Workshops. In this on-line workshop individuals are invited to trust the energy of their pen as they dialogue with potent prompts, and specific questions, in an effort to pen their soul’s Wild and Healing Vision in both their poetry and prose. For information visit [www.margotvansluytman.com/onlinecourses.htm](http://www.margotvansluytman.com/onlinecourses.htm) or contact Margot at [info@MargotVanSluytman.com](mailto:info@MargotVanSluytman.com) or (705) 760-9446.

## **Workshops, Classes, Seminars, General Educational Opportunities**

**Goddard College’s Transformative Language Arts Master’s Program** allows students to pursue social and personal transformation through the spoken and written word through a deep exploration of your personal TLA practice (as a writer, storyteller, etc.) as well as the social and cultural picture informing your particular focus of study (a fo-

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cus you choose!). TLA students may also fulfill most of the poetry therapy certification requirements through this degree. TLA criteria include a community-based practicum, thesis project of your own design, and a balance between theory and practice in your study and art of words. Students also have opportunities to shadow poetry therapy and related practitioners around the world. See [www.goddard.edu/academic/tla.html](http://www.goddard.edu/academic/tla.html) or contact Caryn Mirriam-Goldberg at [mirriamgoldberg@goddard.edu](mailto:mirriamgoldberg@goddard.edu) for information.

Since 2003, the **Masters in Liberal Studies program (MLS) at University of Denver's University College** has offered coursework on Writing & Healing. Students can earn a DU graduate degree while meeting many of the requirements for poetry therapy certification. The following classes are designed and taught by Kay Adams, RPT, M/S; Joy Sawyer, RPT, M/S; and Gayle Nosal, CPT: Writing & Healing I, Writing & Healing II, Journal to the Self, and Poetry & Personal Growth. Courses are available on campus and online. For more information, call Holly Dunn at University College at (303) 871-3935.

**Reflective Writing: A Women's Writing Group** meets on Mondays, 7:30-9:00 pm, through the Behavioral and Collaborative Medicine Department at South Miami Hospital, and is facilitated by Barbara Kreisberg, MS, CPT. Through spontaneous guided writing experiences designed to awaken and nurture the self and through the reading of selected poems, participants will discover the process of personal growth and healing by using the written word. Participants are given the opportunity to be moved by their own writing as well as others, with the emphasis on gaining a deeper understanding of life events, obstacles and opportunities. Please call (305) 975-3671 or email [Bkexpres@aol.com](mailto:Bkexpres@aol.com) for further information and pre-registration.

Susan de Wardt, CAPF, will be presenting a 3-day **Journal to the SELF®** journal writing intensive Sept. 19-21, 2008, in Steamboat Springs, CO. Based on the book and workshop designed and developed by Kathleen Adams, participants will experience 16 different journal techniques that will add color, perspective and dimension to their reflective writing practice. With over twenty years experience in reflective writing and personal development training techniques, Susan can show you how to access creativity, enrich your life and connect with your inner wisdom through writing practice. Susan is a certified instructor for the Journal to the SELF® writing workshop. As an adjunct to the journal writing process, Susan also offers regular workshops on art-making for healing and self-expression. **Beyond Words: The Art of the Journal**, will be presented Oct. 3-5, 2008, in Steamboat Springs, CO. Participants will practice collage techniques, make hand-painted papers, discover ways to free the artist

within and learn simple bookbinding methods as they create a one-of-a-kind journal. This workshop is for anyone who wishes to bring art into their daily life or for clinicians and facilitators interested in learning art techniques suitable for use with clients. No art experience is necessary. For more information about either workshop, email [sdewardt@mindworkscoaching.com](mailto:sdewardt@mindworkscoaching.com) or call (970) 846-6562.

**Writing for Life: Creating a Story of Your Own** by Sandra Lee Schubert. The journaling and scrapbooking techniques taught in this course provide a creative way to connect with the inner self and heal emotional wounds while documenting your story, your life in a fun and unique way. For more information and to sign up visit [www.selfhealingexpressions.com/scrapbooking.shtml](http://www.selfhealingexpressions.com/scrapbooking.shtml).

**Caryn Mirriam-Goldberg**, PhD, CPT, facilitates ongoing workshops for people living with or recovering from cancer at Turning Point of Kansas City: A Center for Hope and Health; Lawrence Memorial Hospital in Lawrence, KS; and The Light Center, Baldwin, KS. Caryn also regularly facilitates workshops on writing as a spiritual practice, writing from the earth and mythopoetics. Please see [www.writewhereyouare.org](http://www.writewhereyouare.org) for what's coming up.

Lapidus is the UK's national Association for the Literary Arts in Personal Development and brings together people with an interest in creative words for health and well-being. **Lapidus offers monthly "Writing-Well" seminars**, part of a program of regional development for Lapidus in Scotland, which follows the aims of central Lapidus to promote and develop the role of the literary arts in healthcare, education and the community. Each evening focuses on a theme (recent themes include "Cancer, Poetry and Healing" and "Dementia and Creativity") and allows ample time for creative and reflective writing, discussion and questions with a guest speaker. For details email [lapidus@butlerlarry.demon.co.uk](mailto:lapidus@butlerlarry.demon.co.uk).

## **Calls for Work/Papers/Articles/Proposals**

**The Museletter is seeking writers** of book reviews, "Profiles" of organizations and individuals, "Poems as Process," "Happenings" reports, "Process" pieces, "Chapbook" poems (with accompanying narrative), interviews with poets and creative arts therapists practitioners and feature articles for future issues. The Editor welcomes proposals 3+ weeks in advance of submission deadlines. As we are unable to publish all the submissions we receive, please refer to issues of the *Museletter* for general style and content guidelines before submitting a proposal or article. See ad in this issue for full Submission Guidelines, including upcoming deadlines.

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*The Journal of Poetry Therapy: The Interdisciplinary Journal of Practice, Theory, Research, and Education* (Promoting Growth and Healing Through Language, Symbol, and Story) is an interdisciplinary journal seeking manuscripts on the use of the language arts in therapeutic, educational and community-building capacities. *The Journal* purview includes bibliotherapy, healing and writing, journal therapy, narrative therapy and creative expression. *The Journal* welcomes a wide variety of scholarly articles including theoretical, historical, literary, clinical, practice, education and evaluative studies. All manuscripts will be submitted for blind review to the *JPT* editorial board. Maximum length of full-length articles is 30 pages (typed, double-spaced, nonsexist language). Style should conform to the *Publication Manual of the American Psychological Association* (5th edition). All articles must be original material, not previously published or soon to be published elsewhere. Manuscripts should be submitted in electronic format (MS Word) as an e-mail attachment to the editor: Nicholas Mazza, PhD, Editor, *Journal of Poetry Therapy*, Florida State University, College of Social Work, 2512 University Center-C, 296 Champions Way, Tallahassee, FL 32306-2570, nfmazza@fsu.edu

*Patient Education and Counseling* presents a new section comprised of selected narratives on reflective practice. Reflective Practice will provide a voice for physicians and other healthcare providers, patients and their family members, trainees and medical educators. The title emphasizes the importance of reflection in our learning and how our patient care and own self-care can be improved through reflective practice, similar to other health care provider skills. We welcome personal narratives on caring, patient-provider relationships, humanism in healthcare, professionalism and its challenges, patients' perspectives, and collaboration in patient care and counseling. Most narratives will describe personal or professional experiences that provide a lesson applicable to caring, humanism and relationship in health care. Submit manuscripts through the *Patient Education and Counseling* on-line electronic submission system at <http://ees.elsevier.com/pec>. *Patient Education and Counseling* is an international journal indexed in Medline and 13 other related indexes. All manuscripts, including narratives, are peer-reviewed.

If you would like an electronic copy of the editorial describing the Reflective Practice section, "Sharing Stories: Narrative Medicine in an Evidence-Based World," please e-mail Dr. Hatem or Dr. Rider. Submissions of poems, stories, diary entries and essays on the analytic experience are being sought for *The Psychoanalytic Experience: Analytands Speak*. No rhymed or religious material. Deadline: Ongoing. Email submissions to Editor Esther Altshul Helfgott, PhD, at [eahelfgott2@comcast.net](mailto:eahelfgott2@comcast.net). For more information visit [www.analytands.homestead.com](http://www.analytands.homestead.com).

**The Canadian Art Therapy Association Journal**, which publishes on a variety of subjects relevant to Art Therapy and Expressive Arts Therapies, is seeking submissions. For more information and instructions for authors please visit [www.catainfo.ca](http://www.catainfo.ca).

## Resources

**The Transformative Language Arts concentration at Goddard College** now has extensive **resource pages** on poetry therapy, poetics and poetry, expressive and creative writing, drama therapy, education and development, facilitation and leadership, journal-writing, literacy and linguistics and language, memoir and life stories, mythology and much more. The resource pages include thousands of weblinks and very extensive bibliographies. You can click and visit many sites of people doing all kinds of poetry therapy-related work around the world! Please visit the TLA Resource Page at [web.goddard.edu/~tla/](http://web.goddard.edu/~tla/) and if you have any additions, please contact Caryn Mirriam-Goldberg at [mirriamgoldbergc@goddard.edu](mailto:mirriamgoldbergc@goddard.edu).

**The Transformative Language Arts Network**—a professional organization that promotes networking, resource-sharing, and right livelihood through using the written, spoken and sung word for personal and community growth—is now offering memberships, and internet-based and phone conference-based classes. The classes cover such topics as memoir, spirituality and writing, promoting one's work, and more to come, and are free to all TLA Network members (and available for a small fee for non-members). Membership benefits also include a copy of *The Power of Words: A Transformative Language Arts Reader*, a collection of essays on using writing, singing, storytelling and performance for transformation that includes almost 500 pages of essays from such writers as Shaun McNiff, Perie Longo, Caryn Mirriam-Goldberg, Pat Schnieder and over 25 other contributors. Please see [www.TLANetwork.org](http://www.TLANetwork.org) for details.

Jennifer Bosveld, Publisher of Pudding House Publications and one of NAPT's A Praise of Muses, is extending to NAPT members a special offer for Pudding House's anthology, *Hunger Enough: Living Spiritually in a Consumer Society*, edited by Nita Penfold. Jennifer writes, "though the cover price is \$18, because you apply poetry with good intent, Pudding House will send NAPT members three copies of the book for \$18 and free postage if you promise to give the other two copies away to anyone struggling with these issues." Send \$18 to Pudding House, 81 Shadymere Lane, Columbus, OH 43213. Include note: "The Hunger Enough 3-1 for deal."

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## Networking

*Ed. Note: This section of PoemNation provides a forum for NAPTERS to exchange ideas and contact information pertaining to specific work being undertaken outside of the realm of NAPT proper. Please send your text of 150 words maximum to the Editor at [naptmuseletter@yahoo.com](mailto:naptmuseletter@yahoo.com) with the subject line: PoemNation Networking.*

Those interested in learning more about an **evolving project to serve veterans of the Iraqi war who may be vulnerable to PTSD**, please contact Faye Snider at [fayesnider@rcn.com](mailto:fayesnider@rcn.com).

Anyone with experience in using writing with mentally handicapped people, please contact Kerstin Hof at [hof@schreibzeit.de](mailto:hof@schreibzeit.de).

## Research Projects

*Ed. Note: This section provides students and researchers a forum for obtaining information from and establishing connections with the poetry therapy community. Send information about your research projects, including what information you are seeking, from whom, for what purpose and by when (maximum of 200 words) to [naptmuseletter@yahoo.com](mailto:naptmuseletter@yahoo.com) with the subject line: PoemNation: Research Projects.*

## Opportunities for Authors

**Blooming Twig Books** is offering a **free guide to publishing**. This is available as a free PDF e-book (150 pages)

online: download from the button on the front page on our website [www.bloomingtwigbooks.com](http://www.bloomingtwigbooks.com). Or, visit the entire guide online at [www.bloomingtwigbooks.com/publishing\\_bible.html](http://www.bloomingtwigbooks.com/publishing_bible.html) where it is completely navigable with nothing to download. Blooming Twig has also started an **author podcast**, and encourages all authors to submit a reading of their choice to us in just about any audio format. More information is at the podcast itself: [www.humanepub.com/podcast](http://www.humanepub.com/podcast). Feel free to be in touch by telephone at (866) 389-1482 or email at [info@bloomingtwigbooks.com](mailto:info@bloomingtwigbooks.com).

## Products & Services

**Videos of NAPT conference keynote poets**, including Jane Hirschfield (San Jose), Rafael Campo (Miami, 2003), Li-Young Lee (Costa Mesa, 2004) Gregory Orr (St. Louis, 2005), and Patricia Smith (Minneapolis, 2008) as well as Ken Gorelick (Keynote Speaker, 1998) available on DVD for \$12 each, which includes priority mailing, or receive three for \$25. Also available for \$12 is the 2007 Rattlebox Open Mic session. The three LaperTapes documentary DVDs on poetry as healing are \$20 each, including priority mailing. These are "The Truth About Ourselves: How Poetry Heals," "Tell All the Truth: How Poetry Heals A Multicultural Society" and "Moving Towards Truth: Poetry, Motion and Wholeness." As a package, all three are specially priced at \$40 (one free!). Please email orders or requests for further information to [jennylaper@yahoo.com](mailto:jennylaper@yahoo.com) or write to LaperTapes at 1330 West Hwy WW, Springfield, MO 65803.

**SAVE THE DATE!!!**

**NAPT WILL BE IN  
OUR NATION'S CAPITAL  
Washington, D.C. in 2009**

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- Reflections on the Minneapolis Conference
- Interview with a Warrior Writer
- Tribute to Rich Rosenfield
- And much more ...