
The National Association for Poetry Therapy

Blue Ridge Reflections: Word-Paths for Growth and Healing

OUT OF MANY

It is this.
It has always been this one brief dream of a tree
That keeps me writing
In my branches.

It is this.
It has always been this one part of me
That holds everything together
With my light, my beauty.

My simple,
Everyday efforts at being.
It is this, my quiet offering
To the whole that stills me.

When everything abounds
Binding me within it
Until I feel I disappear at times
And am alone.

It is this.
It has always been this vastness
I'm a part of that that speaks of me, my witness.
It is this.

It has always been this one brief dream of a tree
That whispers me into the vista
Like a single seed
Just newly broken open.

~Laura Hope-Gill



35th Annual NAPT Conference
April 23-26, 2015
Black Mountain, North Carolina
YMCA Blue Ridge Assembly



ST. CATHERINE UNIVERSITY
COLLEGE FOR APPLIED AND
Continuing Learning

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Welcome

The National Association for Poetry Therapy, Inc. (NAPT) is a nonprofit international and interdisciplinary organization promoting growth and healing through written language, symbol and story. Members represent a wide range of professional experience, schools of therapy, educational affiliations, artistic disciplines, and other fields of training in both mental and physical health.

In addition to its professional membership, NAPT welcomes all people who are interested in the power of the healing word. We hope you will be able to learn from the many workshops, lectures, and informal networking opportunities available. We hope you will be inspired to absorb, reflect and write....

Barbara Kreisberg, MS, CPT
Vice President & Conference Chair
& the 2015 Conference Committee: (Rob Merritt, Beth Jacobs, Perie Longo, Karen vanMeenen)

Please visit us on Facebook or www.poetrytherapy.org to contact the NAPT Board and for more information about NAPT.

Conference at a Glance

Wednesday, April 22

1:30-5:30 PM

Pre Conference I – Geri Chavis and Barbara Kreisberg
Day Trip to Carl Sandburg’s House: Exploring Mountain Vistas to Replenish the Soul

Thursday, April 23

9:00-4:00 PM

NAPT Board Meeting

9:30-12:00 Noon

Pre-Conference II – Kay Adams
“Journals Quick and Easy”

12:30-1:15 PM

Lunch

1:30-4:00 PM

Pre-Conference III – Perie Longo
“Using Poetry Therapy to Navigate the Heights and Valleys of Aging”

4:00-6:00 PM

Film **“The Welcome”** with discussion to follow – Karen vanMeenen

4:00-6:00 PM

Registration

6:00-6:45 PM

Dinner

7:00-7:30 PM

Registration

7:30-8:30 PM

Mix and Mingle Welcoming Event: Writing the Path, Crossing the Bridge
Barbara Kreisberg, Jennifer Wolfe, Darlene Goetzman, & Rob Merritt

8:45-9:45 PM

Poetry Alive with Carney Gray

Friday, April 24

7:00-8:00 AM

Morning Triple Workshop – Susan de Wardt and Elaine Brooks
Experience a Poetry Therapy Group (First Session – 2 groups)

7:30-9:00 AM

Registration

8:00-8:45 AM

Breakfast

9:00-9:15 AM

Welcome & Overview – Alma Rolfs, President

9:15-10:00 AM

Keynote Speaker, Caryn Miriam-Goldberg
“Poetry, Miracles, and the Path to the Beloved Community”

10:00-10:30 AM

Book Signing with Caryn Miriam-Goldberg

10:30-12:00 Noon

Workshop Series A

12:30-1:15 PM

Lunch

1:30-2:00 PM

Open Membership Meeting

2:00-2:45 PM

NFPBF Credentialing Information Workshop: “Your Life Could Be Poetry”

2:00-3:00 PM

Book Sale

3:00-4:30 PM

Workshop Series B

4:45-5:30 PM

Book Sale

4:30-6:00 PM

Mentor/Supervisor Round Table Discussion

4:45-5:30 PM

Yoga Stretch with Diane Allerdyce & Brit Courtney

6:00-6:45 PM

Dinner

7:30-9:30 PM

Dedication to Jennifer Bosveld
Open Mike Poetry Reading, Rob Merritt
Sign up for Poetry Anthology, Beth Jacobs

Saturday, April 25

7:00-8:00 AM	Morning Triple Workshop – Susan de Wardt and Elaine Brooks Experience a Poetry Therapy Group (Second Session-2 groups)
7:30-8:30 AM	Registration
7:30-8:30 AM	Book Sale
7:30-8:00 AM	Yoga with Diane Allerdyce & Brit Courtney
8:00-8:45 AM	Breakfast
9:00-10:30 AM	Workshop Series C
9:30-10:30 AM	Walk in Registration for Laura Hope-Gill ***
10:45-11:00 AM	Honorary Awards Presentation
11:00-11:45 AM	Keynote Poet – Laura Hope-Gill “To Live Every Moment as a Promise”
11:45 AM-12:30 PM	Laura Hope-Gill Book Signing & Book Sale
12:30-1:15 PM	Luncheon
1:30-2:15 PM	Interactive Workshop with Keynote Poet Laura Hope-Gill “The Opus”
2:30-3:15 PM	Certification & Awards Event – National Federation for Biblio/Poetry Therapy
3:30-5:00 PM	Workshop Series C
5:15-5:30 PM	Closing Remarks – President Alma Rolfs
5:30-6:15 PM	Celebratory Closing Event: Movement Circle – Christey Carwile
6:15-7:00 PM	Dinner
7:00-7:45 PM	Book Sale
8:00-9:30 PM	Silent Auction Winners Announced & Wine and Cheese Celebration

Sunday, April 26

8:00-8:45 AM	Breakfast
9:00-11:30 AM	Morning Triple Workshop – Susan de Wardt and Elaine Brooks Experience a Poetry Therapy Group (Third Session)
12:30-1:15 PM	Lunch

Wednesday, April 22, 2015

1:30-5:30 pm

Pre-Conference I

Day Trip to the Carl Sandburg House: Exploring Mountain Vistas to Replenish the Soul

Geri Chavis & Barbara Kreisberg

Along with a brief tour of the Carl Sandburg House, this Pre-Conference Experience will integrate sensory and contemplative nature-walking with writing activities. Participants will select features to focus upon and will be invited to capture, in written haiku, monologues and/or dialogues, the images sensed, the feelings evoked and the insights gained. We will be leaving from Blue Ridge Assembly via a chartered bus.

Thursday, April 23, 2015

9:00-4:00 pm

NAPT Board Meeting

9:30 am-12:00 noon

Pre-Conference II

Journals Quick and Easy

Kay Adams

Does your journal need a jump start? Take heart! In this lively, fun, and absorbing workshop you'll learn techniques, tools, and theories to add writing to your own personal/professional growth process, as well as to your groups. Bring your journal -- we'll be writing!

12:30-1:15 pm

Lunch

1:30-4:00pm

Pre-Conference III

Using Poetry Therapy to Navigate the Heights and Valleys of Aging

Perie Longo

While there are scores of books on how to age gracefully, this workshop offers a "Bucket List" of poems to explore the emotions we encounter in the transition between youth and retirement years. Through dialogue and writing our poems, we will air challenges, losses, joy, hope, and the possibility of renewed life waiting in the wings.

4:00-6:00 pm

"The Welcome", a film directed by Kim Shelton

Karen vanMeenen

This film shows a fiercely intimate view of life after war: the fear, anger and isolation of post-traumatic stress that affects vets and family members alike. A discussion to process the film will follow after the film's conclusion.

4:00-6:00 pm

Registration

6:00-6:45 pm

Dinner

7:00-7:30 pm

Registration

7:30-8:30 pm

Welcoming Event/Mix and Mingle: Writing the Path, Crossing the Bridge

Barbara Kreisberg, Jennifer Wolfe, Darlene Goetzman & Rob Merritt

During this evening event, enjoy meeting other attendees, creative poem making, and interactive activities to begin our creative journey together over the next few days.

8:45-9:30 pm

Poetry Alive

Carney Gray

Instead of asking what a poem means, Poetry Alive! asks "How would you stage a poem?" An energetic and inspirational opening event, using high-energy and interactive Performance Poetry

Friday, April 24, 2015

7:00-8:00 am **Morning Triple workshop: Experience a Poetry Therapy Group**
(First Session – participants will be divided into 2 small groups)
Susan L. de Wardt & Elaine Brooks
(4.5 peer hours)

For newcomer or dedicated trainee, this 3-part workshop is your opportunity to welcome each day of the conference with poetry therapy experiences. Take part in small group sessions you might facilitate if you were a poetry therapist, or attend if you should choose this healing modality for creative expression and well-being.

7:30-9:00 am **Registration**
8:00-8:45 am **Breakfast**
9:00-9:15 am **President’s Welcome & Overview**
Alma Rolfs
9:15-10:00 am **Keynote Speaker**
“Poetry, Miracles, and the Path to the Beloved Community”
Caryn Mirriam-Goldberg
10:00-10:30 am **Book Signing with Caryn Mirriam-Goldberg**
10:30-12 noon **Workshop Series A**

A1 ***Rejuvenating Your Journaling Practice***
Beth Jacobs

Some days it’s hard to get into our journals and sometimes they seem stuck in a rut. This workshop addresses issues that lead to weakening of journal processes and offers antidotes and jump-starts. We will talk about and experiment with ways to add depth, change and emotional productivity to journaling. (*Educational; 50% Experiential/50 % Didactic*)

A2 ***A History of Me in 10 Objects: Inviting Self-Exploration***
Gina Campbell

Ask people to represent their life stories with 10 objects, and each one will offer a defining moment, event, or period in their lives. We’ll examine an inspirational collection of poems that find meaning in ordinary objects, and we’ll facilitate one another in an activity to explore our own stories’ objects. (*Educational; 60% Experiential/40 % Didactic*)

A3 ***The Joys of YoPo: YogaPoetic Practice***
Diane Allerdyce, Rob Merritt, & Brit Courtney

This workshop celebrates and employs the commonalities of yoga and poetry in order to facilitate a greater integration among the elements that make up our “selves.” Potential benefits include flexibility of thought, awareness of the breath, appreciation for the expressive and evocative use of language, and ease of movement. (*Educational; 70% Experiential/ 30% Didactic*)

A4 ***Writing for Recovery***
Iris Wilkinson

This workshop is of interest to participants working with people in recovery. It is also of value for anyone interested in writing as a path for spiritual connection, personal growth, and healing. During the workshop, we will talk about writing for recovery and we will write. Participants in this workshop will experience a “Writing for Recovery” group. (*Educational & Clinical; 75% Experiential/25% Didactic*)

A5 ***Running with words: Creative writing that matters in an arts and athletics
community outreach program for at-risk youth***
Nick Mazza

The focus of this workshop is on a poetry and creative writing component of a two-week arts and athletics summer camp for disadvantaged middle-school-age (11-14) youth. An overview of the camp will be provided followed by a description, illustration, and demonstration of the creative writing methods. The methods and techniques used in the session were drawn from Mazza's (2003) R.E.S. poetry therapy model consisting of three major dimensions:

1. R_Receptive/prescriptive involving the introduction of poetic material into practice,
2. E_Expressive/creative involving written and oral expression, and
3. S_Symbolic/ceremonial involving the use of symbols, ceremonies, and rituals. *(Educational & Clinical; 75% Experiential/25% Didactic)*

A6 ***The Poetry of Clutter Clearing***
Carolyn Koehnline

Clutter accumulates easily, drains energy, and adds to stress. Periodically we need to weed out unhelpful objects, commitments, roles and beliefs. Poetry can bring spaciousness and clarity to our cluttered areas inside and out. We'll practice reading and writing poems, using metaphor to bring meaning and momentum to the clutter-clearing process.

12:30-1:15 pm

Lunch

1:30-2:00 pm

Open Membership Meeting

2:00-2:45 pm **National Federation for Biblio/Poetry Therapy Credentialing Workshop: "Your Life can be Poetry"**

Susan L. de Wardt & Harriet Kohen

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. Come away knowing what to expect and how to take your next step!

2:00-3:00 pm

Book Sale

3:00-4:30 pm

Workshop Series B

B1 ***Sustaining the Beloved Community In Our Work and Workshops***
Caryn Mirriam-Goldberg

By turning our gaze, words and deeds toward actively sustaining a strong sense of fellowship and belonging in our poetry therapy work and study, we can help create what Martin Luther King, Jr. referred to as the beloved community. In this workshop, we'll engage in practices that cultivate community-making and -keeping, and write and share our collective stories and vision of a beloved community. *(Educational, 50% Experiential/50% Didactic)*

B2 ***B2From Orphan to Healer: Exploring the Archetypal Arc***
Janet Gillett

This workshop will briefly explain the journey of the archetypal arc. A guide of archetypes will be presented and detail the lessons from each archetypal character. Participants will be able to experience the healing benefit of using archetypal stories to explore emotions. *(Clinical; 50% Experiential/50% Didactic)*

B3 *Meditation, Movement and Verse*
Alexa Mergen

Guided meditation and gentle movement prepare you to respond to poems and make some. Learn how releasing tension in the body and mind frees the imagination and opens the heart. Appropriate for all--writers, writing facilitators, therapists and the generally curious. Wear comfortable clothes. Bring a journal. (*Educational; 90% Experiential/10% Didactic*)

B4 *A Path Back in Time: Remembering Our Childhood Home*
Jennie Lindthorst

In this experiential and educational workshop, we will open up memories and write about places of our childhood. With inspirational poems and writing exercises, you will experience how the poetry therapy process can help us reflect on where we come from, and grow to a greater understanding of ourselves. (*Educational; 60% Experiential/40% Didactic*)

B5 *Embodied Story*
Katy Roy

How can poetry and storybooks help a person connect with their body and engage themselves in a dialogue with their unconscious and personal limitations? How can symbols lead one towards a positive physical and mental experience? During this practical workshop, participants will profit from Katy Roy's six months of intense work in the field of Bibliotherapy that she experienced at a rehabilitation hospital in Quebec City. (*Educational; 50% Experiential/50% Didactic*)

B6 *Growing natural metaphors into connection*
Andrew Weatherly

The natural world can be a source of many metaphors and deep connection. Through grounding into one's body in a natural environment, casting the mind loose, and feeling into the natural world through all of the senses, we can perceive metaphors present in nature. (*Educational; 75% Experiential/25% Didactic*)

4:30-6:00 pm	Mentor/Supervisor Round Table <i>Conducted by Nancy Scherlong</i>
4:45-5:30 pm	Yoga Stretch with Diane Allerdyce
4:45-5:30 pm	Book Sale
6:00-7:00 pm	Dinner
7:30-9:30 pm	Dedication to Jennifer Bosveld, Open Mic & Anthology Sign up <i>Hosted by Rob Meritt, Anthology sign-up with Beth Jacobs</i>

We welcome any poems, short stories, songs and any other spoken word entries of no more than 2 minutes total length to read at this open poetry reading. Here is your chance to share your own writing and creativity with our group!

Saturday, April 25, 2015

7:00-8:00 am	Morning Triple workshop: Experience a Poetry Therapy Group (Second Session – participants will be divided into 2 small groups) <i>Susan L. de Wardt & Elaine Brooks</i>
7:30-8:30 am	Registration
7:30-8:30 am	Book Sale
7:30-8:00 am	Yoga with Diane Allerdyce
8:00-8:45 am	Breakfast
9:00-10:30 am	Workshop Series C

C1 ***Strategic Planning: Your Path to Profitability for your Practice***
Susan L. de Wardt

Do you have difficulty telling people what you do? Are you unsure about pricing your services or how to manage your business practice? This informative workshop will help you develop a clear marketing message for your services and a strategic business plan to move your practice from just surviving to thriving. (Educational; 100% Didactic)

C2 ***Living and Leaving Your Legacy***
Merle R. Saferstein

In this presentation, Merle Saferstein will discuss the value of legacy work. By introducing hands-on and practical ideas, she will share ways to document one's memories, life lessons, and values. She will help participants understand that the way we live our lives is the way we leave our legacy. (Educational; 30% Experiential/70% Didactic)

C3 ***Research Resources and Strategies in Poetry Therapy***
Kathy Willis

In this workshop we will draw upon research resources and strategies in a variety of disciplines to illustrate the diversity of knowledge and information available to poetry therapists. We will also share tips and techniques for accessing the information poetry therapists need to support their work. (Educational; 100% Didactic)

C4 ***Hiking Through Words***
Laura Santner

Be prepared to hike and write! We will be choosing a trail on the property and experience writing in nature. We will be participating in team building exercises based on the "Raccoon Circle Activities" that will foster support, communication, and growth. (Educational; 100% Experiential)

C5 ***Wellness Metaphors: Language and Symbol for Transformation in Coaching and Psychotherapy***
Nancy Scherlong

Join us for an experiential workshop that is grounded in the concepts of wellness coaching and strengths based psychotherapy. We will use metaphors to define, re-define and transform our ideas of our own wellness and also have an opportunity to "enact" these resources through selected writing activities and action exercises from psychodrama. (Educational & Clinical; 70% Experiential/30% Didactic)

C6 ***Know Thyself: The Poetry Facilitator and Use of Self***
Wendi R. Kaplan

As a therapist/facilitator one's tool is oneself! As a carpenter knows hammer and saw, as a chef knows food and pan, so must we be willing to explore and understand our own particular, unique self! With greater self awareness we are better equipped to do this elegant work. (Clinical; 85% Experiential/15% Didactic)

9:30-10:30 am **Walk in Registration for Laura Hope Gill Keynote and Workshop ONLY**
10:45-11:00 am **Honorary Awards Presentation**
11:00 – 11:45 am **Keynote Poet**
 "To Live Every Moment as a Promise"
 Laura Hope-Gill
11:45-12:15 pm **Book Signing with Laura Hope-Gill & Book Sale**
12:30-1:15 pm **Lunch**
1:30-2:15 pm **Interactive Workshop with Keynote Poet**
 Laura Hope-Gill- "The Opus"
2:30-3:15 pm **Certification & Awards Ceremony – International Federation for**
 Biblio/Poetry Therapy *Linda Barnes*

3:30-5:00 pm

Workshop Series D

D1 ***Survivor Stories***
Cheryl Buchanon

Cheryl has been deeply inspired by the St. Francis House motto, “Homelessness is an experience, not an identity” because it recreates the idea of self-image, promoting growth beginning with a shift in language. Using her workshop experience as a model, she will share the process, exercises and prompts in a simulated workshop. The goal is to use poetry that creates connection, offers strength in adversity, and challenges static notions of identity by experimenting with alternative voice, personal and other traditional narrative and lyric devices. Participants will be asked to contemplate their own sense of stripped familiar titles, trappings and associations while simultaneously developing a deeper sense of compassion. Further, consistent with NAPT’s greater mission of bibliotherapy in marginalized communities, the aim is to generate discussion and reflection about the relationship between literature, social justice and the healing arts. (*Educational & Clinical; 60% Experiential/40% Didactic*)

D2 ***Follow the Metaphors***
Ted Bowman

In this experiential session, participants will explore the use of metaphors for their lives, writing, AND in interactions with others. Metaphors can contribute to clarity AND metaphors can be confusing. The emphasis in this session will on responses to metaphors used by participants. (*Educational; 70% Experiential/30% Didactic*)

D3 ***Unheard Voices***
Lisa Rossetti

Lisa Rossetti presents a case study of her biblio-poetry project commissioned by UK mental health Recovery services. This is followed by “The Story Café,” an interactive session exploring how storytelling, narrative poetry and metaphor encourage the journey towards Recovery, personal growth and healing. (*Education; 70% Experiential/30% Didactic*)

D4 ***Poetry as Monastic Path : Ordinary Enlightenment***
Mary Ellen Phillips

God is in the dishwasher! Poetry can transform the ordinary activities of daily life into a perpetual “rebirth of wonder.” Drawing from monastic disciplines, poetry embraces intentional repetition, contemplation, work and prayer as a path to emotional freedom and a practice of enlightenment. (*Educational; 50% Experiential/50% Didactic*)

D5 ***Song of the Soul***
Jennifer Wolfe

When did you stop singing, and when did you stop dancing? That’s what the shaman asks when you come to them for healing. If you’ve stopped singing – and many of us have – this workshop will help you find your voice again, like a bird that bursts into song after a long dark night. Join Jennifer Wolfe to give voice to your own personal Song of the Soul through identifying your own bird totem, writing journals and poetry, and creating lyrics from your poems. If you choose, sing your own personal soul song, accompanied by Jennifer on the ukulele. (*Educational; 90% Experiential/10% Didactic*)

D6 ***Word-Paths to Accompany the Bereaved***
Laura Lewis

This workshop will focus on poetry that speaks to the experience of grief and bereavement. Poetry is very useful not only as a starting or launching point for reflection and dialogue related to one’s own experiences of grief, but can also reveal current clinical and theoretical understandings of grief and bereavement processes. (*Educational & Clinical; 40% Experiential/60% Didactic*)

5:15-5:30 pm Closing Remarks

Alma Rolfs, President

5:30-6:15 pm

Celebratory Event: Movement Circle

Christey Carwile

6:15-7:00 pm

Dinner

7:00-7:45 pm

Book Sale – Anthologies Available

8:00-9:30 pm

Silent Auction Winners Announced with Wine & Dessert Celebration

Sunday, April 26, 2015

8:00-8:45 am

Breakfast

9:00-11:30 am

Morning Triple workshop: Experience a Poetry Therapy Group

(Third Session – participants will meet in two groups and then combine to meet as one group)

Susan L. de Wardt & Elaine Brooks

Speakers and Workshop Leaders

Kathleen (Kay) Adams, LPC, PTR-MM/S is the founder/director of the Center for Journal Therapy and its online professional training division, the Therapeutic Writing Institute. She is a pioneer in the field of therapeutic writing and has authored, co-authored or served as editor for 10 books. She is a past president of NAPT and a master mentor/supervisor.

Diane Allerdyce, Ph.D., CAPF, is the Co-Founder & CAO of Toussaint L'Ouverture High School for Arts & Social Justice in Delray Beach, Florida. She is also the Chair of Humanities & Culture in the Ph. D. program at Union Institute & University. Diane is a past-President of NAPT. She received the NAPT Distinguished Service Award (2007) and the NAPT Outstanding Achievement Award (2009).

Linda Barnes, CAPT/CPT, CJF, M/S-P* is the current President of the National Federation for Biblio-Poetry Therapy and is on the faculty for the Therapeutic Writing Institute. She is working on a book describing the use of journal writing through times of transition and is a certified journal facilitator (CJF) through the Center for Journal Therapy. She has taught numerous classes and workshops on poetry and journal writing since 1980 in Colorado, Oregon, and Arizona. Her personal diary extends to over 40,000 pages.

Ted Bowman is a grief and family educator who uses literary resources to aid in grief expression and resiliency promotion. He is an adjunct at both the University of Minnesota and University of Saint Thomas. A former NAPT board member, he works often with our sister organization – Lapidus – in the UK.

Elaine Brooks, CPT M/S is a licensed psychiatric nurse, certified poetry therapist and former chairman of the NFBPT Credentials Committee. Elaine has co-facilitated the Triple Workshop for three years, is an enduring member of the IFBPT board and an experienced poetry therapist.

Cheryl Buchanon is a former attorney and current MFA candidate and Writing Instructor at Emerson College. After having worked in social justice for over a decade, she is interested in promoting the power of literature and poetry in marginalized communities. In May she was the recipient of the Academy of American Poets Prize.

Gina Campbell's, M.Ed., CAPF, CCP newest book is *Panning for Your Client's Gold: 13 Lean Clean Language Processes for Helping and Healing Professionals*. She trains counselors, coaches and other healing professionals in the metaphor-based processes, Clean Language and Symbolic Modeling. Gina (M.Ed.,CAPF) is a past president of the National Federation for Biblio/Poetry Therapy.

Christey Carwile, Ph.D. is a Professor of Anthropology and Global Studies and Director of Africana Studies at Warren Wilson College, Black Mountain, N.C. She conducted ethnographic fieldwork in Southeastern Nigeria in 2000 and 2002 with a grant from the West African Research Association. She facilitates "meaningful movement" groups - a combination of Boal's image/movement theatre as well as creative dance, spontaneous poetry, and community building using movement exercises.

Geri Chavis, Ph.D., LP, CPT is a professor of literature, women studies and creative arts therapy at St. Catherine University in St. Paul, Minnesota, a licensed psychologist, a poetry therapy mentor-supervisor, current board member of NAPT and Chair of the Academic/Education Outreach Committee. Over the years, Geri has published widely in the area of biblio/poetry therapy and has facilitated workshops and supervision groups in the U.S., Ireland and the U.K. Her latest book is entitled *Poetry and Story Therapy: The Healing Power of Creative Expression* (Jessica Kingsley, 2011) and she co-edited and contributed a chapter to *The Healing Fountain: Poetry Therapy for Life's Journey*.

Brit Courtney, MSN, is a 200-hour Yoga Alliance Teacher, Kripalu certified. She has participated in workshops and intensives with master teachers in Kundalini Yoga, Recovery Yoga, Yoga for Aging, and ATMA Yoga. She has had her own practice since 1998. She is a retired nurse midwife and has worked as a farmworkers clinic nurse and a hospice nurse.

Susan L. de Wardt, CAPF/CJF M/S-P, is an experienced professional coach who blends writing process with critical analysis skills to help her clients create satisfying and successful businesses. A frequent presenter at national conferences and author of *The WRITE Way to Do Business*, she coaches other professionals who want to integrate writing process into their coaching practice. Susan is a certified instructor for the *Journal to the Self*® educational workshop; she has served as president of the International Federation for Biblio-Poetry Therapy and is currently chair of the IFBPT Credentials Committee. She is on faculty for the Therapeutic Writing Institute and a provisional Mentor/Supervisor approved by IFBPT to begin training candidates for CAPF credential.

Janet Gillett received her doctorate in Clinical Psychology with an emphasis on Healthy Psychology. She uses expressive arts as a way for individuals to experience and describe their medical and mental illnesses. She focuses on areas of identify formation, self-esteem, grief and loss, and creativity.

Laura Hope-Gill, MFA is the founding director of the Thomas Wolfe Center for Narrative, the first poet laureate of the Blue Ridge Parkway, and the founder of Asheville Wordfest Poetry Festival. An NC Arts Fellow, she holds an MFA in Poetry from Warren Wilson MFA Program for Writers. Her writings range from a creative nonfiction genre she terms "sacred texts" in which she weaves moments of her life with a variety of sacred texts; lyric poetry of *The Soul Tree* which she considers her own sacred text, narrative poems exploring travel and dislocation, and essays on progressive deafness which has been a part of her life for a little more than a decade. She also writes the occasional work of fiction. She lives in Asheville with her daughter.

Carney Gray is an Asheville based professional producer, director and actor, working in film, video, commercial, industrial, voiceover, print, hand modeling and the stage. He has extensive experience with both classical and contemporary drama. He has worked all over the country, and abroad. He has also taught *Introduction to Theatre* and *Fundamentals of Acting* at The Ohio State University.

Beth Jacobs, Ph.D. is a psychologist and lifelong journaler. She is the author of *Writing for Emotional Balance* and *Paper Sky: What Happened After Anne Frank's Diary Ended*. She is happy to serve as a column writer for the *Museletter* and as Secretary on the NAPT Board.

Wendi R. Kaplan, MSW, CPT-M/S, LCSW, a psychotherapist with over twenty-five years experience, specializes in relational and biblio/poetry therapies with a wholistic perspective. She has a private practice in Alexandria, Virginia and provides consultation to mental health providers, physicians and other healing professionals. She also teaches the theory and process of biblio/poetry therapy, journaling and word arts for the Institute of Poetry Therapy. As a meditator since 1974 Wendi incorporates meditative and mindful practices into all of her work.

Carolyn Koehnline, MA, LMHC, Certified Journal Therapist, has had a psychotherapy practice in Bellingham, WA for twenty years, combining psychological perspectives, creative tools, and practical strategies to address the clutter blocking wanted changes. Her books include *Confronting Your Clutter* and *The Bear's Gift*.

Barbara Kreisberg, MS, CPT is currently serving on the NAPT Board as Vice President and Conference Chair. In April 2014 she received the NAPT Outstanding Service Award. She is a contributing author of *The Healing Fountain*. She has worked for over 25 years in both Boston and Miami with a variety of inpatient, day treatment, substance abuse, geriatric and outpatient populations in the area of mental health using reflective writing and poetry therapy to promote personal growth and wellness. She has presented workshops at national NAPT conferences, local universities, hospitals, and at other community settings on the healing power of writing reflectively. She currently facilitates ongoing community writing groups in Miami, FL.

Laura Lewis, MSW, PhD is the Co-ordinator of the Master's of Social Work Program and Associate Professor at the School of Social Work, King's University College. She has conducted qualitative research in the area of grief and bereavement and communication at end-of-life. Prior to her academic appointment, she used poetry as a way to engage clients in her work as a Clinical Social Worker at a Family Counseling Agency. She holds beliefs in the power of poetry to assist in growth and transformational processes across the life cycle, but is particularly interested in poetry that informs us about experiences of loss, bereavement and grief.

Jennie Linthorst, MA, CAPF, founder of LifeSPEAKS Poetry Therapy, works privately with individuals and groups exploring their personal histories through reading and writing poetry. Jennie is the author of two books of poetry: *Silver Girl*, and *Autism Disrupted: A Mother's Journey of Hope*. More information is available at www.lifespeakspoeetrytherapy.com.

Perie Longo, PhD, LMFT, Registered Poetry Therapist and MM/S was NAPT's President (2005-07), and has presented workshops numerous times for their annual conferences. She received the Outstanding Achievement Award (1998) and the Distinguished Service Award (2004). Poet Laureate Emerita of Santa Barbara, she has authored four books of poetry, and facilitates poetry therapy groups for Hospice and Sanctuary Psychiatric Centers of Santa Barbara.

Nicholas Mazza, Ph. D. is the Dean and the Patricia V. Vance Professor of Social Work at Florida State University. He is the founding (1987) and current editor of the *Journal of Poetry Therapy* and author of *Poetry Therapy: Theory and Practice*. Dr. Mazza holds Florida licenses in clinical social work, marriage and family therapy, and psychology.

Alexa Mergen, RYT, MA is the author of three poetry chapbooks, most recently *Winter Garden* (Meridian, 2015). She teaches yoga and leads writing workshops throughout the United States in traditional and community settings with people of all ages and experience. In August, Alexa will be a contributing writer at the A Room of Her Own Foundation retreat. For a full list of publications and events, please visit yogastanza.org <<http://yogastanza.org/>> .

Rob Merritt , Ph. D. is Professor of English at Bluefield College in Virginia and Dean of the College of Arts and Letters. Poet and essayist, his most recent book of poems is *The Language of Longing*. He is interested in intersections of Eastern and Western poetics. He works to apply techniques of poetry therapy in the college classroom and is a former Vice-President for Conferences for NAPT.

Caryn Mirriam-Goldberg, Ph.D. is the 2009-13 Kansas Poet Laureate, author of 19 books (including poetry, a bioregional memoir, novel, and Holocaust book), and coordinator of Transformative Language Arts at Goddard College. Her most recent books are *Chasing Weather*, a collaboration of Caryn's poetry and Stephen Locke's storm chasing photography (Ice Cube Press); and *Poem on the Range*, a memoir about her poet laureate years (Coal City Press). A beloved writing workshop facilitator, she is certified in poetry therapy, yoga and Curvy Yoga, group facilitation, and grassroots organizing. www.CarynMirriamGoldberg.com

Mary Phillips, B.A. teaches Mindfulness and the Poetry of Transformation. She has a community based poetry teaching practice based in Asheville, NC and works under grants from the NC Center for Health and Wellness to teach Mindfulness and Poetry at the VA hospital and in public schools.

Alma Maria Rolfs, LICSW, PTR is a clinical social worker, registered poetry therapist, poet, teacher, and NAPT mentor/supervisor. She uses literature and creative writing to foster emotional and psychological healing/growth, and to support clients through difficult life transitions. Currently Alma maintains a private psychotherapy practice and is the current President of NAPT.

Lisa Rossetti is a UK coach, writer and story practitioner working primarily in mental health settings. She has researched the Wellbeing impacts of creative writing in mental health. Her conference presentations include: INTAR; Huddersfield Bibliotherapy International Conference. Lisa has a Masters Degree in Applied Storytelling for Health and Social Care.

Katy Roy holds a masters degree in Literature and has studied Mental Imagery and a symbolic psychological approach in a private center in Quebec. Five years ago, she created « La Bibliothèque Apothicaire » (recipient of the 2013 Entrepreneurship Award in Quebec City), in order to offer Bibliotherapy services in different settings : schools, libraries, prisons, hospitals and businesses. She is currently working towards her Trager certification, a psychosomatic approach to body consciousness and rehabilitation.

Merle Saferstein is the director of educational outreach at a Holocaust Center, and has helped hundreds of Holocaust survivors pass along their legacies. She facilitates courses in legacy work. Merle is an extensive journal writer and the author of *Room 732*. Her article on legacy was published in the Huffington Post.

Laura Santner is a Licensed Clinical Social worker, graduated from New York University in 2006. She also is a Registered Poetry Therapist and studied under the direction of Dr. Sherry Reiter. Laura Santner has one published article in the Journal of Social Psychology. Laura Santner has been an outpatient clinical therapist for 8 years and has presented on poetry therapy at her work place to staff and psychology externs in addition to past Poetry Therapy conferences and retreats. She is on the board of the National Association of Poetry therapy.

Nancy S. Scherlong, LCSW, PTR, M/S, is a licensed clinical social worker, registered poetry therapist and mentor supervisor. She is also a holistic psychotherapist specializing in the treatment of trauma and addictions and preventative interventions like lifestyle and wellness coaching. She has training from the Mentor Coach Foundation and the Institute for Integrative Nutrition. She teaches in BSW and MSW programs as an adjunct social work professor and has multi-modal private practices in NY and CT states. She offers courses and training, both distance and in person. See www.wellnessmetaphors.com for more.

Karen ("ren") vanMeenen is a Lecturer in the English Department & the University Writing Program at Rochester Institute of Technology. She has served as Editor of *Afterimage*, the international journal of media arts and cultural criticism, for more than twenty years and has edited and/or copyedited several anthologies and books of poetry, as well as written for several journals and gallery catalogs. She is the longtime Editor of NAPT's *The Museletter* and has served on the NAPT Executive Board for twelve years.

Andrew Weatherly, M. Ed., grew up primarily in Southern Appalachia, though, he attended high school in Trinidad and Peru. He has sought to speak for the trees and the natural world in his poetry and actions. He regularly pilgrimages to sacred sites to help bring the human world back into alignment with the natural one.

Iris Wilkinson is a Licensed Clinical Addiction Counselor and is completing certification as a Poetry/Journal Therapist under the mentorship of Kay Adams and Linda Barnes. After 30+ years, she still enjoys teaching Human Services at Washburn University. She is leading expressive writing groups at the county jail, an addiction treatment center and the prison.

Kathy Willis is a reference librarian with over a decade of experience researching topics in the social sciences. She is also a writer and Amherst Writers and Artists (AWA) Affiliate, certified to lead creative writing workshops using the AWA method. She lives, researches, and teaches workshops in Cary, NC.

Jennifer Wolfe is a writer, trainer, and business owner who's been facilitating change for corporate clients for the past 20 years. She's also been journaling since she was 10 years old. As a licensed owner of the *Women Writing for A Change* center in Jacksonville, FL, and a certified instructor for *The Center for Journal Therapy*, she hopes to bring her own change and growth experiences to others who want to use writing as a tool for their own personal growth, creative expression, and self-directed change.

