

**National Association for Poetry Therapy**  
Education Committee Resource List

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2002

Dear Certification Guidebook Reader,

This resource list is designed to help you find training opportunities that will meet requirements for certification/registration as a poetry therapist.

Please check that facilitators are either C.P.T.s or R.P.T.s if you wish to earn peer group credit toward certification/registration. Courses, workshops and lectures by other instructors may qualify in the area of didactic study. Any course of study taken needs to be approved by the trainee's mentor-supervisor **PRIOR** to enrollment if it is to be approved and credited toward training hours.

The list provides a wide range of learning opportunities useful to anyone interested in the "writing to heal" field in general. We wanted, especially, to present information about offerings by approved mentor supervisors.

This list was compiled by the NAPT Education Committee, including: John Fox with web research and analysis by Lisa DeVuono and consulting support by Diane Richard-Allerdyce. The course descriptions listed herein, and in some cases, syllabus content, are the intellectual property and copyrighted material of those teaching the courses. We offer this list for information purposes only.

#### What's Listed and From Where?

We decided the courses we list could be found in a variety of venues --through colleges, universities, extension programs, institutes, centers, private classes, distance/on-line learning -- and through other creditable programs and individuals.

We have listed courses aligned with one or more of the following "categories":

- 1.) focus on the therapeutic/psychological value of poetry and other forms of expressive writing,
- 2.) relate to course themes that link poetry, illness, wellness and healing,
- 3.) explore poetry in a larger context of its social, spiritual and personal implications,
- 4.) offer poetry therapy training by mentor supervisors, and
- 5.) provide instruction in poem-making, poetics and poetic forms.

What is our intent? How can you use this?

This resource list is not an endorsement by NAPT for all the courses included, but is a way to provide you with information. The Education committee will continue to publish this list bi-annually, drawing from the appropriate submissions we receive and the research that we do -- providing that these courses fit the categories we've mentioned. It will also be available on the web.

We welcome any suggestions/comments you have about this resource list!

best regards,

John Fox for the Education Committee and the "Resource List" team

## *Approved Mentor/Supervisors*

Workshops and other training events are held in various parts of the U.S. For information on these, contact the NAPT trainers, workshop leaders, and therapists listed below:

Kay Adams LPC, RPT  
12477 W Cedar Dr #102  
Lakewood CO 80228  
(303) 986-6460  
KAdamsRPT@aol.com  
[www.journaltherapy.com](http://www.journaltherapy.com)

Peggy Osna Heller PhD., LICSW, RPT  
Poetry Therapy Training Institute  
7715 White Rim Terrace  
Potomac, MD 20854  
(301) 983-3392  
Pegoheller@aol.com

John Fox CPT  
P.O. Box 60189  
Palo Alto, CA 94306  
(650) 938-2717  
JFoxCPT@aol.com  
[www.poeticmedicine.com](http://www.poeticmedicine.com)

Alma Rolfs CSW, RPT  
5213 Columbia Drive South  
Seattle, WA 98108  
(206) 729-1166, x30  
ALMARIA716@aol.com

Margot Fuchs RPT  
63 N. Union St.  
Arlington, MA 02174  
(703) 643-7437

Deborah S. Langosch ACSW, CPT  
258 Sixth Avenue  
Brooklyn, NY 11215  
718-636-0754  
deblangosch@yahoo.com

Kenneth Gorelick MD, RPT  
2625 Woodley Place, NW  
Washington, DC 20008  
(202) 232-4338  
kengorel@erols.com

Perie Longo PhD, RPT, MFT  
9 East Mission  
Santa Barbara, CA 93105  
(805) 687-1619  
perie@west.net

Deborah Eve Grayson MS, LMHC, RPT  
6800 W. Commercial Blvd #4  
Ft. Lauderdale, FL 33319  
(954) 741-1160; (954) 898-4440  
wordshaman@aol.com

Sherry Reiter PhD, RPT, CSW, RDT  
Hofstra University  
1904 East 1st St.  
Brooklyn, NY 11223  
(718) 998-4572  
SReiter@erols.com  
[www.erols.com/sreiter](http://www.erols.com/sreiter)

Tom Hedberg MFT, RPT  
Art Learner Poetry Therapy  
Training Center  
PO Box 643  
Culver City, CA 90034  
(310) 838-0279  
thedberg@earthlink.net

Charles Rossiter Ph.D, CPT  
705 S. Gunderson Avenue  
Oak Park, IL 60304  
(708) 660-9376

Donald J. Weinstock Ph.D., CPT  
PO Box 2051  
Huntington Beach, CA 92647-0051  
(714) 848-1128  
DJWeinstockPhD\_CPTms@msn.com

Shanee Stepakoff, PhD, RPT, LCP  
9 Newton St.  
Cambridge, MA 02139  
(617) 288-5858; 617-497-2157  
ShaneeStep@aol.com

Helene S. Weinstock C.Phil., M.A.,  
LMFT, RPT  
PO Box 2051  
Huntington Beach, CA 92647-0051  
(714) 842-4920  
HSWnstockLMFT\_RPTms@msn.com

Lila L. Weisberger, MS, RPT, CASAC  
bridgeXngs Poetry Center  
524 East 72nd Street Suite 37DE  
New York City, New York 10021  
(212) 535-9275  
<http://www.bridgexcrossings.org>  
[bridgeXngs@aol.com](mailto:bridgeXngs@aol.com)

## *Course Descriptions and Faculty Contacts*

### CALIFORNIA

**John Fox** B.A., CPT  
P .O. Box 60189  
Palo Alto, CA 94306  
(650) 938-2717  
JFoxCPT@AOL.com  
[www.poeticmedicine.com](http://www.poeticmedicine.com)

John Fox is an approved NAPT Mentor/Supervisor and conducts poetry and healing poetry circles (which can serve as peer experience) in the San Francisco Bay Area. Some groups meet monthly while others meet every two weeks. In addition to teaching in graduate programs at CIIS, JFKU and ITP, he offers workshops throughout the United States and Europe. He also teaches in the California Poets in the Schools program. John mentors only a few students at a time for certification in poetry therapy; and his special interests include the application of poetry therapy in the fields of pastoral counseling, medical humanities and work with elementary school children.

**California Institute for Integral Studies**  
1453 Mission St., San Francisco CA 94109  
415-675-5500  
<http://www.ciis.edu>

California Institute of Integral Studies offers a 90-hour, three-year MA with Expressive Arts Therapy concentration, with 4 full-time faculty and 14 adjuncts. The goal of the program is to provide a multi-art, multi-modal approach to art, movement, drama, music, poetry, ritual, etc. The program offers licensing through the California Marriage and Family Counseling Assn. Courses include counseling, family therapy, expressive arts therapy, and students are required to have an ongoing arts practice, participate in an expressive arts therapy group, put together a final portfolio, engage in personal therapy and do practicums.

EXA 8608: Poetry Therapy      John Fox, CPT

Class is used as a "laboratory" to work individually and as a group with poem-making as a catalyst for healing and growth. Exploration of the devices of poetry and their value in the therapeutic process, and possibilities of integration into a multi-modal expressive arts therapy practice.

Learning Objectives:

1. Know principles of poetry therapy.
2. Apply the reading/speaking evocative poetry for psychological and spiritual growth.
3. Explore how poem-making/writing process serves to enhance psychological and spiritual growth.
4. Discuss the overall methodology and process of facilitating poetry therapy: What makes a good poetry therapist? How does poetry therapy work most effectively in a group and individually?

Course Content/Topics:

1. Introduction to Poetry Therapy: Principles, Historical Overview, Present Status, And Future Potential
2. Reclaiming the Creative Imagination: The Writing Process.
3. Processes of Poetry Therapy with Specific Groups and Particular Issues.
4. The Use and Selection of Evocative Poetry and other Literature in Healing.
5. The Poetry Therapist's Practice: Aligning Heart, Listening, Voice and Presence.
6. "And What Is It You Plan To Do With Your One Wild and Precious Life?"-- Mary Oliver

**Institute for Transpersonal Psychology**

744 San Antonio Rd.

Palo Alto, CA 94303

650-493-4430

<http://www.itp.edu/programs/>

M160 Seminar in Poetry Therapy: The Reclamation of Deep Language

M220 Transpersonal Growth Theories: Creative Expression      John Fox, CPT

Poetic language, a language that comes from the heart, has the potential, the natural ability in fact, to resonate in body, mind and soul. The nuance of metaphor becomes a revived capillary that relieves numbness and returns feeling to one's life. Sound, rhythm, image and symbol serve as "poetic medicine" that can distil and condense the material of one's life, and so facilitate the therapeutic experience. For therapist and client, whether it occurs one-to-one or in a group, poetry provides a way to explore that numbness and/or feeling in a sensitive and creative response to life as it unfolds. Such *interaction* is positively enhanced by poetry—as it is by all the creative arts.

246A Inner Work Practicum Using Poetry Therapy John Fox, CPT

This inner work class will focus on deepening awareness of self, other, relationships, community and Spirit from a transpersonal perspective through the use of poetry and poem-making.

**John F. Kennedy University**

12 Altarinda Road

Orinda, California 94563-2603

925.254.0200

<http://www.jfku.edu/academics/index.html>

Graduate School of Holistic Studies: Department of Arts & Consciousness

Course # 5670 Poem-making: Group Studio Practice John Fox, CPT

Poem-making is a healing art that helps you reclaim your feelings, your voice, and the miracles of your world. Drawing from a splendid range of sources, we will work individually and as a group experimenting with poem-making and listening to poetry as a catalyst for consciousness. We will learn how to use the poetic elements of metaphor, sound, rhythm, imagery, and symbol to give voice to our lives.

PSY/PSJ 5764 Seminar in Expressive Arts Therapy John Fox, CPT

Examines a specific art modality in each seminar offering. The range of topics includes visual arts, movement therapies, drama therapy, poetry therapy and music therapy. Each modality is presented with both a theory base and an application experience.

**University of California at Santa Cruz Extension**

Cupertino and Santa Cruz Campus: Department of Humanities

Courses offered twice a year. CEU's are available.

Contact: Elizabeth Cobble (831) 427-6600

<http://www.ucsc-extension.edu/main/humanities/writing.html>

Literature X412.6 The Soul's Language: A Workshop on Sacred Poetry (1) John Fox

Is life rushing by you? Are you missing the beauty that Spirit offers? Do you value speaking truth in your life? Take a weekend to get in touch with your soulfulness. This workshop will help you slow down and write. We will explore this question: What opens your heart? The poetry of Mary Oliver, Wendell Berry, and Rumi, as well as the Songs of Solomon, Zen poets, and Psalms of David will serve to inspire you. Their poetry will invoke a healing, sacred presence-and act as catalysts for your writing. No previous experience with poetry is required and people of all faiths and spiritual practices are welcome.

**Tom Hedberg** MFT, RPT

Art Lerner Poetry Therapy Training Center  
PO Box 643  
Culver City, CA 90034  
(310) 838-0279  
thedberg@earthlink.net

**Center for Sacred Psychology**

Sponsors a number of poetry workshops on various poets including Rumi, Neruda, and Nye.  
For more information on programs contact Tom Hedberg at 310-280-0709.

**Perie J. Longo**, Ph.D.

Marriage, Family, Child Therapist  
Registered Poetry Therapist  
9 East Mission Street  
Santa Barbara, CA 93101  
805-687-1619  
[perie@west.net](mailto:perie@west.net)

Perie Longo is a mentor/supervisor for NAPT certification trainees, and also conducts group supervisions, which include teaching about poetry therapy techniques for children, families, and psychiatric patients. She runs poetry therapy groups for Sanctuary Psychiatric Centers in Santa Barbara, and does private consultations as well as conducts workshops in Los Angeles.

**Helene S. Weinstock**, C.Phil., M.A., LMFT, RPT Mentor/Supervisor

PO Box 2051  
Huntington Beach, CA 92647-0051  
(714) 842-4920  
HSWnstockLMFT\_RPTms@msn.com

Supervision will be offered only to trainees who satisfy one of three criteria: (1) state clinical license, certification or registration; (2) an approved graduate degree in a clinical discipline leading to state license, certification, or registration; or (3) enrollment in a graduate program leading to a degree approved for state clinical license/certification/registration. Supervisees must adhere to their states' laws and regulations. Prospective RPTs and CPTs who do not meet any of the above criteria will be mentored toward meeting these criteria. Prospective CPTs who will work only in Developmental/Educational settings will be advised about how to meet academic and didactic requirements in counseling and psychology.

**Donald J. Weinstock**, Ph.D., CPT; Mentor/Supervisor for CPTs only  
PO Box 2051  
Huntington Beach, CA 92647-0051  
(714) 848-1128  
DJWeinstockPhD\_CPTms@msn.com

Supervision of librarians, educators, M.F.A.s who work with non-clinical populations. Academic and Didactic Studies in Literature for prospective CPTs and RPTs.

**Naropa University /University of Creation Spirituality**

2141 Broadway  
Oakland, CA 94612-2309  
510-835-4827

Matthew Fox, UCS Founder and President, and John Cobb, Naropa University President, collaborated to offer a fully accredited Master of Liberal Arts in Creation Spirituality program. The program is designed for weekend as well as weekday full-time or part-time study, offering a unique curriculum in mysticism, art, social change, ecopsychology, and deep ecumenism. Nine-month program begins with a required two-week intensive on Creation Spirituality and the New Cosmology, followed by a wilderness experience in a bio-region of northern California. An Overview course in Creation Spirituality, Cosmology, and Body Prayer continues this intensive study throughout the semester.

In addition to the required courses, students select Seminars, Art-as-Meditation, and Art as Community Building courses of their choice. Seminars are classes that engage participants in provocative dialogue and intellectual discipline. Art-as-Meditation classes awaken creativity through art, movement, images and meditation practice. Art of Community Building classes engage students in the community and offer informational and practical experiences and skills in community building that leads to societal and cultural transformation.

**CSP 625B Mystical Poets and Creation Spirituality**

Students will study contemporary mystical poets such as Denise Levertov, Mary Oliver, Marge Piercy, Susan Griffin, Federico Garcia Lorca, Theodore Roethke, and Wendell Berry for how they reveal the themes of Creation Spirituality.

**CSP 764 Ritual Theater and Creative Writing**

In this course we will find our deepest images and truest selves by journaling, writing and expression. This course will be a hands-on task to free the artistic mind from which the writing springs. This spiritual practice is as old as human imagination itself.

**CSP 778 Embodying Story**

An experiential exploration of story as the fundamental basis of Sacred Cinema. Students will work with the material of their own lives to create stories, which they will act out through

dialogue, sound effects and music. The goal of the class is to help students envision and experience storytelling as a personalized and multidimensional medium of sight, sound and feeling, embodied for the purpose of reaching and affecting others.

**San Francisco State University**

1600 Holloway Avenue  
San Francisco, CA 94132  
415-338-1113

445 Recreation Therapy and the Expressive Arts (3)

An exploration of the range of expressive arts and their use in a therapeutic recreation setting. Includes experiences in art therapy, music therapy, movement and dance therapy, and poetry therapy.

**San Francisco State University**

1600 Holloway Avenue  
San Francisco, CA 94132

Institute for Holistic Healing Studies, Department of Health Education

Michael Samuels, M.D. California: 415-868-0533 Florida: 904-935-6593  
msamuels@michaelsamuels.com

H 677 Arts and Healing 3 units Michael Samuels, M.D.

Studies and applications of the transformational power of art. The history of art and healing and the physiology of the healing process. Examples and case studies of health-care professionals, artists and hospitals that are incorporating music and art into patient care. Exploration of the various expressive arts (writing, movement, art/image, silence and sound) for personal, relational, institutional and ecological healing. Creating community art, ritual and collective healing.

**Saybrook Graduate School and Research Center**

450 Pacific Ave., 3rd Floor San Francisco, CA 94133  
800-825-4480

The Certificate in Creativity Studies Program will give students a broad understanding of creativity research and allow them to pursue specific areas of interest. Examples include: use of creative arts in educational, health and clinical settings. Students can also take Directed Study courses for this component, working with an affiliated faculty member in an area of interest (e.g., Dr. Greening on poetry and psychotherapy) Psychotherapy and the Arts (Serlin); Creativity and Psychotherapy (Serlin); Spirituality and Creativity (Richards, Krippner, Pritzker); Creativity and Writing (Greening, Pritzker, Riebel)

## **COLORADO**

**Kathleen Adams** LPC, RPT  
12477 W Cedar Dr #102  
Lakewood CO 80228  
888-421-2298  
Denver metro 303-986-6460  
KAdamsRPT@aol.com  
<http://www.journaltherapy.com>

Kathleen (Kay) Adams is an approved NAPT Mentor/Supervisor and conducts a monthly poetry therapy training group for CPT/RPT trainees and other serious professionals. She also offers mentorship/supervision to distance learners. Through the Center for Journal Therapy and Training (see below) she offers workshops, intensive trainings and home-study education in journal/poetry therapy.

### **Center for Journal Therapy**

12477 W. Cedar Dr. #102  
Lakewood, CO 80228  
Voice: 888-421-2298 Denver: 303-986-6460  
[info@journaltherapy.com](mailto:info@journaltherapy.com)  
<http://www.journaltherapy.com/>

**Monthly Poetry Therapy Training Group.** Meets Sunday afternoon each month for 4 hours. 1.5 hours peer group, 1.5 hours group supervision, 1 hour didactic per session. Limited to CPT/RPT students and other serious professionals.

**Annual Poetry/Journal Therapy Training Intensive.** June, 6-day, 5-night residential intensive at Benet Pines, Monument, Colorado (near Colorado Springs). Focuses on the theory and practice of poetry/journal therapy. 36 hours of instruction: 10 hours didactic, 10 hours group supervision, 16 hours peer group.

**Journal to the Self Instructor Certification Training.** Prepares participants to teach the Journal to the Self workshop in their own communities. 30 hours of didactic learning in home-study, self-paced format. CPT/RPT students, with agreement from their Mentor/Supervisors, may offer Journal to the Self groups in partial fulfillment of facilitation hours. Group supervision/mentoring available through teleconference.

Annual Women's Writing Retreat June or July, 6-day, 5-night immersion retreat focusing on depth writing integrated with art, movement, music, ritual, group process. 12 hours didactic, 12 hours peer group.

Clinical Journal Therapy Home Study Series 6 programs ranging from 6-11 didactic hours each (total 54 didactic hours for entire program), NBCC-approved for continuing education.

The Center for Journal Therapy and Training, Lakewood, Colorado, is approved by the National Board of Certified Counselors as a provider of continuing education for any of its offerings. Workshops and trainings are held in Colorado and throughout the country, throughout the year.

### **Naropa University**

2130 Arapahoe Ave.

Boulder, CO 80302

303-444-0202

(800) 772-6951

<http://www.naropa.edu>

Naropa University is based on Nalanda University. Established under the auspices of Mahayana Buddhism, Nalanda flourished in India from the 5th to the 12th centuries. At Nalanda University, Buddhist philosophy and the discipline of meditation provided the environment in which scholars, artists and healers from many Asian countries and religious traditions came to study and debate. Nalanda was known for its joining of intellect and intuition, and for the atmosphere of mutual appreciation and respect among different contemplative traditions. This has become the ongoing inspiration for the development of Naropa University. The University takes its name from Naropa, the 11th century Abbot of Nalanda University and a great Buddhist scholar, teacher and practitioner. He was renowned for bringing together scholarly wisdom with meditative insight.

Inaugurated as The Jack Kerouac School of Disembodied Poetics by Allen Ginsberg and Anne Waldman in 1974, Naropa University's Department of Writing and Poetics offers a Bachelor of Arts Degree in Writing and Literature and a Master of Fine Arts Degree in Writing and Poetics. M.F.A. Writing and Poetics. Naropa University's Department of Writing and Poetics grew out of the Jack Kerouac School of Disembodied Poetics (a title the department still holds as its ongoing alias), founded in 1974 by Allen Ginsberg and Anne Waldman. The department views direct attention to personal experience, study of literary traditions, and practice of creative composition as necessary to an effective writing practice.

The Master of Fine Arts in Writing and Poetics is a two-year program, including four academic semesters and two summer sessions, in which students study and work with a faculty of active and established writers. Small classes and a hands-on approach offer the kind of attention that will help one's work to develop significantly over the course of the program. Students in Writing and Poetics meet and work with peers in a concentrated but noncompetitive atmosphere. Collaborating on

projects both in and outside the classroom creates bonds of friendship and collegiality that often continue after graduation from the program. Involvement in letterpress printing, literary magazine publication, reading performances, and the Outreach teaching program provide further opportunities for participation in this lively art community.

M.F.A. poetry workshops involve a rigorous, personal exploration of poetry. Workshop writing includes both Western and non-Western models of traditional composition, e.g. the ballad, sonnet, ode, haiku, haibun, prose poem, as well as the many possibilities of free verse. Our courses cover both American and international poetry, contemporary and experimental, as well as historically prominent forms and modes of composition.

**Gayle Nosal**, MFA

369 \_ Arapahoe Avenue

Boulder, CO 80304

303-449-6882

[gnosal@ecentral.com](mailto:gnosal@ecentral.com)

Gayle Nosal, MFA, published poet, teacher of creative/expressive writing, and Certified Poetry Therapist in training.

**Poetry Matters: An Introduction to Poetic Terms**

This is a workshop that provides participants with an introduction to the critical vocabulary used by poets and students of poetry. Emphasis is on the understanding of traditional terms (e.g. persona, allegory, meter, imagery), yet contemporary workshop terms (e.g. voice, deep image, leaping poetry) are also examined. The workshop is structured to contain lecture, discussion, writing practice and outside reading. It is a 12-hour course taught in Boulder, Colorado and/or through correspondence.

**The University of Denver, Graduate School of Social Work**

2148 South High St.

Denver, CO 80208

303-871-2886

**Colorado State University, School of Social Work**

Fort Collins, CO 80523-1586

970-491-6612

**SW 341- Generalist Practice with Small Groups (3 Credits)**

Rich Furman, MSW 491-5818

Furman@cahs.colostate.edu

## **FLORIDA**

### **Florida State University, School of Social Work**

2512 University Center-C  
Tallahassee, FL 32306-2570  
850-644-9702  
nfmazza@mailier.fsu.edu

SOW 5670. Theory and Practice of Poetry Therapy (3) Nicholas Mazza, Ph.D., RPT Course introduces students to the theoretical foundations and practice techniques of poetry therapy with individuals, couples, families and groups. The primary text used in this course is Dr. Mazza's Poetry Therapy: Interface of the Arts and Psychology (1999, CRC Press).

Additionally, Dr. Mazza provides directed individual studies, consultative services, and workshops on poetry therapy. He is also the director of the Arts and Community Practice Certificate Program (available only to enrolled F.S.U. students in social work, dance, and art education/therapy). The certificate program in the arts and community practice is designed for students who wish to develop a focused concentration on the application of the arts to community development. This is inclusive of groups and families, and addresses all stages of human development. Particular attention will be given to prevention, enrichment, and response to social concerns.

### **Lynn University**

3601 North Military Trail  
Boca Raton, Florida 33431  
561-237-7000  
[www.lynn.edu/online](http://www.lynn.edu/online)

#### **PSY310 Expressive Studies: Poetry And Narrative**

Diane Richard-Allerdyce, Instructor

In this interactive online course, students will study the theories and techniques of therapeutic literary processes and explore the ways in which poetry and narrative literature reflect the authors' processes of expression and healing. In addition, the course includes a creative writing component in which students produce their own poetry, stories, and journals, and examine the dynamics of expression and evocation. Through reading assignments, online discussion forums, and creative writing exercises, students will develop an understanding of several aesthetic and therapeutic dimensions of literature.

**Deborah Grayson RPT**

6800 W. Commercial Blvd #4

Ft. Lauderdale, FL 33319

(954) 741-1160; (954) 898-4440

wordshaman@aol.com

New Trainees for certification must have a minimum of one hour of supervision per month, and one 3-hour peer group per month. This is in addition to didactic readings and workshops and facilitation hours. Work is conducted on an individual basis with trainees so that programming can be tailor-make based on coursework already taken and credits already earned. Long distance training through written work via "snail-mail", e-mail supervision and phone calls is also available. Peer group hours and facilitation is supervised by someone on-site and there is required documentation for those hours as well. The trainee is able to work at his/her own pace as mentor and supervisee work together on a plan that works with their schedule and their needs.

**ILLINOIS**

**Charles Rossiter, Ph.D., CPT**

705 S. Gunderson Ave

Oak Park, IL 60304

708-660-9376

posey@juno.com

Charles Rossiter, Ph.D., CPT, is a board member and past Vice-President of the National Association for Poetry Therapy. He has received an NEA fellowship for his poetry and is currently the Book Review Editor for the Journal of Poetry Therapy. His most recent publications are Back Beat, Cold Mountain 2000: Han Shan in the City and What Men Talk About, which won the first Red Wheel Barrow Prize from Pudding Press. He also co-produces and hosts the audio poetry website, poetrypoetry.com. He has over 20 years experience teaching workshops and courses about poetry, poetry therapy, self-expression, and creativity in colleges & universities, libraries, prisons, community centers, mental health facilities and social service agencies and was the founding director of the Albany Training Program in Poetry Therapy. He is available to serve as Mentor/Supervisor and offers occasional workshops in the Chicago area. Contact him directly for specific information.

## **MARYLAND AND WASHINGTON, D.C.**

### **George Washington University**

POM Office, Ross Hall  
2300 Eye St. NW  
Washington, DC 20037  
(202) 994-5431

#### **Practice of Medicine** Ken Gorelick, M.D.

Consists of eight small group seminars co-mentored by an internist and a psychiatrist. A major focus is to facilitate doctor-patient communication, including recognition, understanding, and tolerance of feelings. Skills taught include motivating, educating, communicating difficult news, giving support. Evocative literature helps the students better understand and respond to these issues, and provides an enjoyable complement to the tenor of their scientific and technical readings.

### **University of Maryland University College**

3501 University Blvd.  
East Adelphi, MD 20783  
800-888-UMUC

#### **PSYC 309Q Creative Arts in Psychotherapy (1)**

Prerequisite: PSYC 100; PSYC 432 or 436 recommended. An exploration of how creative-arts therapies are used in inpatient psychiatric settings (as adjuncts to psychotherapy) and many group and individual outpatient psychotherapy settings. Emphasis is on experiential learning through participation in art therapy, music therapy, movement therapy, poetry therapy, drama therapy, and psychodrama. An individual study project is based on one of the creative approaches.

### **THE WORDSWORTH CENTER for Growth and Healing**

Poetry Therapy Training Programs

Kenneth Gorelick, MD, RPT  
2625 Woodley Place, NW  
Washington, DC 20008  
(202) 232-4338  
kengorel@erols.com

Peggy Osna Heller, PhD, LICSW, RPT  
Poetry Therapy Training Institute  
7715 White Rim Terrace  
Potomac, MD 20854  
(301) 983-3392  
Pegoheller@aol.com

The Wordsworth Center offers three, two-year educational programs consistent with the training and supervision requirements for certification and registration conferred by the National Federation for Biblio/Poetry Therapy and approved for Category I continuing education credit by the Maryland State Board of Social Work Examiners. All three programs include residential Intensives and Marathons and provide directed reading, ten-lesson study guide, peer group experience, and supervised practicum geared to each student's interest and expertise.

Wordsworth's Distance Program provides for independent study by means of telephone instruction and personal response to students' annotated reading logs, journal records, and written, audio and videotaped reports. Attendance at a WC Summer Intensive is required for potential trainees who may later apply for an individually designed and scheduled program. Wordsworth's Local Programs follow fixed schedules of monthly, all-day Saturday seminars that meet near Great Falls, Md. from October to July or twice monthly, 4-hour afternoon seminars from September to June in northwest Washington.

The instructors, Kenneth P. Gorelick, MD, RPT (202-232-4338, [KenGorel@erols.com](mailto:KenGorel@erols.com)) and Peggy Osna Heller, PhD, LICSW, RPT (301-983-3392, [PegOHeller@aol.com](mailto:PegOHeller@aol.com)) are NFB/PT-approved mentor-supervisors. Students who complete their two-year training but need additional, supervised practicum hours for certification are eligible for WC's on-going extended intern programs.

Peggy Osna Heller teaches an annual all-day poetry therapy course in November for the University of Maryland School of Social Work Continuing Professional Education Program. It is a clinical course approved for CEUs in social work and psychology, but open to all. Those interested can call the University at 410-706-1839 for a brochure.

\*INTENSIVES each year offer learners the opportunity to explore selected topics in depth while interacting and participating in peer and supervision groups with professional colleagues from across the country and around the globe. Each annual Intensive reprises essential elements of poetry therapy and also features new topics and perspectives. The INTENSIVE is designed for people in a poetry therapy training program, and for those seeking to learn more about the applications of literature for personal growth and professional enrichment. It provides a broad overview of theory and techniques of poetry therapy for the newcomer to the field as well as comprehensive review and deepening for the current trainee or practitioner seeking to acquire new materials and techniques. The INTENSIVE seminar involves students through lecture, discussion, experientials, and role-

play. The schedule provides peer experience, group supervision, and time for collegial interaction and processing. Readings and references will be supplied.

For more details regarding this year's July 19 to 22/23, 2002 Intensive, please contact Peggy Osna Heller at 301-983-3392, [PegOHeller@aol.com](mailto:PegOHeller@aol.com) or Dr. Ken Gorelick at (202)232-4338, [KenGorel@erols.com](mailto:KenGorel@erols.com)

CEUs are available for social workers through the Maryland State Board of Social Work Examiners and the National Association for Social Workers. The Intensive offers 30 hours (14 hours Didactic, 14 Peer Experience, 2 Supervision) that may be applied toward National Federation for Biblio/Poetry Therapy requirements for CPT and/or RPT.

## **MASSACHUSETTS**

### **Lesley University**

29 Everett St.  
Cambridge, Massachusetts 02138-2790  
800 999-1959

### **Lesley's Expressive Therapies Program**

Trains students who engage in the healing process by working through the arts. Expressive therapists integrate the modalities of dance, drama, literature, music, poetry and the visual arts with the practice of psychotherapy. The program offers the master's degree, with specializations in Art, Dance, Expressive Therapies and Music Therapy, a Certificate of Advanced Graduate Study in Expressive Therapies, and a Certificate of Expressive Therapy for Mental Health Professionals, as well as a Ph.D in Expressive Therapies. Fieldwork takes place in mental health centers, nursing homes, and community mental health clinics or with at-risk populations. Courses include technology of play, intermodel expressive therapies, drumming, sound/movement/poetry, storytelling and healing, expressive therapies with families, psychodrama, Jungian dance and drama therapy, etc.

Elizabeth McKim, M.A. is a poet, storyteller, and author who has been teaching and directing poetry workshops for people of all ages in this country and abroad for over 25 years. As a member of the Graduate Faculty of Lesley College in Cambridge, MA, she has helped to train both Expressive Arts therapists and teachers. She has published four books of her own poetry, a teaching book about her work with children and an audiotape of her poetry and music.

### **The Poem in Psychotherapy** (1) Ken Gorelick MD, RPT

Inter-semester course taught in odd years. Topics include the uses of poetry, selection of participants, fundamentals, techniques of listening, reading and writing, functions of metaphor,

safety and containment issues. The course is open to adult learners as well as to matriculated Lesley Students. Instructor: Kenneth Gorelick, MD, RPT.

GEXTH 5027 Movement/Sound/Poetry 1 credit

Integrates these modalities through breath awareness, meditation, chant, preverbal sounds, poetry, and communicating through gesture, song, movement, and words.

GEXTH 5041 The Poem in Therapy: Vessel, Smokescreen, Bridge 1 credit

Poems and other forms of evocative literature provide containers for powerful emotions, smokescreens that allow "dangerous" expressions to be revealed while concealed, and bridges between the parts of self and others. The theory underlying poetry therapy is presented. Role play of specific patient populations and creative writing exercises in group provide the experiential part. Usually offered Spring Semester

**The Institute For Healing and Wellness, Inc and Omega Theater**

P.O. Box 1227, Jamaica Plain, MA 02130

(617) 522-8300 saphiral@aol.com

Creative Arts Therapies (3)

Penny Lewis PhD, LMHC, ADTR, RDT-BCT and Saphira Linden MA, RDT-BCT

This course is designed to afford drama therapists a working understanding of the expanded use of the symbolic and imaginal through the expressive arts with children and adults. Evaluation techniques such as DAP, HTP, Kinetic Family Drawing, fairytale interpretation, and the Kestenberg Movement Profile are explored. Techniques interfacing drama therapy with art, clay, sand play, sound and vocalization, journaling, bibliotherapy, poetry therapy and dance therapy will be experienced, theoretically discussed, and clinically grounded.

**Boston Institute for Arts Therapy - Arts Therapy Clinic**

90 Cushing Ave.

Boston MA 92125-2028

tel. 617-288-5858

Dr. Shanee Stepakoff, Clinical Services and Community Relations Manager

The Arts Therapy Clinic, under the auspices of the Boston Institute for Arts Therapy, provides creative arts therapies (including poetry, music, dance, drama, and art) to children, adolescents, and adults throughout Greater Boston. Opportunities exist for receiving poetry therapy training and supervision from Shanee Stepakoff (an approved NAPM Mentor-Supervisor) and to receive integrative expressive arts therapies training from several other BIAT clinicians, while volunteering or interning with the clinic, or, for those with a Master's degree (or higher) in a counseling or mental health field, training and supervision can be received while working for the clinic on a fee-for-service basis. Workshops and trainings are also offered periodically, and can be provided by special arrangement, on request.

**Shanee Stepakoff**, PhD, CPT, RPT  
Willow River Center  
(617) 288-5858; 617-497-2157  
ShaneeStep@aol.com

Provides individualized training and supervision in poetry therapy, and a wide variety of opportunities for clinical practice, including active assistance in finding practicum sites in which to fulfill NAPT requirements for poetry therapy facilitation. If at least 4 people are interested, a group training program will also be provided. Also offers workshops in poetry therapy, with a wide variety of topics and themes. There are also several special events which can be used for fulfilling didactic and/or peer supervision requirements.

## **MINNESOTA**

**University of Minnesota**  
Minneapolis, MN 55455-0213  
612-625-2008

Family Education. Storytelling and Literary Resources for Groups: Cultural, Gender, and Developmental Perspectives Ted Bowman

Speaking for self. Use of "I" messages. Individual responsibility. These are common and historical values and tools in parent and family education. Facilitators use questions and responses to draw people out, to aid them in exploring their concerns. Less common, but also valid and historical, is the use of indirect methods such as storytelling, poetry, fiction and music. In this applied class, we will explore the use of these methods for all groups, but with special attention to their use when working with certain cultural and ethnic groups, with men, and as an age-appropriate tool for adolescents.

**College of St. Catherine - Campuses in St. Paul and Minneapolis 800-945-4599**  
For specific course information, contact Dr. Geri Chavis at 651-690-6524 or at  
[ggchavis@stkate.edu](mailto:ggchavis@stkate.edu).

INDI 325/625 Biblio/Poetry Therapy: Introducing Theory and Practice

Available for either 2 graduate or undergraduate semester credits or 3 CEUs

Geri Chavis, Ph.D., CPT, a board member of the National Association for Poetry Therapy, Professor of English at the College of Saint Catherine, and a Licensed Psychologist.

The course is a weeklong overview of Biblio-Poetry Therapy, which is a vital, growing form of creative arts therapy currently being used in a variety of mental health settings. In Biblio-Poetry Therapy, literature is used as a catalyst for the therapeutic interaction between participant and facilitator. A trained facilitator uses guided discussions to help participants move toward a growth-producing feeling response to a selected work of literature.

The literature may be a printed text, creative writing, or some form of audio-visual material.

The course combines discussion of insights gained from lectures and assigned readings with a substantial experiential component of group Biblio-Poetry Therapy sessions. Course participants will have the opportunity to both experience and process group interactions.

Materials for the course include a text, *Biblio-Therapy -The Interactive Process: A Handbook* by Arleen McCarty Hynes and Mary Hynes-Berry (Northstar Press, 1986) and selected stories, poems and audio-visual materials. This course is open to students and practitioners in the fields of social work, psychology, psychiatry, counseling, information management, nursing, occupational and recreational therapy, geriatrics, art and music therapy, English and education.

THIS COURSE WILL BE OFFERED NEXT IN JUNE, 2004

**Alfred Adler Graduate School**

1001 West Highway 7, Suite 311, Hopkins, MN, 55305

(952) 988-4170 [Admin@AlfredAdler.edu](mailto:Admin@AlfredAdler.edu)

A school of counseling and psychotherapy specializing in applying Alfred Adler's Individual Psychology to Marriage and Family Therapy and other forms of psychotherapy.

Board of Marriage and Family Therapy in Minnesota has approved several poetry therapy workshops for CEU credits. Previous program titles included:

Stories We Live By: Early Recollections and Narrative Therapy. March 15, 2002

Presenter: Thomas Wright, LMFT

Poetry Therapy: Enhancing Therapeutic Interaction with Expressive Language

February 8, 2001 Presenter: Leslie Baughn, MA, LICSW

Poetry and Metaphor in Therapy March 2, 2001 Presenter: Leslie Baughn, MA, LICSW

Arhyme-atherapy: How to Use Poetry to Breakthrough Therapeutic Issues September 15,

2000 Presenter: Susan G. Zimmerman, MA,ChFC, CLU

For more information please see the website link:  
<http://www.bmft.state.mn.us/ContinuingEducationApprovedPrograms.htm>

## **NEW HAMPSHIRE**

### **Franklin Pierce College**

20 College Road Rindge  
NH 03461-0060  
800 437-0048

#### **PS214 Creative Arts Therapy 3 credits**

This course is an introduction to the basic theoretical concepts of the creative arts therapies and to the therapeutic process. Focus will be on dance/ movement, art, music, drama, and poetry therapy approaches.

## **NEW JERSEY**

### **Caldwell College**

9 Ryerson Ave  
Caldwell, NJ 07006  
(973) 618-3000

#### **En/Ps 241 Introduction to Poetry Therapy (3 credits)**

Marion Goldstein, MA, RPT, Lecturer in Poetry Therapy

Introduces the principles, goals and techniques of poetry in its therapeutic applications. Involves students in experimental writing exercises which promote the creative process in achieving personal growth and well-being. No background in poetry necessary.

#### **En 226 Psychology and Literature (3 credits)**

Uses the insights of Freud and Jung to illuminate techniques for dramatizing the life of the mind in fiction, drama, and poetry. Selections by Strindberg, Lawrence, James, O'Neil, et al.

#### **En 411 Contemporary Poetry (3 credits)**

Demonstrates the rich variety in styles of American poetry since World War II. Includes Bishop, Berryman, Dickey, Gluck, Merwin, Plath, Roethke et al. Gives students intensive exercise in both traditional and new critical approaches, from formal analysis to reader-

response interpretation. Attendance at Geraldine Dodge New Jersey Poetry Festival required.

**Lourdes Wellness Center**

900 Haddon Avenue Suite 100

Collingswood, New Jersey

(856) 869-3125

[www.lourdeswellnesscenter.org](http://www.lourdeswellnesscenter.org)

**Teaching Staff**

John Fox, Poet and Poetry Therapist, teaches in the Graduate School of Psychology at John F. Kennedy University in California and has offered programs at Lourdes for the past three years. Please call Lourdes Wellness Center for annual August presentation.

Sherry Reiter, Ph.D., C.S.W., a Registered Poetry and Drama Therapist, has taught poetry therapy at the New School for Social Research and Hofstra University for over 20 years and as the Director of the Creative "Righting" Center where she trains professionals working toward poetry therapy certification. She has also been a guest instructor in the past and future scheduling may be checked with either Lourdes or Sherry at [sreiter@erols.com](mailto:sreiter@erols.com)

**NEW YORK**

**The Alfred Adler Institute**

24 East 21st St.

NY, NY 10010

212-254-1048

[alfredadler@ny.com](mailto:alfredadler@ny.com)

A school of counseling and psychotherapy specializing in applying Alfred Adler's Individual Psychology to Marriage and Family Therapy and other forms of psychotherapy. Has offered poetry therapy workshops as CEUs in affiliation with other professional associations.

**bridgeXngs Poetry Center**

524 East 72nd Street Suite 37DE

New York City, New York 10021

<http://www.bridgecrossings.org>

[bridgeXngs@aol.com](mailto:bridgeXngs@aol.com)

Lila L. Weisberger, M.S. R.P.T., C.A.S.A.C. is Director of bridgeXngs Poetry Center of Manhattan. Lila, a NAPT approved Mentor/Supervisor provides individual and small group supervision to poetry therapy trainees in Manhattan. She supervises trainees out-of-state via long distance training techniques. She also has a private practice doing poetry therapy. She facilitates a monthly poetry circle and peer group in Manhattan.

### **The Creative "Righting" Center**

1904 E. 1st St.  
Brooklyn, NY 11223  
718-998-4572  
sreiter@erols.com

Sherry Reiter, Ph.D. is a clinical social worker and creative arts therapist, registered in both poetry and drama therapy. She has been teaching poetry therapy since 1978. Dr. Reiter is the past president of NAPT, and the current President of the National Federation for Biblio/Poetry Therapy, the national standard setting body.

The Creative Righting Center offers a full 2 year poetry therapy training program for those in New York, as well as long distance learners, leading to certification and registration. In addition to individual supervision, participants meet once a month for three hours of peer group and one hour of group supervision at The Institute for the Arts in Psychotherapy at 526 West 26th St. in New York City. Distant learners who do not attend monthly peer group attend an intensive five-day seminar, which is offered once a year in order to complete their basic coursework and peer group requirement. Certification/registration may be achieved in 2-4 years.

Seminar I: Poetry Therapy: Toward Self-Knowledge may be taken by itself as a basic foundations course, or as part of the two year program.

#### Poetry Therapy: Toward Self-Knowledge

This intensive (equivalent to 28 training hours) provides a solid foundation in bibliotherapy theory and experiential process. This course is for helping professionals who want a full understanding of how poetry therapy works. Participants will experience the range of special techniques that are currently used in the field today and will receive an anthology of some of the most powerful poems or "poetry prescriptions" that can be gotten "over the counter!"

Special guest lecturer: David Read Johnson, Ph.D. Writing in the Treatment of Trauma.

#### Seminar II: Poetry Therapy: Working With Special Populations

This five day seminar provides further exploration of poetry therapy theory and its special applications with particular developmental groups (from youth to the aged), as well as poetry therapy in the treatment of mental disorders and conditions (depression, anxiety, bereavement, sexual abuse, trauma, addiction, etc.), This seminar combines lecture and experiential processing of literature, with special attention given to clinical theory, literature

selection and application.

\* Persons who may be interested in attaining certification or registration with either a Master's Degree or Ph.D. should refer to the Union Institute/Vermont College Programs, which are listed under Distant Learning Opportunities.

Hofstra University offers a graduate level one-credit course Therapeutic Applications of Literature as a January intensive. The course includes poetry therapy history, methodology and practice. Special attention is paid to group process, literature selection, and the power of metaphor, as well as other poetic devices.

### **LifeSpace**

917.685.8798

[www.lifespacecenter.org](http://www.lifespacecenter.org)

[lifespace@onebox.com](mailto:lifespace@onebox.com)

**Julie Schwietert** is a Certified Poetry Therapist (CPT) whose area of expertise is working with adults who have chronic physical and mental illnesses, substance use issues, and abuse and trauma histories. She conducts both individual and group therapy. Julie is fluent in Spanish and English, and has experience working with immigrants and other marginalized populations. She has also facilitated staff support groups and trainings, and conducts creativity workshops for several organizations. She is currently in the Master's program in Social Work at New York University. She is active in the creative arts therapy field, serving on the Integrative Medicine Committee of the National Association of Poetry Therapy and as Poetry Therapy Representative to the Board of the New York Coalition of Creative Arts Therapies.

**Janice Hnath** received her Master's degree in Art Therapy and Creativity Development from Pratt Institute in Brooklyn, New York. Her area of expertise is working with at risk youth as part of an alternative to incarceration program. She is also experienced in working with chronically mentally ill adults and acutely mentally ill children and adolescents who have substance use issues and abuse and trauma histories. She has also facilitated cultural diversity workshops. She is an active member of the American Art therapy Association and the New York Coalition for Creative Arts Therapies.

LifeSpace is a creative arts therapy center based in Long Island City that works with children, adolescents, adults, and families to help them create healthier and more fulfilling lives. The therapists at LifeSpace believe that human beings actively create the environments in which they live. Individuals make meaning in their lives through engaging with the creative arts - visual art, writing, drama, music, and movement. By using the arts, LifeSpace provide individuals with the

opportunity to express themselves, to learn how to interact with others, to shape their living spaces into places of beauty, and to learn how to find more joy and pleasure in life.

The center is a safe and healing space where individuals are encouraged and empowered to practice the skills they are learning in therapy by actively shaping the environment at LifeSpace through adding to the waiting room mural or contributing a line to an ever-evolving poem.

In addition, LifeSpace bridges the therapeutic and vocational worlds, by collaborating with art organizations in Long Island City to provide individuals with access to vocational training and job opportunities. LifeSpace believes that communities benefit by employing healthy, creative people who give back to their environment. Healthy people enjoy harmony in their lives when they combine the needs of their internal world with the demands of the external world. LifeSpace therapists also offer a range of consulting services for social service agencies and for-profit corporations.

**Creative Arts Therapy Private Practice:** Counseling for individuals, couples, families, and groups; creativity development, writers' circles, and wellness workshops.

**Consulting:** Staff development, "Creativity in the Corporate America" seminars, and group counseling.

**Social Service Consulting:** One-time or on-going therapy groups and creativity workshop for staff and clients; agency assessments and assistance with developing creative arts therapy departments; planning and building relationships with corporations and generating creative funding ideas.

### **Community Building Initiative**

Teen girls in Long Island City can participate in this unique program, offering individual creative arts therapy and providing vocational opportunities by linking girls to internships with cultural institutions in the area.

**Nancy S. Scherlong**, CSW, QCSW, RPT

PO Box 912

Carmel, NY 10512

914.572.3167

[PoemsHeal@aol.com](mailto:PoemsHeal@aol.com)

Nancy Scherlong is a New York State qualified clinical social worker, registered poetry therapist and a psychodramatist-in-training. She offers supervision to BSW and MSW level social work students as well as a variety of clinical programs and staff development training through Poems Heal Creative Arts Center (see below). Her primary service population is children, adolescents and families and women. She has specialized training in treating trauma and addictions.

**Poems Heal Creative Arts Center**

PO Box 912

Carmel, NY 10512

Practice locations: Westchester (Sleepy Hollow) and Putnam (Carmel and Garrison) NY

914.572.3167

[PoemsHeal@aol.com](mailto:PoemsHeal@aol.com)

Teen Connection Girls Groups: Open-ended, on-going weekly groups for adolescent and pre-adolescent girls ages 10-13 and ages 14-18 in need of social skills training and therapeutic support. Groups are interactive and feature a multi-modal creative arts therapy approach focusing on issues such as: weight and body image, assertion, self-esteem, family and school concerns and peer difficulties. (all locations)

Creative Recovery: On-going, open-ended group for individuals with a year or more in recovery from substance dependence or addiction. Group is experiential and incorporates a variety of creative arts therapies (art making, music, therapeutic writing and psychodrama). (Sleepy Hollow)

Giving Voice: Weekly, on-going group for female survivors of sexual abuse. Participants must be engaged in individual therapy during group's duration. Focus is on working through traumatic experience with the empowering assistance of creative arts therapies. (Sleepy Hollow)

Healing into Action: Day-long workshop, wellness model, focused on exploration and expression of personal metaphors through poetry, prose, creative dramatics and psychodrama. Special emphasis on recovery from physical or debilitating illness. (Sleepy Hollow or on-site at institution)

Journal to the Self: 12-hour course focused on a variety of journal techniques that enhance personal growth, self-knowledge and goal setting and attainment. Separate groups available for adults and adolescents. (all locations or on-site)

Incorporating Creative Approaches in Counseling Methods: Staff development workshop to assist employees in tapping into their own creativity and enhancing their abilities to uniquely engage others. Basic therapeutic writing techniques are offered as is an overview of poetry therapy. (workshops offered on-site)

Reading and Writing Circle: Weekly, open-ended group for appreciation of poetry, prose and story-telling as well as in-session writing and sharing. Non-therapy group but peer process provides inherent therapeutic benefits.  
(Carmel)

## OHIO

### Cleveland State University

1860 Euclid Ave.  
Cleveland, OH 44115  
216-229-5201  
[www.csuohio.edu/english/english.htm](http://www.csuohio.edu/english/english.htm)

### English 305 Healing and Exploring Through Poetry Cindy Washabaugh

This course is designed to introduce participants to the principles and practices of using poetry as a vehicle for self-exploration, healing and growth. Classroom experience will include hands-on creative writing workshops, didactic study of the history and methodology of poetry therapy, and the opportunity to design and present writing exercises for special populations. This course is recommended for creative writers who would like to deepen their writing and broaden their knowledge of the possibilities inherent in poetry, and for students in fields such as social work, psychology and nursing, who would like to explore the use of poetry as a therapeutic tool.

### Pudding House Writer's Innovation Center

Pudding House Publications  
The Workshops at Pudding House  
60 N. Main St.  
Johnstown, OH 43031  
(740) 967-6060  
[pudding@johnstown.net](mailto:pudding@johnstown.net)  
[www.puddinghouse.com](http://www.puddinghouse.com)

Pudding House, founded in 1978 by Jennifer Bosveld, a co-founding member of NAPT, offers workshops, publishing and a bed & Breakfast. Many of the workshops both series Up to a year and single-day or intensive weekends, have focused on either poetry therapy, "applied poetry" or some slant on poetry for growth and healing. Bosveld stresses the value of art first and using the tolls of the poets trade to clarify the elements of your life She emphasizes that she is not a CPT/RPT-- she's a poet first and last and teaches those skills to poetry therapist and other who use poetry writing to enhance /improve lives. Samples workshops include:

Mom, the Flag, and Rock & Roll: Writing the Sound (and not-so-sound) Tracks of Your life

Reinventing Yourself Toward Who You say you are --Writing your way there in a day

To affect the day Stop Putting your greatness on Hold! Making Poems and changing your world  
Combining writing with regularity with your social concerns and justice work can spread message s  
good will cause likeaction and change minds with the power to change policies.

**Union Institute & University/Vermont College**

Ph.D. Poetry Therapy Program at Union Institute

Dr. Bill McKelvie at 1-800-486-3116

e-mail [bmckelvie@tui.edu](mailto:bmckelvie@tui.edu)

Conveners: Sherry Eve Penn, Ph.D., and Sherry Reiter, Ph. D, with Union Institute and  
University-Vermont College Faculty Margaret Blanchard, Ph.D., Fred Taylor, Ph.D. and  
S.B. Sowbell, M.S. (See online and distance learning program category at end of section)

Union Institute University/Vermont College offers both Ph.D., M.A. and  
CAGS (Certificate of Advanced Graduate Studies) in poetry therapy which  
includes certification and registration as a poetry therapist. Certification/registration track  
consists of two five-day seminars (peer group hours), internship with populations of the  
learner's choosing, and supervision. Persons who are not interested in a degree are also  
welcome to register for the two intensive five-day seminars which are convened by Dr.  
Penn and Dr. Reiter.

**OKLAHOMA**

**Northeastern State University, Broken Arrow**

3100 E. New Orleans

Broken Arrow, OK 74014

918-449-6000

SOWK 4751 Workshop: Poetry Therapy

**The University of Oklahoma, College of Continuing Education**

1700 Asp Avenue

Norman, OK 73072-6400

800-522-0772 ext. 5101

email: lhayes@ou.edu or cafe.us.edu/arttherapy

Introduction to Creative Therapies ARTC 4913 404 (3)

Joan Phillips, MA, MS, LMFT, LPC, ATR-BC

Survey the variety of creative art therapies. Fields surveyed include dance/movement therapy, music therapy, art therapy, poetry/bibliotherapy, drama therapy, as well as allied activity therapies such as horseback riding, horticulture, etc. Students will research what these fields consist of and the professional standards developed and applied within each. In-class demonstrations and out-of-class experiential learning will supplement the survey of these fields, which will be supplemented by library/Internet research.

**PENNSYLVANIA**

**Gannon College**

109 University Square

Erie, PA 16541-0001

<http://www.gannon.edu/resource/faculty/moore/litandmed.htm>

LS 383: Senior Seminar / Writing Intensive Literature and the Healing Arts  
Berwyn Moore, Ph.D. 814-871-7504, email: moore001@mail1.gannon.edu

Literature and the Healing Arts is a senior seminar which uses literature as the basis for examining universal concerns of health, illness, and healing. These include the health care worker-patient relationship and its accompanying moral and ethical issues, historical approaches to healing and their implications for modern medical practices, and the cultural, racial, and ethnic dimensions of these issues. While the course benefits anyone interested in literature and the medical arts, it will be especially useful for students planning careers in medicine, nursing, medical technology, or health administration. Through the selected poems, stories, and essays, students will appreciate their roles not just as healers or caregivers but as compassionate human beings. They will see the importance of fostering the humane side of medicine: understanding the needs of patients as unique individuals, communicating with people who have limited medical knowledge, expressing compassion and empathy in the face of tragedy and grief, and making sound judgments in complex ethical situations. In particular, they will read about medical workers and patients living and dying in a variety of circumstances: individuals fighting against cancer, AIDS, diphtheria, leprosy, and diabetes; women having babies, suffering miscarriages, and considering abortion; family members grieving the loss of a loved one; communities coping with epidemics; young people attempting suicide or overdosing on drugs; physicians making grave misjudgments about patients' care, and many others.

**TEXAS**

**The University of Houston, Social Work**  
4800 Calhoun Rd.

Houston, TX 77204  
713-743-8075  
www.sw.uh.edu

SW 7306: Therapeutic Use of Creative-Expressive Arts (3-0)

Overview of the utilization of the creative art form therapies (dance therapy, music therapy, art therapy, poetry therapy and drama) as a means of resolving social and interpersonal problems.

**VERMONT**

**Burlington College**

95 North Avenue  
Burlington, VT 05401  
800-862-9616

Coming to Terms: Writing as Self-Expression — GEN170 Memoir and Autobiography -  
WAL333 Blackmer

Independent Degree Program Learning Module Samples

First Person: Notions of Self-hood in American Poetry Credits: 9

Questions this Learning Module Will Address:

What is the nature of the American "Song of Myself"?

How did the Transcendentalists (Emerson, Whitman, Dickinson) view the individual's relationship with society and God?

How and why did the Confessionalist movement, nearly 100 years later, change that view?

What happened in society to turn Whitman into Plath?

Can one look at the works of T.S. Eliot as the turning point in this change?

What view of the individual is portrayed in his poetical works, and how did that view come about?

Do his essays on poets and poetic craft illuminate these questions? If yes, how?

What is the approach to Self in the post-Confessionalist age?

How do issues of multiculturalism and gender impact this approach?

Is the free reign of the imagination embattled by today's obsession with autobiography and self-disclosure?

Did the revolution of Confessionalism also pave the way for today's "victim voice" poetries? Do we need to reform this view?

Is poetry sale-able? Should it be?

Does the loss of music and form in poetry affect poetry's popularity?

How does the Neo-Formalist movement illuminate this?

What are the craft issues of writing autobiographically? In persona?  
Where does philosophizing and therapizing end and poetry begin?  
How does one develop a sense of a unique voice? Where does revision come in?

#### Learning Goals

1. To explore the American "Song of Myself," particularly as it was sung by the Transcendentalists and Confessionalists.
2. To investigate how the aftermath of WWI affected the view of Self, particularly in the poetry of T.S. Eliot, and how this effect led to the Confessionalist movement.
3. To explore contemporary first-person poetics as keys to contemporary notions of Self.
4. To develop and hone the student's own poetry writing, with a focus on discovering unique voice, subject matter, and the craft necessary for bringing that voice to full power.
5. To explore issues of music, form, and accessibility in contemporary poetry.

#### Learning Activities: Reading

Emerson: The Poet, Self-Reliance, Circles

Whitman: selections from Leaves of Grass

Dickinson: Selected Poems

T.S. Eliot: Prufrock, The Wasteland, The Hollow Men, Tradition and the Individual

Talent Dana Gioia: Can Poetry Matter?

Anthology: Rebel Angels

Selected poems by: Sylvia Plath, John Berryman, Adrienne Rich, Galway Kinnell, Frank Bidart, Sharon Olds, Charles Simic, Louise Gluck, Ai, Brenda Hillman, Lowell, Sexton, and others. Other critical readings as appropriate.

### **Goddard College**

123 Pitkin Road

Plainfield, VT 05667

800-468-4888

[www.goddard.edu](http://www.goddard.edu)

Master of Arts program in Transformative Language Arts

Headed by NAPT member Caryn Mirriam-Goldberg

In cooperation with Goddard's MA in TLA, students interested in being certified as a CPT or RPT may fulfill the TLA practicum requirements in conjunction with NAPT's Facilitation requirements (120 for CPT, 300 for RPT). Students may also fulfill many of NAPT's requirement for Didactic Study (200 hours for CPT, 250 hours for RPT) through their academic work in the MA program.

The Peer experience (60 hours for both CPT and RPT) may be fulfilled by attending workshops facilitated by a RPT, which as of yet, we cannot offer through the Goddard program. Supervision by a RPT must also be arranged separately through NAPT, although we can supply students with a list of certified supervisors, and we can also inform your supervisor as to the full nature of the Goddard program.

### **Vermont College**

36 College St.  
Montpelier, VT 05602  
800-336-6794

Offers a poetry therapy program -- either a 36-hour (certified poetry therapist) or 48-hour (Registered poetry therapist) option, along with an option for those already in possession of a MA degree (36 hours). Students study poetry therapy and literature, psychology, and they do research and a practicum (120 hours for CPT and 300 hours for RPT).

### **Union Institute & University/Vermont College**

Fred Taylor, Ph.D. 1-802-257-9411  
e-mail: [Fred.Taylor@tui.edu](mailto:Fred.Taylor@tui.edu)

Conveners: Sherry Eve Penn, Ph.D., and Sherry Reiter, Ph. D, with Union Institute and University-Vermont College Faculty < Margaret Blanchard, Ph.D., Fred Taylor, Ph.D. and S.B. Sowbell, M.S. (See online and distance learning program category at end of section)

Union Institute University/Vermont College offers both Ph.D., M.A. and CAGS (Certificate of Advanced Graduate Studies) in poetry therapy which includes certification and registration as a poetry therapist. Certification/registration track consists of two five-day seminars (peer group hours), internship with populations of the learner\_s choosing, and supervision. Persons who are not interested in a degree are also welcome to register for the two intensive five-day seminars which are convened by Dr. Penn and Dr. Reiter. M.A. Poetry Therapy Program and CAGS Program at Vermont College

M.A. Learners who seek an M.A. and certification/registration have three options: 1) weekend meetings once a month in Vermont or 2) quarterly regional meetings or 3) semi-annual intensives with a focus on creativity.

## **INTERNATIONAL**

### **CANADA**

### **Algonquin College**

1385 Woodroffe Ave.  
Ottawa ON K2G 1V8  
613-727-4723

#### **PSY5235 POETRY THERAPY AND JOURNALING**

This course addresses some of the therapeutic aspects and clinical uses of metaphor, narrative, journal writing, storytelling, poetry, and the related arts. Based on clinical application, we will look at the individual and combined use of symbols and rituals, creative expression and literature in therapy.

### **McGill University**

845 Sherbrooke St. W.  
Montreal, Quebec, Canada H3A 2T5.  
514-398-4455

#### **Learning to Write Poetry (455-300) Charlotte Hussey**

Our society places great store in creativity and individuality. To help you develop these qualities, this course encourages you to exercise your imagination and stretch your language skills, to explore your own unique way of looking at the world. In other words, the class is about you: what you bring to a poem, how you express your ideas and emotions, the unique vision that drives your poetry. In class you will examine the themes that come from your personal experiences and your special way of handling language. The class uses a multimedia approach to show you how to get poems started, how to tease out those vague images and sensations sliding along the verge of thought. It also introduces you to some of the technical devices used by poets: lineation, image, simile, metaphor, alliteration, voice, diction, rhythm, etc. Although you will read and study traditional as well as non-traditional poetic forms, you will probably write mostly in free verse. The course operates as a workshop in which a community of supportive readers share their drafts and help each other appreciate the impact of their poems. Course evaluation is based on this 10-page collection and your response journal, which includes both your in-class exercises and your responses to assigned readings and to the class activities.

About the instructor: Dr Charlotte Hussey has a Master of Fine Arts in Poetry, was named Poetry Finalist by QSPELL (the Quebec Society for the Promotion of English Language Literature), is a member of the National Association for Poetry Therapy, and serves as Education Coordinator for the League of Canadian Poets.

### **ISRAEL**

#### **Lesley University - Israel**

HaHarutzim Street, Building F-10  
Netanya Industrial Zone South 42160

Tel.: 011-972-9-865-6501

M.Ed. Program in Creative Arts and Learning

GARED 6203 Poetry 3 credits

Mary Clare Powell, Dorit Peleg, Sharon Hass and Efrat Mishori.

The course offers an overview of poetry and the oral tradition, through listening to and reading poems from a wide multicultural spectrum of writers, in English and Hebrew. We will write poetry from the universal sources: memory and imagination, and experience, and each student will be encouraged to find their own poetic voice. Building on this foundation, we will learn how poetry can become a vital and useful art within a classroom, how it connects with other art forms, and how it can be integrated into any curriculum.

Course Objectives

1. Students will expand their knowledge of poetry: the listening, speaking, reading, writing and teaching of it.
2. Students will learn to integrate poetry both into their daily lives and that of students, and into the curriculum they are teaching.
3. Students will explore and hopefully enjoy the multicultural, intergenerational, geographic and gender-diversity richness of poetry, especially as it comes through the oral tradition.
4. Students will learn how poetry kindles pleasure, encourages healing through breaking silences, affirms self-esteem, and explores memory and imagination through the power of the spoken and written word.
5. Students will understand what makes a poem.

**SWITZERLAND**

**European Graduate School EGS**

Ringacker  
CH-3953 Leuk-Stadt  
Switzerland  
Tel. +41 (0)27 474 99 17  
<http://www.rhone.ch/egs/ahs/network.html>

Margot N. Fuchs, Ph.D. (The Union Institute, 1985), RPT, is the Expressive Arts Therapy Program director at the European Graduate School, Switzerland, author of *Seasoning Life* and co-author of *Minstrels of Soul: Intermodal Expressive Therapy*.

ATRP 608 Inter-related Creative Arts Therapies (Poetry) (3 credits)

An introduction to the modality of poetry therapy. Course objectives are to enhance the student's creative repertoire through an introduction to the concepts and techniques utilized in the field, rather than to provide professional training in this specialized discipline.

ATRP 611 Counseling Skills for Creative Arts Therapists (3 credits)

Instruction in clinical skills and role-play exercises provide the student with an understanding of non-directive and directive counseling techniques in general, and as applied to the special needs of the populations encountered in practicum experiences. Listening skills, paraphrasing, reflection, the use of questions, confrontation, interpretation, assessment interviewing and crisis intervention are demonstrated, discussed and practiced in relation to individual and group process.

## **ONLINE AND DISTANCE LEARNING COURSES**

**Mari Alschuler**, MFA, LCSW, RPT  
[poetryshrink@aol.com](mailto:poetryshrink@aol.com)  
(954) 243-5288

Poetic Devices Correspondence Course

This course is designed to introduce participants to basic prosody (i.e., meter, rhyme, scansion), poetic devices (i.e., metaphor, alliteration), and formal poetry (i.e., sonnet, sestina, villanelle). Ten lessons are mailed to self-pacing students; homework assignments are mailed back. A certificate of completion is provided after all homework is received and reviewed. This course is recommended for creative writers, CPT/RPT candidates and others needing to expand their knowledge base of poetic devices. NAPT has reviewed this course as suitable for meeting its prerequisite in poetic devices; it may be selected as such.

**Diane Richard-Allerdyce**, Instructor  
Lynn University  
Boca Raton, Florida  
[www.lynn.edu/online](http://www.lynn.edu/online)

PSY310.FALL.02: Expressive Studies: Poetry And Narrative

In this interactive online course, students will study the theories and techniques of therapeutic literary processes and explore the ways in which poetry and narrative literature reflect the authors' processes of expression and healing. In addition, the course includes a creative writing component in which students produce their own poetry, stories, and journals, and examine the dynamics of expression and evocation. Through reading assignments, online discussion forums, and creative writing exercises, students will develop an understanding of several aesthetic and therapeutic dimensions of literature.

The course will become active in fall 2002. It is a 3 credit undergraduate course. To register, students should click on admissions from the menu at [www.lynn.edu](http://www.lynn.edu).

**Union Institute & University/Vermont College**

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Ph.D. Poetry Therapy Program at Union Institute

Contact Person: Dr. Bill McKelvie at 1-800-486-3116  
e-mail [bmckelvie@tui.edu](mailto:bmckelvie@tui.edu)

M.A. Poetry Therapy Program and CAGS Program at Vermont College

M.A. Learners who seek an M.A. and certification/registration have three options: 1) week-end meetings once a month in Vermont or 2) quarterly regional meetings or 3) semi-annual intensives with a focus on creativity.

Contact Person: Fred Taylor, Ph.D. 1-802-257-9411  
e-mail: [Fred.Taylor@tui.edu](mailto:Fred.Taylor@tui.edu)

Conveners of Seminar I and II:

Sherry Eve Penn, Ph.D. is a full-time Core Faculty Member. She is a “grandparent” of the Expressive Arts Therapies. She will be predominantly discussing the theoretical underpinnings of the fields of Creative and Expressive arts Therapies as well as the Arts-Based Research Methodology. She is also pleased to have mentored a large number of

Union Graduates and Learners in the Creative and Expressive Arts Therapies.

Sherry Reiter, Ph.D., is a Union alumna. As clinical social worker, poet and creative arts therapist, she has been teaching poetry therapy since 1978 at the New School for Social Research and Hofstra University. She is the past president of NAPT, and the current President of the National Federation for Biblio/Poetry Therapy, the national standard setting body. Dr. Reiter is the recipient of the 2002 Distinguished Service Award from NAPT.

Seminar I: The Poetic Prescription: Poetry Therapy for Healing and Personal Growth

This intensive will focus on poetry therapy history, theory, and methodology, and arts-based research. Learners will explore methods of initiating writing, selecting “power poems” and “listening with the third ear.” Each learner will be given an anthology of healing poems that have been used with clinical success. Writing and sharing is fundamental to the interactive bibliotherapy process. Learners are asked to bring paper, pen and an open heart.

Seminar II: Poetry Therapy for the Helping Professional

Learners will strengthen their skills in group work and will develop their repertoire of poetry therapy techniques through experiential exercises and didactic lecture. Special attention will be paid to poems chosen specifically for increasing the coping skills at various developmental phases (from youth to old age). We will also examine poetry in the treatment of clinical depression and other emotional disorders and physical conditions. Trainees will be invited to take turns leading the group to strengthen facilitation skills. Challenges encountered during the previous year in the field will be shared.