

**Thursday, April 11, 2013**

**Dinner** **6:00 – 7:00**

**OPENING CEREMONY:**

**Emily Rose Kahn-Sheahan and Marty McConnell**

**7:30 – 8:30 P.M.**

**Friday, April 12, 2013**

Namaste Morning Stretch **7:00 – 8:00**

Triple Workshop:  
“Experience a Poetry Therapy Group” **7:00 – 8:00**

Presenters: Susan L. de Wardt CAPF, M/S-P and Elaine Brooks CPT, M/S

Workshop Description: This workshop is designed for those who would like a full experience of poetry therapy. "Experience Poetry Therapy" each morning at the conference. One mentor/supervisor and one certified applied poetry facilitator will be conducting a small group (8 participants max.) for three sessions. Both of the facilitators will have the same poem and the same plan for the session.

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

After the Sunday session, there will be a post-conference session that will include discussion of group development, choice and use of literature, goal setting and implementation, safety/confidentiality, facilitation techniques, timing and pacing, developmental vs clinical poetry therapy as well as opportunities for sharing ideas and experiences. The three sessions will demonstrate the therapeutic application of literature in a logical/creative progression with a particular group of interested people. *(4.5 peer hours)*

**Breakfast** **8:00 - 9:00**

**President’s Welcome** **9:00 – 9:25**

**Session A** **9:30 – 11:00**

A-1. “The Vulnerability of Moments”

Presenter: George Bell, D Min, CPT

Workshop Description: This workshop will deal with the reality of change, the newness and vulnerability to surprise in each moment of life. Participants will consider what a “moment” actually is, the kind of moments experienced in life, who we are in various moments, and how

moments can be used as a means of learning how to listen to another person. Both didactic and experiential we will include techniques of describing one's thoughts and feelings in moments; also, on how counselors can use a focus on moments as a method of helping a person engage with the process of life, growth and maturity.

#### A-2. (UPDATED) Building Resilience for Loss and Irrelevance

Presenters: Eric A. Kreuter, Ph.D. and Sherry Reiter, Ph.D., LCSW

Dr. Kreuter and Dr. Reiter will provide an overview of the potential for helping persons suffering from loss and feelings of irrelevance. A case study will be incorporated as well as the use of creative writing as part of the healing process. Group discussion will follow presentation of the material.

Dr. Kreuter has published numerous articles, book chapters and six books on topics ranging from international business to poetry to psychology, particularly in the area of victim vulnerability and resilience/relevancy.

Dr. Reiter is a clinical social worker, registered poetry and drama therapist, and mentor. As Director of The Creative Righting Center, she trains helping professionals to incorporate creative methods in their work. She has taught at Touro College (Teacher of the Year, 2009), and Hofstra University for the past three decades. *Writing Away the Demons: Stories of Creative Coping Through Transformative Writing* (North Star Press, 2010) focuses on the use of writing for psychological survival.

#### A-3. “The Rainbow Bridge: Using Guided Visualizations to Explore Psychic Shorelines”

Presenter: Connie Banta, LPC, MFA

Workshop Description: Guided visualizations offer a way to enter the liminal space between ordinary consciousness and the deeper psychic territories. Occupying space “between worlds” challenges the familiar and generates tensions that tend to catalyze the emergence of what Jung calls the "transcendent function" and DeVries calls the “rainbow bridge” – a symbol set that brings about the alchemical "union of opposites". In addition to discussing these Jungian concepts, participants will experience a guided visualization followed by free writing and will develop guidelines for composing effective visualizations.

#### A-4. “Poetry Therapy and Humanistic Psychology: An Integrative Approach to Practice and Research

Presenter: Nicholas Mazza, Ph.D.,

Workshop Description: The place of language, symbol, and story as part of a poetic inquiry and expanding consciousness as it relates to the convergence of the literary arts, research, and clinical practice will be the focus of this workshop. Mazza's multidimensional R.E.S. model as a framework for practice and research will be examined within the context of humanistic psychology across therapeutic modalities (individual, couple/family, and group). 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.

**Keynote Poet: Antler**

**11:15 – 12:30**

**Lunch**

**12:30 – 1:30**

**Antler Book Signing**

**1:30 – 2:30**

**Session B**

**2:45 – 4:15**

B-1. “Your Life Can be Poetry: Training in Biblio/Poetry Therapy”

Presenter: Susan de Wardt, CAPF, M/S-P

Workshop Description: Is the idea of poetry therapy training a thread that is ‘gently, / invisibly, silently / pulling’ at you? If so, don’t hesitate - Join this open discussion on credentialing opportunities in biblio/poetry therapy. Training in biblio/poetry therapy provides more than letters after your name; NFBPT approved training will inspire you, enhance skills, and build confidence while ensuring best practice for your profession.

B-2. *CANCELED*

B-3. “Identity Lost and Found: Using Poems by Rilke and Hughes as Prompts for Self-Reflective Writing”

Presenters: Susannah W. Simpson, Ph.D. and Regina Dilgen, Ph.D.

Workshop Description: Susannah Simpson, who works with substance abuse populations, and Regina Dilgen, who teaches beginning students at a state college, will share their approaches to using a poem as a prompt for reflective writing about developing and regaining healthy self-identity. The presenters will involve the group in interpreting the works, and then in writing and sharing their own poems in response to Rainer Maria Rilke’s “The Panther” and Langston Hughes’ “Theme for English B.”

B-4. *CANCELED*

**Plenary Session: Poetry Therapy Ethics Panel Discussion Facilitated by Kay Adams**

Other panelists: Sherry Reiter, Ph.D., Director, Creative "Right"ing Center, Brooklyn NY and Nick Mazza, Ph.D., Editor of *Journal of Poetry Therapy*, Florida State University, Tallahassee FL.

**4:30 – 5:30**

**Dinner**

**6:00 – 7:00**

**National Federation for Biblio/Poetry Therapy**

**Information Session and Credentialing Presentation 7:30 - 8:30**

**Open Mic 9:00 – 10:30**

**Saturday, April 13, 2013**

Namaste Morning Stretch 7:00 – 8:00

Triple Workshop:  
“Experience a Poetry Therapy Group” 7:00 – 8:00

**Breakfast 8:00 - 8:45**

**Keynote Speaker: Geri Chavis 9:00 – 9:45**

**Session C 10:00 – 11:30**

C-1. “Dealing with Diversity Issues Through Poetry Therapy”

Presenter: James Brandenburg, M.Ed., LPC, LMFT, CPT

Workshop Description: Many religious leaders have used religion and religious beliefs and traditions to further their own agendas; and, in doing so, religious leaders have captivated and captured the attitudes and total support of trusting congregants. These followers often are looking for answers to their own feelings of self-worth and identity. But instead of finding answers, these congregants find stress and conformity. Poetry as a form of self-introspection can help participants find personal insights and stress release; as well as possibly some of the personal awareness they seek. Participants involved in the workshop read poetry dealing with diversity issues and write their responses to it; through this process they are hopefully able to identify their personal complexes and prejudices.

C-2. “Preparing Writing Facilitators To Work With Trauma, Writing, and Violence”

Presenters: Tobi Jacobi and Ann Stanford

Workshop Description: This workshop will focus on preparing students and community volunteers to work with jail/prison writing programs, with an emphasis on moments of trauma, violence, and social inequity. Drawing upon our work with the DePaul Women, Writing and Incarceration Project and the SpeakOut! Writing Workshops, we will articulate challenges and suggest tactics for both understanding and addressing how program staff might be best trained and equipped for navigating such murky water.

C-3. “Clearing a Space for Mindfulness through Sacred Circle Dance and Poetry”

Presenter: Evelyn Torton Beck

Workshop Description: This workshop is located at the intersection of gentle, meditative dance and poetry therapy in the service of finding the still place within ourselves that allows us to function as our “most authentic selves.” This state of body/mind opens pathways to states of well-being and is a springboard to creativity and healing. Poetry will be integrated among the dances, alternating with spaces for writing. No previous dance experience is needed, nor are partners. All dances will be taught. The philosophy of this form of dance is, “There are no mistakes, only variations.”

**Plenary Session:**

**NAPT Outstanding Achievement Award**

**11:45 – 12:30**

**Lunch**

**12:30 – 1:30**

**Session D**

**1:45 – 3:15**

D-1. “Sea-ing the Voyage”

Presenter: Laura Santner, M.A., MLSW

Workshop Description: Looking out and “sea-ing” our life ahead and our future voyage, we can become overwhelmed. The unknown is intimidating. What about the ocean’s waves. Will we float? Will we sink? Which way is north? Can we sail on? Participants will engage in a workshop exploring the metaphor of the sea and the journey that lies ahead. We will explore the freedoms and fears of moving forward, including the hesitations we feel while “standing on the shore.”

D-2. *CANCELED*

D-3. “The Edge Effect: Exploring Thresholds of Change with Clean Language”

Presenter: Gina Campbell, CAPF

Workshop Description: Thresholds, those places just before wading into a metaphoric river, going through a gate, or leaping onto a boat, hold wisdom of their own for the self-explorer. Experience how to discover unique aspects of your process for change using Clean Language, a questioning process that elicits your deepest internal metaphors.

D-4. “Bully! Poetry Exercises for Bullies and the Bullied”

Presenter: Cynthia Gustavson, MSW, LCSW, ACSW

Workshop Description: This workshop examines definitions, types of bullying, and prevention, as well as teaches how to use poetry and art in the treatment of bully-related trauma, and the building of self-esteem and self-understanding.

**Session E**

**3:30 – 4:45**

E-1. *CANCELED*

E-2. “Spiritual Expressions: Those Winds Along the Shoreline”

Presenter: Nessa McCCasey, CPT

Workshop Description: Using poetry writing as a spiritual exercise similar to meditation to find a spiritual practice that goes along with your life’s ebbs and flows, this session is for those of all faiths, including searchers struggling to name their faith as such. Exercises will be presented that are designed to develop a spiritual practice with writing.

E-3. “For the Future to be Possible”

Presenter: Rose Cleary, Ph.D.

Workshop Description: This workshop considers contemporary preoccupations with apocalyptic images as symptomatic of a crisis in our ability to imagine the future as anything but traumatic. Writings by Jeannette Winterson, Muriel Rukeyser’s and H.D. are explored for their shared vision of the new heroism necessary to renewing the sense of the future as unknown possibility.

E-4 (MOVED FROM A2) “Yogapoetics”

Presenters: Rob Merritt. PhD and Diane Allerdycce, PhD

Workshop Description: This workshop will look at the convergence between yoga (usually conceived of as a physical and spiritual discipline) and poetry (usually conceived of as a mental or emotional discipline). However, they both employ mutual interdependence of mind, body and spirit. We will intersperse poems, our writing, and techniques of breathing, movement and meditation to grow and heal through language. Participants will be encouraged to do gentle yoga movements as part of the workshop.

**Plenary Session:**

**Marketing Your Poetry Therapy Practice 5:00 – 6:00**

**Presented by Susan De Wardt and Kay Adams**

**Dinner 6:00 – 7:00**

**Closing Ceremony 7:15 – 8:00**

**Andy Young**

**Sunday, April 14, 2013**

Namaste Morning Stretch 7:00 – 8:00

**Breakfast**

**8:00 - 8:45**

Triple workshop

9:00 – 11:30

**Lunch**

**12:30 – 1:30**

Presenters:

**Diane Allerdyce**, Ph.D., is Co-Founder of Toussaint L'Ouverture High School for Arts & Social Justice in Boynton Beach, Florida and Core Faculty, Humanities & Culture Cohort PhD Program in Interdisciplinary Studies at Union Institute & University. She is an activist deeply involved in community outreach and education reform. She is trained as a poetry therapy facilitator and is the past-President and a current long-time Board Member of NAPT.

**Antler** won the 1987 Witter Bynner Prize awarded annually "to an outstanding younger poet" by the American Academy and Institute of Arts and Letters in New York City, and the 1985 Walt Whitman Award. The citation stated: "His poems make audible the words of the earth, with original energy, insouciance, and affectionate comradeship toward all beings." Of Antler's book *Last Words*, Allen Ginsberg said: "More fineness than I thought probable to see again in my lifetime from younger solitary unknown self-inspirer US poet." *Antler: The Selected Poems* was published in December 2000.

**Connie Banta**, a therapist in West Virginia's largest mental health facility, Connie facilitates a writing group for adults with a variety of mental health conditions. She has studied poetry therapy for several years with mentor Sherry Reiter. Her love of poetry also led her to an MFA in Creative Writing.

**Evelyn Torton Beck** holds Ph.D.s in both Comparative Literature and Clinical Psychology. She studied poetry therapy with Peggy Heller and Ken Gorelick and has offered workshops focusing on the intersection of poetry and dance as healing practices at NAPT for the past decade. In 2008 she was the invited keynote speaker at NAPT in Washington, DC and her keynote address "Poetry in Unexpected Places" was published in the *Journal of Poetry Therapy*. (December 2010), 23:4, 201-214. Her most recent week long dance/poetry workshop, was sponsored by Ghost Ranch in Abiquiu, New Mexico.

**George Bell**, D Min, CPT was one of the founding members of NAPT. A certified counselor retired minister, he was one of the founding members of NAPT and served on the board and as president of NAPT. He has presented workshops and addresses at many NAPT Conferences. He has developed four new PowerPoint presentations all dealing with a focus on Moments: "Catching Moments," "Kinds of Moments," "Style Show," and "Walking in Another's Shoes." ge2kebell7@gmail.com

**James Brandenburg**, M.Ed., LPC, LMFT, CPT, Jungian Analyst in Training is a mental health counselor at San Antonio College, has a private practice, and is senior editor of *Voices de la Luna*, a Literary and Arts Magazine. He is fluent in English, German and Spanish, has published two books of poetry, and is publishing a third book of dreams and poetry. He trains with a Jungian analyst and is a Jungian analyst in training at the Centrum in Switzerland.

**Elaine Brooks**, CPT M/S – is a licensed psychiatric nurse, certified poetry therapist and former chairman of the NFBPT Credentials Committee.

Veteran presenter **Gina Campbell** is the author of a workbook series: *Mining Your Client's Metaphors: A How-To Workbook on Clean Language and Symbolic Modeling*. She trains counselors, coaches and other healing professionals in these metaphor-based techniques. Gina is past president of the National Federation for Biblio/Poetry Therapy.

**Robert Carroll M.D.**, is a poet and psychiatrist. He is in the private practice of Family Psychiatry in Westwood, California, and he is on the clinical faculty at UCLA in the Department of Psychiatry. He has published many poems, articles, chapters and chapbooks in the psychiatric/medical and poetry literatures. He is a former NAPT Vice President.

**Geri Chavis, Ph.D.**, is an English Professor at St. Catherine University in Minneapolis, a poetry therapy mentor/supervisor, a certified poetry therapist and a licensed psychologist in the state of Minnesota. She has published and presented widely on poetry/bibliotherapy since the early 80's, and her most recent book is *Poetry and Story Therapy: The Healing Power of Creative Expression*. She has taught many poetry therapy workshops both in the U.S. and in Ireland, Cornwall and Scotland.

**Rose Cleary, Ph.D.**, Associate Professor of Social and Behavioral Sciences at the University of Southern Maine's Lewiston-Auburn College. She teaches and writes on topics integrating literature and philosophy with psychological explorations of dreams, bereavement, and collective trauma.

**Susan L. de Wardt, CAPF M/S-P**, is a certified applied poetry facilitator and life coach. She is also a certified journal facilitator and certified instructor for *Journal to the Self*. Susan is current President of the National Federation for Biblio-Poetry Therapy, Adjunct Faculty for the Therapeutic Writing Institute and is a provisional Mentor/Supervisor, approved by NFBPT to begin training candidates for CAPF credential.

**Regina Dilgen, Ph.D.**, is a Professor of English at Palm Beach State College in Lake Worth, Florida, where she also serves as department chair and encourages students to read mindfully and write reflectively. Her recent publications include "The Original Occupy Wall Street: Melville's 'Bartleby, the Scrivener,'" in *Radical Teacher*.

**Silvine Farnell, Ph.D.** has been helping people recover from a purely left-brain approach to poetry for over thirty years, first as a literature professor, then as a workshop giver ([www.deeperintopoetry.com](http://www.deeperintopoetry.com)). She discovered NAPT with a cry of joy in 2000, and has been attending conferences and giving workshops at them ever since.

**Victoria Field** is a writer and poetry therapist based in Canterbury, England. She has extensive experience using literature in health and social care settings and in running training courses and workshops. She has co-edited three books on therapeutic writing and is a prize-winning poet, playwright and fiction writer.

**Tobi Jacobi** is an associate professor of English and the director of both the Writing Center and the Community Literacy Center at Colorado State University. Her research focuses on community literacies and the experiences of incarcerated writers and is informed by composition

theory, critical literacy, and feminist studies. She coordinates the weekly SpeakOut! writing workshops for incarcerated writers and at-risk youth and supervises the biannual *SpeakOut! Journal*.

**Cynthia Gustavson**, ACSW, LCSW, graduated from Boston University and earned a Masters of Social Work from Louisiana State University. She did graduate work in theology at United Seminary of the Twin Cities, and doctoral work in education at Oklahoma State University. She is author of the *In-Versing Your Life* series of poetry workbooks, as well as award-winning books, *Bully! The Big Book for Bullies and the Bullied*, children's book *Ballad of the Rag Man* and poetry collection *Please Use This for Children and Not for War and Guns*.

**Emily Rose Kahn-Sheahan** is a Chicago-born and raised poet, performer is currently a Real Talk Avenue Artist, co-slammaster and member of the 2010 & 2011 Mental Graffiti Slam Teams, ranked 14th at the 2011 Individual Word Poetry Slam, a board member for Chicago Slam Works, and chair of poetry for the Bucktown Arts Festival. Her first chapbook, *Cigarette Love Songs and Nicotine Kisses*, was published in 2004.

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

**Nessa McCasey** was certified as a poetry therapist in 2006, Nessa has served NAPT first as Membership VP (2007-2009) and then as Administrator (2010-2012) before becoming Director of the International Academy for Poetry Therapy in 2012. She facilitates local and online poetry therapy groups, presents workshops locally, regionally, and internationally, and writes herself through the questions and quandaries of life. As a spiritual seeker for some time, she believes in therapeutic writing as a spiritual practice. Her own spiritual exploration has led her to believe that healing comes in many forms, but writing along the journey is a way of documenting for the conscious mind our own life learnings.

**Marty McConnell** is the author of *wine for a shotgun*, released in October 2012. Part of the vanguard of poets fusing and refusing the delineations between literary and oral poetry, McConnell's work blurs the lines between autobiography and personae to comment on and illuminate what it means to live and love outside the lines in early 21st century America. Her work has been published in numerous anthologies, including *A Face to Meet the Faces: An Anthology of Contemporary Persona* and in journals including *Indiana Review*, *Crab Orchard*, *Salt Hill Review*, and *Beloit Poetry Journal*. She has performed and facilitated workshops at schools and festivals around the country, including The Dodge Poetry Festival. She lives in Chicago, and travels the country performing and leading workshops.

**Rob Merritt** is Professor of English and Dean of the College of Arts and Letters at Bluefield College. He is Vice-president for Conferences for NAAPT 2020-21-22. His most recent book of poems, *The Language of Longing*, honors the unlikely mentors who have revealed the route “home.”. The longing is for the longing to continue. Desire is life.

**Laura Santner**, M.A., MLSW, is a Certified Poetry Therapist and works as a clinical social worker in a mental health outpatient clinic. She has run numerous creative therapy groups using poetry, art, music, and dance.

**Susannah W. Simpson**, Ph.D. is a poet, community educator and a nurse at a Behavioral Health of the Palm Beaches. She uses journaling and poetry to assist the inpatient population in their recovery from substance abuse. Her recent publications include: “Coffins”/ *North American Review* and “Kissin’ Cousins” /*The Potomac*. Her book “Geography of Love & Exile” is forthcoming from Cervena Barva Press.

**Carol Sommer**, Ed.D., is a professor of counseling. Her research interests include the use of stories as meaning-making tools in the areas of counselor development and multicultural understanding. She is a LPCC and a national approved clinical supervisor and has published scholarly articles on the use of stories in counselor education.

**Ann Folwell Stanford** is the Vincent DePaul Professor of Literary and Multi-Disciplinary Studies in the School for New Learning, DePaul University. She is co-director of the DePaul/Tangaza BA Program in Kenya, and directs three collaborative majors within 3 of DePaul’s 12 Colleges. She was founding director of the DePaul Women, Writing and Incarceration Project and is herself a poet.

**Andy Young** performs Gypsy Jazz, Irish Traditional Music, and Quebecois tunes on Hammered Dulcimer, Irish Flute, and Tin Whistle. His proficient skills on the hammered dulcimer have earned him notoriety as one of the top players in the country, sought after at music festivals nationwide. His concerts infuse expressive musical arrangements with humor and insight to provide a deep understanding of the role of music in our multicultural and interpersonal world. Andy has pioneered the playing of Gypsy Jazz (the music of Django Reinhardt) on the hammered dulcimer, a genre very few dulcimer players have explored. His event will explore mixing music with spoken word.