Workshop Series A  
Friday, April 21, 2006  
10:00 am-12:00 pm

A1  
Wisdom Poetry  
The term *Wisdom Poetry*, from Kykosa Kajangu’s poetry, is based on hundreds of proverbs he collected from dozens of African tribes and cultures. Presenters will each contribute proverbs, poems, anecdotes and stories drawn from our work as poets and healers that embody cultural wisdom, and the participants will respond with their own. Using a writing exercise, participants will then create their own Wisdom Poetry, drawing on the collected communal wisdom.  

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

Description of Proposed Workshop

A2  
Journey to Song: From Feelings to Voice  
In *Journey to Song: From Feelings to Voice*, we transform an idea or feeling into words. We then transform these words and the mood we wish to convey into song. Each participant will receive a CD or the works generated. No singing or performing is required!  

**Presenters:**  
**Ann G. Forcier, MS, CAGS, RPT,** and **Laura Cayer, Singer-songwriter,** have collaborated for six years to facilitate workshops with youth and adults. They lead in-school, after-school, in-clinic, and topic groups that focus on developmental, emotional, and mental health concerns. They believe that healing and growth occur in the act of discovery.  

A3  
*Authentic Voices: A Harmonic Convergence of Relational-Cultural Theory and Poetry Therapy*  
Join us as we explore the concept of authentic voices through the perspectives of relational-cultural theory and poetry therapy. In this workshop we will deepen our understanding of connection and relationship and the power of voice. We will also provide an opportunity to experience our authentic voices - both in expression (writing) and in listening (sharing).
Presenters:

**Judith V. Jordan, Ph.D.**, of the renowned Stone Center, is the newly appointed Director of the Jean Baker Miller Training Institute at Wellesley College and internationally known psychologist. She is an attending psychologist at McLean Hospital and Assistant Professor of Psychology at Harvard Medical School.

**Wendi R. Kaplan, LCSW, CPT**, is an experiential and cognitive psychotherapist in private practice in Alexandria, Virginia. She provides psychotherapy to individuals, couples and groups. She also provides consultation and supervision to a variety of organizations, groups and individuals. For the last 3 years she has been using poetry therapy as she supervises a group of psychotherapists to highlight transferential and countertransference understanding as well as other clinical issues. She has recently provided a workshop about poetry therapy at the Depression and Bipolar Support Alliance's annual conference. She has conducted poetry therapy groups for poetry therapy students at the Wordsworth Center's annual Intensives and Marathons.

A4

**Lights On!**

*Lights ON!* is an expressive writing workshop with warm-up and spontaneous writing exercises that are based in the *Write It Out®* program, a motivational and expressive writing program for individuals of all ages. The objective is to teach techniques of expressive writing to professionals and lay people through hands-on experiences that free the authentic voice and help in healing.

**Presenter:**

**Ronni Miller, BA**, is the founder and director of WRITE IT OUT®, Sarasota, Florida, a motivational and expressive writing program for students of all ages. She has been in private practice as motivator and editor. She works with individual clients on emotional and traumatic issues affecting personal evolvement for healing through writing. A freelance writer, manuscript editor and writing coach, Ms. Miller facilitates creative writing, memoir, journal and expressive writing workshops as well as lectures and teaches facilitators how to use the Write It Out® Program. The program is taught in the eastern United States, Bermuda and Italy at public and private schools, universities, community centers, libraries and private locations. A playwright, she has also published two books, *Dance with the Elephants* and *Where to go with your Lover*, as well as many short stories, poems, essays and articles.

A5

**Singing the Body Electric**

This workshop starts with the throbbing, breathing, foot-tapping body, so we can write the poems that move beneath our skin. Meditation techniques using sound and dance will inspire us to write poems that hum and boogie. The session will culminate in poem-making inspired by the rhyme schemes of Hip-Hop.

**Presenter:**

**Prartho Sereno, M.A.**, is a former family therapist and poet who lived in India and taught meditation throughout the human community (Juvenile Hall, senior centers, Cornell University, etc.). Prartho is now a Poet in the Schools (Radio Disney Super Teacher 2005!). Her specialty is the state of wonder, especially the wonders of sound and silence.

A6

**Living in the Light of Dying**

Living in the Light of Dying: How often have you said to yourself, “Sometime before I die I am going to …”? The question we need to live into is “What am I waiting for?” We will use the stark reality of our own inevitable death to deepen our relationship to this life right here, right now and take our next steps. Using selected poetry, journal writing exercises, meditation/guided
imagery and group conversation, we will explore together what blocks us from living more deeply in the true “light” of dying.

**Presenter:**

Claire Willis, LICSW, is a group facilitator and teacher of writing, yoga and meditation at The Wellness Community, a national organization offering free educational and supportive services to people living with cancer. She has taught writing for over 25 years in a variety of settings, most recently with people living with life threatening diagnoses. She is a faculty member at the Family Institute of Cambridge and maintains a private practice in Concord and Watertown, Massachusetts.

**Workshop Series B**

**Friday, April 21, 2006**

2:00 pm-3:00 pm and/or 2:00 pm-3:30 pm

**B1 (60 minutes, 2:00 – 3:00 pm)**

Clorox, Oxygen, and Pearls: How Adolescents Express Their Development Process When Given Voice through Interviews

The figurative language adolescents use to describe their experiences gives crisp insights into their development and cognitive/affective processing and suggests therapeutic interventions. This session explores metaphors and poetic interpretations teens used in a qualitative study to describe their perceived connections among spirituality, identity development, coherent world view, and . . . . .

**Presenter:**

Becky Hayes Boober, Ph.D., applies concepts of positive psychology and developmental assets in statewide policy and program implementation of interagency/interdisciplinary initiatives to serve children, families, and marginalized populations. She has had key leadership positions (such as Deputy Commissioner) in three state departments in Maine: Education, Human Service, and--currently--Corrections.

**B2 (60 minutes, 2:00 – 3:00 pm)**

Voices in Flight: Integrating Movement/Dance with Poetry Therapy

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

**Presenter:**

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

**B3 (60 minutes, 2:00 – 3:00 pm)**

The Public Role of Poetry: Beyond Therapy

The workshop will focus on the public role of poetry in the community, and will use as a model the history and experience of the active poetry scene in Albany, New York. As an exercise, participants will identify potential projects in their home community.

**Presenter:**
**Dan Wilcox, BA,** is the host of the open mic at Lark Street Bookshop in Albany, N.Y., on the third Thursday of each month and is a member of the poetry performance group "3 Guys from Albany".

**B4 (60 minutes, 2:00 – 3:00 pm)**
TBA

**B5 (90 minutes, 2:00 – 3:30 pm)**
**Rebuilding the Self: Finding the Words to Start Over**
So much has happened in recent years to shake our sense of safety and security. Many of us have been faced with unanticipated events due to natural disaster, personal loss, and unexpected twists of fate. Through the use of music, meditation, selected poems and writing, this workshop will offer an opportunity to discover ways to replenish, rejuvenate and re-energize the self in order to find hope and meaning in a changing world.

**Presenter:**
**Barbara Kreisberg, BS, MS, CTRS, CPT, has** over 20 years' experience working as a poetry therapist at psychiatric facilities in Massachusetts and Florida. She has presented professional workshops at national conferences, local universities, area hospitals and community facilities. She is a current NAPT board member and was Conference Chair for the Albuquerque conference. She is a contributing author in The Healing Fountain: Poetry Therapy for Life's Journey. She offers poetry therapy and reflective writing groups at South Miami and Baptist Hospitals.

**B6**
**The Roots of Poetry Therapy Expand to the Middle East: Experience in Kuwait**
At the invitation of Dr. Haifa AlSanousi of Kuwait University, the presenter will describe what she learned speaking about poetry therapy and doing workshops in the Middle-East, the similarities and differences of the culture, and their “thirst” for poetic healing. Meeting needs of other cultures, Arabic poems, and writing will be offered.

**Presenter:**
**Perie Longo, Ph.D., RPT, is** in private practice as a MFT and poetry therapist in Santa Barbara, California. She is president of NAPT, a mentor/supervisor and has received both the NAPT Outstanding Achievement award (1998) and The Distinguished Service Award (2004). She has taught at UCLA and Antioch University, and is a published poet.

**Workshop Series C**
**Saturday, April 22, 2006**
**8:45 - 10:45 am**

**C1**
**Poem, Process, Plan: The Art of Literature Review And Facilitation Planning**
In this “back-to-the basics” experiential workshop, we will begin with a packet of literature (“poem”) and the Hynes & Hynes-Berry four-stage model of recognition, examination, juxtaposition and application to self.

**Presenter:** **Kathleen Adams, LPC, RPT-MS, is** a past president of NAPT and the director of the Center for Journal Therapy. She is an approved mentor-supervisor who offers a structured two-year distance learning CPT training program. She also guides a passionate group of local learners in Denver.

**C2**
Freedom through Movement and Words: Integrating Mind, Body, and Spirit
This workshop aims to heal the mind/body split so rife in Western culture. To this end, simple circle dances that have special meditative qualities will be taught. These dances are ancient and modern, created to honor the seasons and special life events and representing cultures from around the world. Poetry will be woven in and among the dances and time set aside for participants to reflect in writing or art on their experience of the dance. All dances will be taught. No previous dance experience is necessary. “In circle dance, there are no mistakes, only variations.”

Presenter:
Evelyn Torton Beck, Ph.D., holds Ph.D.s in both comparative literature and clinical psychology. She is a psychologist and Women's Studies Professor Emerita at the University of Maryland. She has studied dance throughout the US and North America and currently teaches dance in the tradition of circle dancing as a healing practice. Offering workshops at OASIS and elsewhere, she focuses on the creation of community for older women through dance circles and poetry.

C3
Oral and Written Conversations with the Multifaceted Faces of Addiction
This workshop will explore the multifaceted faces of addiction—substances, gambling, spending, and more—through poetry and other expressive arts modalities. Participants will engage in individual, dyadic, and group exercises that rely on the poetic and liberating power of the WORD, while addressing the myriad issues and effects of addiction as reflected in Self, the Other, and Family.

Presenters:
Susan Wirth Fusco, Ph.D., CADAC, M.Ed., NAPT Trainee, is in her third year at Lesley University pursuing her second Ph.D. in Creativity and Healing under the mentorship of Shaun McNiff.
Mary Willette Hughes, B.A., Poet, PT Facilitator, NAPT member, has been Co-Facilitator in the St. Cloud Hospital Recovery Plus program for addiction for over 5 years, and is the author of Flight on New Wings: Healing through Poetry (2003, North Star Press).

C4
The Immigrant Self: Bridging Original and Adopted Cultures through Poetry
The poet’s self construal is a balancing act on the bridge of words and poetic imagination. For immigrant poets, words are bridges through which they transport their essence. Participants will explore how poets build bridges, connectors and receiving platforms to embrace a new culture while holding onto the old one.

Presenter:
Marianela Medrano-Marra MS, NCC, CPT, is a Dominican writer, counselor and poetry therapist residing in Connecticut. She writes in Spanish but often offers bilingual readings at colleges, libraries, community centers and other venues. She is pursuing a doctoral degree in psychology from the Institute of Transpersonal Psychology in Palo Alto. She is the author of Curada de Espantos/One Who Has seen it All (Torremozas, 2002), Regando Esencias/The Scent of Waiting (Alcance, 1998), Los Alegres Ojos de las Tristeza/Happy Eyes of Sadness (Buho, 1987), and Oficio de Vivir/The Art of Living (Separata, 1986).

C5
Original workshop by Judy Schattner cancelled; replacement TBA.

C6
Panel Discussion on the Latest Developments in Poetry Therapy Research
Research Committee members (in alphabetical order) John Fox, Nick Mazza, Robin Phillips, Ingrid Tegner, and Pamela Thorne will discuss current research projects. Topics include: Randomized control study with cancer survivors, the development of the questionnaire to gather quantitative data, the development of a research database, and our collaboration with colleagues in the UK and New Zealand.

Presenters:
Ingrid Tegnér, MSW, CPT, the Chair of the Research Committee and practicing poetry therapist. Robin Philipp, is a Consultant Occupational and Public Health Physician and the Director of the Centre for Health in Employment and the Environment (CHEE). Pamela Thorne has an MSc in Organisational Psychology and is also employed by CHEE. Nicholas Mazza, Ph.D., RPT, is a Professor of Social Work at the Florida State University College of Social Work. He holds Florida licenses in clinical social work, marriage and family therapy, and psychology. Dr. Mazza is the founding and current editor of the Journal of Poetry Therapy and author of Poetry Therapy: Theory and Practice (2003, Brunner-Routledge). John Fox, CPT, is an associate professor at the California Institute of Integral Studies in San Francisco. He also teaches in the Graduate School of Psychology at John F. Kennedy University in Orinda, California, and the Institute for Transpersonal Psychology in Palo Alto. John is the author of Finding What You Didn't Lose and Poetic Medicine. He is the founder of The Institute for Poetic Medicine. John is also a poet and served as president of NAPT 2003-2005.

Workshop Series D
Saturday, April 22, 2006
3:30 – 5:00 pm

D1
“Accessibility”: Of What, for Whom
What makes a poem “accessible”? What is it that is “accessed” in a poem---and in which readers? The workshop will combine overview of pertinent psychological and literary theory with exchange of experiences using poems that “worked” —and didn’t—in community and counseling practice. If you have examples, bring them!

Presenter:
Jan L. Hitchcock, Ph.D., is Associate Professor of Social and Behavioral Sciences and Associate Dean at the University of Southern Maine's Lewiston--Auburn College. She teaches a variety of interdisciplinary courses, including on life span development, spirituality, and the relationship between psychology and poetry. She is also a poet.
Sally Bowden-Schaible, MS, LCPC, CCMHC, is a psychotherapist in private practice in Portland, Maine. She integrates poetry into her clinical work and into the courses she co-teaches (Mind/Body Issues in Counseling, and Religion and Spirituality in Counseling) at University of Southern Maine in Counselor Education program.

D2
Tools for the Journey: Freeing the Poetic Potential of American Veterans
This workshop will present approaches to integrating poetry and the creative arts in a day treatment or hospital program for American veterans. Writing in groups has the potential to build self-esteem, increase socialization, validate self-worth, and form a sense of community. Included in this experiential workshop will be: the reading and response of poetry, writing exercises, and suggestions on how to start a writing group with veterans in your community, resources.

Presenter:
Hannah Menkin, MA, Gerontology, is a poet and visual artist, and a CPT in training. She uses an integrative approach to help older adults find their own voice through oral history storytelling and the creative arts. Using poetry, expressive writing, and creative arts to help cope with and manage their daily lives, Hannah facilitates writing workshops with veterans, many of them wounded both psychologically and physically.

D3
Reading and Writing the Psalms
The Psalms have survived, unlike any other biblical texts, in myriad of contexts, cultures and incarnations. What is it about these texts that allow them to bridge both time and cultural context? Through first-hand exploration participants will explore the Psalms as a therapeutic prompt.
Presenter:
Donna C. Owens, MA, a poet, collage artist and workshop facilitator. She has been performing her poetry since 1999. Currently, she offers workshops for women interested in writing for self-empowerment. This workshop is a continuation of Donna's interest and research in the Psalms as a tool for therapeutic healing.

D4
Use of poetry in the Prison Setting
Learn how the presenter successfully introduced poetry within a group counseling program on money addiction in a women’s prison in New York One particular poem has been incorporated into a mini-workshop at the facility: a three-part reflective poem tracing three points of time: “Who I was; who I am; and who I want to be.” As a backdrop for asking the inmates to write a narrative about how they see their own lives, this writing prompt free inmates to pass, to share their writing out loud, or to hand it in. Drawings by two inmates, both artists, will be included.
Presenter:
Eric A. Kreuter, Ph.D., is a Certified Public Accountant and a shareholder in the regional accounting firm of Marden, Harrison & Kreuter, CPAs, P.C. in White Plains, NY. He is adjunct professor of Human Resource Management at Mercy College in Dobbs Ferry, NY. Mr. Kreuter has a Ph.D. in psychology from Saybrook Graduate School and Research Center. Mr. Kreuter is a volunteer counselor at Taconic Correctional Facility in Bedford Hills, NY and President of Hermandad, Inc., a non-profit community development agency in the Dominican Republic.

D5
Using Poetic Craft in Prose to Write Personal Essays for Insight and Discovery
During this workshop, group members will concentrate on developing a “comparison and contrast” essay, writing from the question: “How is my life not the way it is ‘supposed’ to be?” Panelists will explore Bender’s writing techniques and their application to the work of poetry therapists. Attendees will experience the approach as they develop and share writing and gather responses using Bender’s three-step response method, learning where to take this writing next, and how to help others develop their writing.
Presenters:
Sheila Bender is a poet and author whose work appears in North American literary journals including the Bellingham Review, Poetry Northwest, and The Seattle Review, and in several anthologies. Her instructional articles appear in Writer’s Digest Magazine, and a new one is forthcoming in The Writer Magazine. She publishes Writing It Real, online at www.writingitreal.com. Karen Rippstein holds a BS in Writing as Therapy from SUNY Empire State College, has completed training for certification as a poetry therapist with NAPT, and has is widely published in the field. Karen conducts poetry therapy workshops at a medical college, high school, senior settings, and a community college. Laurie Arnold holds a M.Ed. from
Marymount College, VA, a degree in psychology from Mary Baldwin College, and an A.S. in Nursing. She has completed certification training with NAPT, is a published author, and conducts poetry therapy workshops in oncology settings benefiting both patient and caretaker.

D6
Circle Fire Meditation and Dance Expression
Heal through the expression of movement and words. Guided meditation will support you to release blocked energy in specific chakras. You will rise to your feet to physically release through Circle Fire Dance, which includes African and belly dance movement. Create your own expressive piece combining dance and spoken word. If you have a (belly dance) hip scarf, by all means bring it!
Note: This workshop is open to everyone. Men make great belly dancers!
Presenters:
Karin Wilkinson is a Spoken Word Performance Artist and Belly Dancer. She blends spoken word with belly dance to create healing expression. She is the Artistic Director of BuTTerFLY III. Anthony Farmer, Spiritual Life Coach and Shamanic Healer, is the co-creator of Visions of the Heart, Heart-Centered Coaching and Healing.

D7
Mentor/Supervisor Roundtable
This workshop is limited to Federation-approved mentor/supervisors for the CPT/RPT training process. Join your colleagues to discuss training matters and to dip into the shared wisdom pool.
Facilitator:
Kay Adams, Mentor/Supervisor Chair (see bio under C1)