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# The National Association for Poetry Therapy

## **Converging in the Heartland: Poetic Expression for Healing Mind, Body, and Soul**

ETERNAL GREEN

Here I am  
In this mythical land  
By the “American Gothic” house

Here I am  
In the midst of the eternal green prairies  
In the midst of yellow, green, black  
Turquoise sky  
White silk adorns it

Trees of vibrant yellow leaves  
Make music  
Crystal bells of wind  
Green eternity  
Eternal green, eternal

I want to grab ahold of you forever  
Tie you to my hands  
Living prairies  
Continue with this green  
Undulating velvety hills

*Conjuro* (2012)

©Xánath Caraza



~ Poems

**36<sup>th</sup> Annual NAPT Conference**  
April 14-17, 2016  
Unity Village, MO  
Unity Village Hotel and Conference Center



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.

Please visit us on Facebook or [www.poetrytherapy.org](http://www.poetrytherapy.org) to contact the NAPT Board and for more information about NAPT.

Barbara Kreisberg, MS, CPT  
Vice President & Conference Chair

**CONFERENCE AT A GLANCE**  
**& WORKSHOP LOCATIONS**

**Wednesday, April 13**

- 9:45-10:00 AM Registration for Pre-Conference I (*Hotel Conference Center Lobby*)  
 10:00 AM-5:00 PM Pre Conference I – Caryn Mirriam-Goldberg and Denise Low  
 (*Meet in Hotel Conference Center Lobby*)  
**Day Trip to Langston Hughes’ Childhood Community: The Vibrant Poetry Scene in Lawrence, Kansas**  
 6:00-7:00 pm Dinner (*Unity Village Banquet & Dining Facility*)  
 7:00-7:30 PM Registration for Pre-Conference II & III (*Hotel Conference Center Lobby*)

**Thursday, April 14**

- 8:00 -9:00 AM Breakfast (*Unity Village Banquet & Dining Facility*)  
 9:00 AM-4:00 PM NAPT Board Meeting (*Unity Institute 1<sup>st</sup> Conference Room*)  
 9:30-12:00 Noon Pre Conference II – Diane Allerdyce & Rob Merritt (*Fillmore Hall*)  
**“Yoga in Poetics: A Body, Heart, & Mind Experience”**  
 12:00 Noon- 1:00 PM Lunch (*Unity Village Banquet & Dining Facility*)  
 1:00-3:30 PM Pre Conference III – Nancy S. Scherlong (*Unity Institute Classroom 202*)  
**“Wellness Metaphors: Building Resilience and Managing Stress Through Writing and Action**  
 3:45-5:15 PM Registration Set up (*Hotel & Conference Center Lobby*)  
 3:45-5:45 PM Book Sale Set up (*Hotel Conference Center*)  
 5:30-6:00 PM Registration (*Hotel Conference Center Lobby*)  
 6:00-7:00 PM Dinner (*Unity Village Banquet & Dining Facility*) or Dinner on your own  
 7:00-7:30 PM Registration (*Hotel Conference Center Lobby*)  
 7:30-8:30 PM **Welcome** – Barbara Kreisberg (*Hotel & Conference Center*)  
**Mix and Mingle: Creative Word Play and Poetic Juxtapositions**  
 Geri Chavis (*Hotel & Conference Center*)  
 8:45-9:45 PM **Opening Event: In Pursuit of Wonder: The Healing Nature of Poetry, Story and the World**  
 Laura Packer (*Hotel & Conference Center*)

**Friday, April 15**

- 7:00-8:00 AM **Morning Triple Workshop: Experience a Poetry Therapy Group-** (First Session 2 groups)  
 Nancy Scherlong & Elaine Brooks (*Unity Institute Classroom 201 & 202*)  
 7:45-8:45 AM Registration (*Hotel & Conference Center Lobby*)  
 8:00-8:45AM Breakfast (*Unity Village Banquet & Dining Facility*)  
 8:45-9:00 AM Welcome & Overview – Alma Rolfs, President (*Hotel & Conference Center*)  
 9:00 -10:00 AM Keynote Speaker, Diane Kaufman, MD (*Hotel & Conference Center*)  
**“Trauma and the Work of Art”**  
 10:00-10:20 AM Book Signing with Diane Kaufman, MD (*Hotel & Conference Center*)  
 10:30-12:00 Noon Workshop Series A  
 12:00-1:00 PM Luncheon (*Unity Village Banquet & Dining Facility*)  
 1:00-1:30 PM Open Membership Meeting (*Hotel & Conference Center*)  
 1:30-2:00 PM Book Sale & Silent Auction Sign Up (*Hotel & Conference Center*)  
 2:00-2:45 PM **NFPBF Credentialing Information Workshop: Your Life Could Be Poetry**  
 Linda Barnes & Harriet Kohen (*Unity Village 2<sup>nd</sup> Floor Facility Area*)  
 3:00-4:30 PM Workshop Series B  
 4:30-6:00 PM Mentor/Supervisor Round Table Discussion (*Unity Village 1<sup>st</sup> Conference Room*)  
 4:45-5:30 PM Afternoon Yoga Stretch – Diane Allerdyce (*Fillmore Hall*)  
 5:00-6:00 PM Book Sale & Silent Auction Sign-up (*Hotel & Conference Center*)  
 6:00-7:00 PM Dinner (*Unity Village Banquet & Dining Facility*) or Dinner on your own  
 7:30-9:30 PM Open Mic Poetry Reading, & Anthology Sign-Up (*Hotel & Conference Center*)  
 Hosted by Rob Merritt and Sign –up for Poetry Anthology - Beth Jacobs

**Saturday, April 16**

|                    |  |
|--------------------|--|
| 7:00-8:00 AM       | <b>Morning Triple Workshop: Experience a Poetry Therapy Group</b><br>(Second Session – 2 Groups)<br>Nancy Scherlong & Elaine Brooks ( <i>Unity Institute Classroom 201 &amp; 202</i> ) |
| 7:30-8:30 AM       | Registration ( <i>Hotel Conference Center Lobby</i> )  |
| 7:30-8:30 AM       | Book Sale ( <i>Hotel &amp; Conference Center</i> )   |
| 7:30-8:00 AM       | Yoga with Diane Allerdyce ( <i>Fillmore Hall</i> )   |
| 8:00-9:00 AM       | Breakfast ( <i>Unity Village Banquet &amp; Dining Facility</i> )   |
| 9:00-10:30 AM      | Workshop Series C  |
| 10:45-11:00 AM     | Honorary Awards Presentation ( <i>Hotel Conference Center</i> )  |
| 11:00-11:45        | Keynote Poet – Xanath Caraza ( <i>Hotel Conference Center</i> )<br><b>“Poetry Carved on the Skin: Poesia grabada en la piel”</b>   |
| 11:45 AM -12:15 PM | Book Signing with Xanath Caraza & Book Sale ( <i>Hotel &amp; Conference Center</i> )   |
| 12:15-1:15 PM      | Luncheon ( <i>Unity Village Banquet &amp; Dining Facility</i> )  |
| 1:30-2:15 PM       | Certification & Awards Event – International Federation for Biblio/Poetry Therapy<br>( <i>Hotel &amp; Conference Center</i> )  |
| 2:15-2:45 PM       | <b>Silent Auction Winners Announced &amp; Items Distributed</b> ( <i>Hotel &amp; Conference Center</i> )   |
| 3:00-4:30 PM       | Workshop Series D  |
| 4:30-5:00 PM       | Book Sale – Final ( <i>Hotel &amp; Conference Center</i> )   |
| 5:00-5:15 PM       | Closing Remarks – President Alma Rolfs ( <i>Hotel &amp; Conference Center</i> )  |
| 5:15-6:00 PM       | <b>Celebratory Closing Event</b> with Maura Garcia ( <i>Hotel &amp; Conference Center</i> )  |
| 6:00 -7:00 PM      | Dinner ( <i>Unity Village Banquet &amp; Dining Facility</i> ) or Dinner on Your Own  |

**Sunday, April 17**

|               |   |
|---------------|---|
| 8:00-9:00 AM  | Breakfast ( <i>Unity Village Banquet &amp; Dining Facility</i> )  |
| 9:00-11:30 AM | <b>Morning Triple Workshop: Experience a Poetry Therapy Group (Third Session)</b><br>Nancy Scherlong & Elaine Brooks ( <i>Unity Institute Classroom 201 &amp; 202</i> ) |
| 12:00-1:00 PM | Lunch ( <i>Unity Village Banquet &amp; Dining Facility</i> )  |

**\*\*\*\* Note major room locations are noted in the Conference at a Glance Section above. For specific workshop locations, see detailed program below.**

**Wednesday, April 13, 2016**

**9:45-10:00 am** Registration for Pre-Conference I  
**10:00 am-5:00 pm** **Pre-Conference I; Day Trip to Langston Hughes' Childhood Community:  
*The Vibrant Poetry Scene in Lawrence, Kansas*  
*Caryn Mirriam-Goldberg & Denise Low***

Explore Langston Hughes' childhood home and the vibrant poetry scene in Lawrence, Kansas with two former Kansas poet laureates. Lawrence is one of the poetry hubs in our country, and as many of the locals tell you, you can't shake a tree without a poet falling out. After a brief drive from Unity Village (1 hour), we'll tour some of the pivotal places that shaped Langston Hughes' poetry and life, guided by Denise Low, co-author of *Langston Hughes in Lawrence*. We'll then refresh ourselves at La Parrilla, Latin American food in the heartland featuring cuisine from Mexico, Central and South America. During lunch Denise will share more of Hughes' work and history with us, and we'll write in response to prompts from heartland poets. We'll then explore downtown Lawrence's vibrant galleries, book shops, and local artisans on Massachusetts Street, one of the most beautiful main streets in America. Finally, we'll visit the Nest, an rooftop terrace (with ample seating) on top of the Oread Hotel, where we'll write about freedom and diversity while taking in 360 degree views of the area. We will be leaving from the Hotel & Conference Center Lobby via a chartered bus.

**6:00-7:00 pm** **Dinner**  
**7:00-7:30 pm** Registration for Pre-Conference II & III

**Thursday, April 14, 2016**

**8:00-9:00 am** Breakfast  
**9:00 am-4:00 pm** **NAPT Board Meeting**  
**9:30 am-12:00 noon** **Pre-Conference II**  
***Yoga in Poetics: A Body, Heart, and Mind Experience***  
***Diane Allerdyce, & Rob Merritt (Fillmore Hall)***

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! (70% Didactic/30% Experiential)

**12:00 noon-1:00pm** **Lunch**  
**1:00-3:30 pm** **Pre-Conference III**  
***Wellness Metaphors: Building Resilience and Managing Stress Through Writing and Action***  
***Nancy Scherlong (Unity Institute Classroom 212)***

This is an experiential and didactic workshop based on the framework of health and wellness coaching, mindfulness and the tenets of positive psychology. Participants will have an opportunity to explore through poetry, metaphor, art and journal work and the action methods of psychodrama, their state of well being, levels of happiness or life satisfaction.

**3:45-5:15 pm** **Registration Set Up**  
**3:45-5:45 pm** **Book Sale Set Up**  
**5:30-6:00 pm** **Registration**  
**6:00-7:00 pm** **Dinner**  
**7:00-7:30 pm** **Registration**  
**7:30-8:30 pm** **Welcome**  
***Barbara Kreisberg, Conference Chair (Hotel & Conference Center)***  
**Mix and Mingle: Creative Word Play and Poetic Juxtapositions**  
***Geri Chavis, Past NAPT Keynote Speaker, Mentor Supervisor (Hotel & Conference Center)***

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.

**8:45-9:45 pm** **Opening Event: In Pursuit of Wonder: The Healing Nature of Poetry, Story and the World**  
***Laura Packer (Hotel & Conference Center)***

Poetry and storytelling both open us to wonder and help us increase our capacity for healing and joy. This highly experiential talk will explore the neurology of narrative, give you a chance to tell your story and listen deeply and help everyone connect with their authentic voice.

**Friday, April 15, 2016**

**7:00-8:00 am**                      **Morning Triple workshop: Experience a Poetry Therapy Group**  
 (First Session – participants will be divided into 2 small groups)  
*Nancy Scherlong & Elaine Brooks (Unity Institute Classroom 201 & 202)*  
**(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 to experience this healing modality for creative expression and well-being.

**7:45-8:45 am**                      **Registration**  
**8:00-8:45 am**                      **Breakfast**  
**8:45-9:00 am**                      **President's Welcome & Overview**

*Alma Rolfs*

**9:00-10:00 am**                      **Keynote Speaker**  
**"Trauma and the Work of Art"**  
*Diane Kaufman, MD*

**10:00-10:20 am**                      **Book Signing with Diane Kaufman, MD**

**10:30-12 noon**                      **Workshop Series A**

*A1*

***The RES Poetry Therapy Model: Current Research & Practice Applications***

*Nick Mazza*                      (*Unity Institute Classroom 201*)

Mazza's integrative multidimensional R.E.S. poetry therapy model will be examined across therapeutic modalities (individual, couple/family, and group) and practice settings (clinical, educational, and community). 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. *(50% Experiential/50% Didactic)*

*A2*                      ***Your Poetry Autograph***  
*Shaun Perkins* (*Unity Institute Classroom 202*)

The autograph book, a German tradition dating from the 16<sup>th</sup> century, is one of the rare places where people of all backgrounds shared poetry. In this workshop learn about the *Album Amicorum* (book of friends) and begin your own autograph book, which the workshop leader will provide. *(70% Experiential/30% Didactic)*

*A3*                      ***To Reveal or Conceal, That is the Question***  
*Therése Halscheid*                      (*Unity Institute Classroom 204*)

This workshop offers safe ways to write about unusual or challenging experiences. At its core is the premise: *the writer decides what to reveal and conceal*. We will sample well-known poems that range from bold disclosures to disguised confessions. We will practice how to release inner feelings to paper. *(85% Experiential/15% Didactic)*

*A4*                      ***Short Term Individual Poetry Therapy***  
*Alison Johnson*                      (*Fillmore Hall*)

Poetry opens the way for meaningful discussions about emotional topics. It shows people that they are not alone in their experience, and paves the way for cooperation with medical treatment. This session will review: research related to short-term therapy, case studies of short term poetry therapy among hospitalized patients, and strategies to work with patients who do not adhere to medical recommendations. Effective poems for working with people in short term situations will be presented and reviewed with discussion and suggestions for use. *(30% Experiential/70% Didactic)*

**A5**                    ***Redefining Silence: From Absence to \_\_\_\_\_***  
***Rebecca Macijeski, Sarah Fawn Montgomery, and Erin M. Bertram***    (*Unity Institute 2nd Floor Facility Area*)

Through mindfulness exercises, guided readings, writing exercises, and tactile experience, we will move together from a definition of silence as something that coerces and wounds toward one that honors stillness as an invitation to a therapeutic path to knowledge. While sometimes it takes strength to speak, it also takes strength to choose silence, to listen to its echoes. (*80% Experiential/20% Didactic*)

**A6**                    ***From Breakdown to Breakthrough: Writing to Heal the Wounded Self (Fillmore Chapel)***  
***Marianela Medrano, Ralph Nazareth, & Esther Cohen***    (*Fillmore Chapel*)

This joint presentation deals with writing as a tool for transformation and healing. We will discuss our work with prisoners and other marginalized people and how we guide them toward greater self-awareness through writing. Participants will receive a collection of poems effective in working with at-risk individuals. (*60% Experiential/40% Didactic*)

**12:00-1:00 pm**

**Lunch**

**1:00-1:30 pm**

**Open Membership Meeting**

**1:30-2:00 pm**

**Book Sale & Silent Auction Sign Up**

**2:00-2:45 pm**

**National Federation for Biblio/Poetry Therapy Credentialing Workshop:**

**“Your Life Can Be Poetry”**

***Linda Barnes & 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; IFBPT 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!

**3:00-4:30 pm**

**Workshop Series B**

**B1**                    ***Blessings Abound: Exploring the Poetics of Blessings***  
***Connie Banta***    (*Unity Institute Classroom 201*)

The act of bestowing or declaring a blessing offers a rich opportunity for profound poetic expression that deepens one’s experience of both communal and spiritual connection. We will explore the meaning, function, and poetics of blessings, write some of our own, and discuss ways to use this with clients. (*Educational, 50% Experiential/50% Didactic*)

**B2**                    ***Poetry Therapy as a Path to Mindfulness***  
***Wendi Kaplan***    (*Unity Institute Classroom 202*)

The container of consciousness holds many perspectives and possibilities for being mindful. To be mindful we invite ourselves to be present in the moment. There are many portals that awaken us to this present moment. Through poetry and writing we can pause and listen deeply to our bodies, hearts and minds and hold the awareness of this being here. (*90 % Experiential/ 10 %Didactic*)

**B3**                    ***Dance of the Soul***  
***Jennifer Wolfe***    (*Unity Institute Classroom 204*)

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 stopped DANCING somewhere along the way (and many of us have), this workshop will help you find your “groove” again, as light on your feet as a dancing elephant. Yes, that’s right. In this workshop, you’ll be given the chance to find your dancing legs through the powerful tools of writing, singing, drumming, storytelling—and yes, elephant appreciation. Join Jennifer Wolfe to give form to your own personal DANCE of the SOUL, to the beat of your own drummer and the plunky tune of a ukulele. (*90% Experiential/10% Didactic*)

**B4**                    ***Writing the Labyrinth***  
***Karen vanMeenen (Fillmore Hall)***

Walking the labyrinth activates both the logical, problem-solving left brain and the more intuitive, visual right brain. As a leading labyrinth researcher, writes, "A walker leaving the labyrinth is not the same person who entered it, but has been born again into a new phase or level of existence." Join us for a brief introduction to the labyrinth and a walk on an outdoor labyrinth. After the walk we will respond to writing prompts about this potentially life-changing experience and share our experiences with the group. (50 %Experiential/50% Didactic)

**B5**                    ***Experience the Healing Power of Animals***  
***Linda Barnes (Unity Institute 2<sup>nd</sup> Floor Facility Area)***

This workshop will explore the power of using animal symbolism to encourage creativity and strengthen emotional and psychological health. Using poetry and journaling exercises, participants will practice methods for evoking "animal wisdom" into their daily lives. Handouts will provide material for conducting your own future workshops.

**B6**                    ***Poetry Therapy in the Non-profit Sector***  
***Steffani Fletcher (Fillmore Chapel)***

Poetry therapy is a natural fit for the nonprofit sector. Within an established 501 (C)3 nonprofit organization, you are eligible for local, state, federal and corporate grants. Acquiring nonprofit status is lengthy, but uncomplicated. With a strong grant proposal, you are able to increase your bottom line...without charging the client! (100 % Didactic)

|                       |   |
|-----------------------|---|
| <b>4:30-6:00 pm</b>   | <b>Mentor/Supervisor Round Table</b><br><i>Conducted by Nancy Scherlong</i> |
| <b>4:45-5:30 pm</b>   | <b>Yoga Stretch with Diane Allerdyce &amp; Brit Courtney</b>                |
| <b>5:00 – 6:00 pm</b> | <b>Book Sale &amp; Silent Auction Sign Up</b>                               |
| <b>6:00-7:00 pm</b>   | <b>Dinner</b>   |
| <b>7:00-7:30 pm</b>   | <b>Book Sale &amp; Anthology Sign Up (Beth Jacobs)</b>                      |
| <b>7:30-9:30 pm</b>   | <b>Open Mic &amp; Anthology Sign up</b><br><i>Hosted by Rob Meritt,</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 16, 2016**

|                      |   |
|----------------------|---|
| <b>7:00-8:00 am</b>  | <b>Morning Triple workshop: Experience a Poetry Therapy Group</b><br><b>(Second Session – participants will be divided into 2 small groups)</b><br><i>Nancy Scherlong &amp; Elaine Brooks</i> |
| <b>7:30-8:30 am</b>  | <b>Registration</b>   |
| <b>7:30-8:30 am</b>  | <b>Book Sale</b>  |
| <b>7:30-8:00 am</b>  | <b>Yoga with Diane Allerdyce</b>  |
| <b>8:00-9:00 am</b>  | <b>Breakfast</b>  |
| <b>9:00-10:30 am</b> | <b>Workshop Series C</b>  |

**C1**                    ***Write to Heal: Poetic Expression for Healthcare Professionals***  
***Anna Caroline Harris & Naomi Williams (Unity Institute Classroom 201)***

Established in 2013, Write to Heal is a program in the Georgia Regents Health System designed to help caregivers, patients, family members, and healthcare providers express emotions associated with their hospital experiences. For this workshop, we will specifically explore the role poetry plays in enhancing patient- and family-centered care. (60 % Experiential/40 % Didactic)



**C2**                    ***The Animal in You***  
***Laura Santner*** (Unity Institute Classroom 202)

Quiet as a mouse. Blind as a bat. Sly like a fox. Busy as a bee. There is no end to the simile-making possibilities of animals. Animals have unique characteristics that reflect pieces of our own personalities and identity. It can often be difficult to self-reflect and analyze our thoughts, feelings, and behaviors. However animals offer poets a mirror through which to explore themselves, a symbol used to understand what it means to be human. Together we will learn cultural and symbolic implementations of animals and delve into our animal selves. (75% *Experiential*/25% *Didactic*)

**C3**                    ***The Use of Poetry to Facilitate Cultural Empathy & Multicultural Healing***  
***Louis Hoffman, Nathaniel Granger, Jr., Michael Moats*** (Unity Institute Classroom 204)

The United States is experiencing a profound period of multicultural conflict and trauma. In this presentation, we demonstrate how poetry can be an essential part of the healing process at the individual and social level. In particular, we address poetry's relevance to the topics of cultural empathy and social justice. (25% *Experiential*/100% *Didactic*)

**C4**                    ***Mindful Poets***  
***Stephanie Durham & Connie Worthy*** (Fillmore Hall)

Mindful Poets incorporates yoga, meditation, and poetry in order to create a mindfulness approach when working with underserved populations. This 90 minute session will take you through the experience of tapping into your inner- self using movement and meditation in order to guide you into creating poetry. (90 % *Experiential*/10 % *Didactic*)

**C5**                    ***Healing Vessel: Navigating Illness Using Word Play and Poetry***  
***Donna M. Codeghini*** (Unity Institute 2<sup>nd</sup> Floor Facility Area)

This workshop is designed to offer anyone living with a cancer diagnosis or catastrophic illness a pragmatic intervention strategy to build wellness through expressive art. Participants will write from collage, processing images to create a poem (narrative, free verse, haiku, or rhyming) based on descriptive language surfacing from writing prompts. (70 % *Experiential*/30 % *Didactic*)

**C6**                    ***Promoting Literal Authorship: Books Arising from Expressive Writing Groups***  
***Beth Jacobs, Cheryl Buchanan, India Radfar*** (Fillmore Chapel)

Three group leaders, with diverse populations from different geographic areas, will discuss our experiences with expressive writing groups that produced real books. We will share video and written material, a brief writing exercise, practical hints and therapeutic inspiration from this empowering extension of the therapeutic modalities we customarily use. (35% *Experiential*/65% *Didactic*)

**10:45-11:00 am**                    **Honorary Awards Presentation**

**11:00-11:45 am**                    **Keynote Poet**  
***"Poetry Carved on the Skin: Poesia grabada en la piel"***  
***Xanath Caraza***

**11:45-12:10 pm**                    **Book Signing with Xanath Caraza & Book Sale**

**12:15-1:15 pm**                    **Lunch**

**1:30-2:15 pm**                    **International Federation for Biblio/Poetry Therapy Credentialing and Awards Ceremony** *Linda Barnes & Harriet Kohen*

All are invited to attend this ceremony of recognition and presentation of Credentials to CPTs or CAPFs who have successfully completed their training, and Endorsements of those who have completed Certification as Journal Facilitators or Therapists through the Center for Journal Therapy. Meet current mentor/supervisors and current trainees and congratulate your peers.

**2:15-2:45 pm**                    **Silent Auction Winners Announced & Items Distributed**

**3:00-4:30 pm**                    **Workshop Series D**

**D1**                    ***"Re-Mythologize Your Life"***  
***Rob Merritt*** (Unity Institute Classroom 201)

Looking at "mythic" poems by Rumi, Lawrence, Gluck, Eliot, Frost and others, we will write poems that apply Joseph Campbell's elements of the hero's journey—supernatural, thresholds, guides, abyss, treasure, transformation, and return—to our lives. Questing for the grail of transformation through language, we will consider how to arrange these poems into our individual myth(s). (75%*Experiential*/25%*Didactic*)

**D2** *Living and Leaving Your Legacy<sup>SM</sup>*  
**Merle R. Saferstein** (Unity Institute Classroom 202)  
 Merle R. Saferstein will offer an introspective look into living a life that matters. Participants will understand the importance of sharing life lessons as well as values, hopes and dreams. Through a variety of exercises, Merle will introduce many ways to think about one's legacy and to help others do the same..(50% Experiential/50% Didactic)

**D3** *Words Without Walls: Creative Writing in Jails, Prisons and Rehabilitation Facilities*  
**Sheryl St. Germain, Dakota Garilli, & Jessica Server** (Unity Institute Classroom 204)  
 Panelists, all of whom teach in the Words Without Walls Program, will facilitate a workshop using poetry readings and prompts that they have found useful in jails, prisons and rehab facilities. Participants will learn strategies for teaching creative writing (for healing) in these venues Participants will be given a workbook of prompts. (50 %Experiential/30% Didactic)

**D4** *Poetry in the service of healing cultural trauma*  
**Carol Barrett** (Unity Village 1<sup>st</sup> Floor Conference Area)  
 This workshop will extend participants' understanding of poetry in addressing cultural trauma, including both natural disasters and those of human agency. Alternate theories of how poetry may help heal our woundedness will be outlined. Poems representing a variety of cultural traumas will be offered, with new poems generated by participants.  
 (50% Experiential/50% Didactic)

**D5** *Utilizing card decks to enhance your journaling/meditation practice*  
**Janet Gillett** (Unity Institute 2<sup>nd</sup> Floor Facility Area)  
 Uniting card decks with writing gives individuals a powerful learning tool to connect with their intuition. This workshop will outline the techniques for using card decks in writing groups and for personal use. Each card deck has a particular personality. Which one will speak to you? (75% Experiential/25% Didactic)

**D6** *The art of making choices in the moment*  
**Irania M Patterson** (Fillmore Chapel)  
 Effective improvisation only comes with experience, only comes when the facilitator has the knowledge to push the right bottom. What to do to avoid disruption, distraction, disbelief, excessive talking, or lack of participation in working with diverse populations. Find the balance between your original goal and where the class wants to take you. We will explore, and apply effective strategies to redirect the energy and group flow when the unexpected happens while remaining loyal to the desired group outcomes (50 %Experiential/50% Didactic)

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|-----------------------|--|
| <b>4:30-5:00 pm</b>   | <b>Book Sale - Final</b>   |
| <b>5:00-5:15 pm</b>   | <b>Closing Remarks</b><br><i>Alma Rolfs, President</i>   |
| <b>5:15-6:00 pm</b>   | <b>Celebratory and Closing Event – Unity Dance</b><br><i>Maura Garcia</i>  |
|                       | “Unity Dance” – An experiential movement-based event led by dance artist Maura Garcia. This rhythmic and body-centering experience serves as a celebratory culmination of conference events. |
| <b>6:00 – 7:00 pm</b> | <b>Dinner at Unity Village OR Dinner on your own</b>   |

**Sunday, April 17, 2016**

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|----------------------------|---|
| <b>8:00-9:00 am</b>        | <b>Breakfast</b>  |
| <b>9:00-11:30 am</b>       | <b>Morning Triple workshop: Experience a Poetry Therapy Group</b><br>(Third Session – participants will meet in two groups and then combine to meet as one group)<br><i>Nancy Scherlong &amp; Elaine Brooks</i> |
| <b>12:00 noon -1:00 pm</b> | <b>Lunch</b>  |

### Speakers and Workshop Leaders

**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).

**Connie Banta, MFA, LPC** is a therapist in West Virginia's largest mental health facility, the Chestnut Ridge Center of WVU Medicine. Connie has facilitated an ongoing 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.

**Linda Barnes** is a Certified Journal Facilitator through the Center for Journal Therapy, as well as a CPT/CAPF, and a mentor/supervisor in training. She is current President of IFBPT, and a member of the Therapeutic Writing Institute faculty. Linda lives in Oregon where she coordinates the annual Southern Oregon Poetry Prize. She recently concluded a year-long series on Power Animals and their messages for Journalverse, an online writing community.

**Carol Barrett** holds doctorates in both clinical psychology and creative writing. Her poems have appeared in JAMA, Bellevue Literary Review, The Examined Life Journal, The Healing Muse, and many others. Calling in the Bones won the Snyder Prize from Ashland Poetry Press (2005.) Carol teaches for Union Institute & University.

**Erin M. Bertram** is the author of eleven chapbooks, most recently *Memento Mori*, published by Dancing Girl Press. Her work has appeared in *Handsome*, *So to Speak*, *Copper Nickel*, *Hotel Amerika*, *Lambda Literary Review*, *Best New Poets*, *Uprooted: An Anthology on Gender and Illness*, and elsewhere. She is a PhD student and Chancellor's Fellow at the University of Nebraska-Lincoln. She is also on the board of the Lincoln Zen Center.

**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 Buchanan, JD, MFA**, is a founder of Writers Without Margins, a nonprofit dedicated to the fusion of art and advocacy, taking writing workshops into the community beyond conventional spaces. She formerly practiced law on the west coast and currently teaches writing at Emerson College in Boston.

**Xánath Caraza** is a traveler, educator, poet and short story writer. Her book poetry, *Sílabas de viento / Syllables of Wind*, received the 2015 International Book Award for Poetry. It also received Honorable Mention for Best Book of Poetry in Spanish in the 2015 International Latino Book Awards. Caraza is a writer for *La Bloga* and she writes the "US Latino Poets en español" column. In addition, she writes the poetry/narrative section for *Revista Zona de Ocio*

**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*.

**Donna M. Codeghini** earned a Graduate Certificate in Expressive Art after many years working as a speech pathologist. Initially led by a personal journey to recover health and wellness after a cancer diagnosis, she is now doing therapeutic writing workshops for an area hospital as part of an art and healing program.

**Esther Cohen** is Executive Director of Workers Write, the non-profit arm of the National Writers Union. She's Creative Director of New York State Workforce Development Institute, and former Executive Director of Bread and Roses 1199/SEIU. She teaches Good Stories at Manhattanville College, and is the author of six books.

**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.

**Stephanie Durham** currently serves as a facilitator for Hope at Hand. She also works as a Reading Coach in a Montessori School located in Jacksonville, FL. Using the Montessori approach, Hatha yoga training, and mindfulness concepts, she creates and implements lessons for girls living in crisis situations (incarcerated, domestic violence, drug rehabilitation, homeless shelters, and poverty).

**Maura Garcia** is a dance artist. She empowers through movement by presenting contemporary indigenous performance and working with people to dance their stories of community, strength and love.

**Dakota R. Garilli** is a queer poet and essayist. He has taught creative writing at the Allegheny County Jail, Chatham University, and the Environmental Charter School. He is a founding and nonfiction editor at *IDK Magazine*. His poems and book reviews have appeared or are forthcoming in numerous literary journals.

**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.

**Nathaniel Granger, Jr., PsyD**, is a faculty member at Saybrook University, where he has designed and teaches a course on Microaggressions. He is also in private practice. He is coauthor of *Stay Awhile: Poetic Narratives on Multiculturalism and Diversity*. He is an advocate of diversity and a sought after speaker.

**Therése Halscheid's** recent book *Frozen Latitudes* won an Eric Hoffer Book Award, HM for Poetry. Previous collections include *Uncommon Geography*, *Without Home*, *Powertalk*, and *Greatest Hits*, a chapbook award. An itinerant writer, her journeys have led to Alaska's Arctic north, where she taught an Eskimo Inupiaq tribe.

**Anna Caroline Harris** earned her MFA from Wichita State University. Her poems appear in *Cellpoems*, *Poetry for the Masses*, *Mikrokosmos*, and *NakedCity*. An Assistant Professor of English, she advises *Sand Hills* literary magazine; directs Writers Weekend at Summerville; and teaches courses in composition and creative writing at Georgia Regents University.

**Louis Hoffman, PhD** is a faculty member at Saybrook University, where he teaches two courses on poetry and healing. He is author of seven books, including *Stay Awhile: Poetic Narratives on Multiculturalism and Diversity* and *Capturing Shadows: Poetic Encounters Along the Path of Grief and Loss*.

**Beth Jacobs, Ph.D.** is a lifelong journaler, clinical psychologist and author of *Writing for Emotional Balance* and *Paper Sky: What Happened After Anne Frank's Diary Ended*. She facilitates expressive writing groups with girls and grandmothers. She is currently serving as Secretary on the NAPT Board.

**Alison Johnson, RN, DNP** is a psychiatric nurse practitioner who works on the psychiatric consultation service at Abbott Northwestern Hospital in Minneapolis, MN. Dr. Johnson works every week with persons who have been hospitalized and are experiencing emotional distress. She is in training with Dr. Geri Chavis to become a Registered Poetry Therapist.

**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 holistic 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.

**Diane Kaufman, MD** is a child psychiatrist, poet, expressive arts facilitator, and humanism in medicine awardee. She is the author of *Bird that Wants to Fly* about a sad bird who walks instead of flying which has become an inspirational children's opera. See [www.artsmedicineforhealthandhealing.com](http://www.artsmedicineforhealthandhealing.com) for more information.

**Harriet Kohen, CPT**, is the current Chair of the IFBPT Credentialing Committee, the "go-to" person for information on how to apply and train for professional recognition by IFBPT.

**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.

**Denise Low**, Kansas Poet Laureate 2007-2009, is author of 25 books of poetry and prose. She does individual consulting and editing, as well as professional workshops. Low is co-publisher of [Mammoth Publications](http://MammothPublications.com), an independent small literary press specializing in Indigenous and Mid-Plains poetry and prose. Her poetry [blog](http://blog) has over 400 entries, and she reviews poetry for the *Kansas City Star*.

**Rebecca Macijeski** is a Doctoral Candidate in Poetry at the University of Nebraska and holds an MFA from Vermont College of Fine Arts. Her poems have appeared or are forthcoming in *Poet Lore*, *Sycamore Review*, *Potomac Review*, *Rappahannock Review*, *Storyscape*, *Fickle Muses*, *Nimrod*, *Fourteen Hills*, and others.

**Nicholas Mazza, Ph.D., PTR**, is the former 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).

**Dr. Marianela Medrano** is a Dominican writer, psychotherapist and certified poetry therapist. Her literary work has appeared in numerous anthologies and magazines in Latin America, Europe and the United States. She is the author of 5 books and a regular blogger for the American Counseling Association (ACA).

**Sarah Fawn Montgomery** holds a PhD in creative writing from the University of Nebraska-Lincoln. The author of *The Astronaut Checks His Watch* (Finishing Line Press), her poetry and prose have appeared in *Crab Orchard Review*, *DIAGRAM*, *Fugue*, *North Dakota Quarterly*, *The Pinch*, *Puerto del Sol*, *Southeast Review* and others.

**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, he is currently interested in ideas of mythology, the geographical imagination, Chinese poetry, Appalachian poetic healing, and using poetry therapy methodologies in writing workshops and higher education. He 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](http://www.CarynMirriamGoldberg.com)

**Michael Moats, PsyD**, is in private practice is an author of the book *Capturing Shadows: Poetic Encounters Along the Path of Grief and Loss*. Additionally, he works internationally to learn, teach, and to promote the importance of a more rounded perspective within the global, psychological community

**Ralph Nazareth** teaches English at Nassau Community College and manages Yuganta Press in Stamford. He has taught creative writing in prisons in New York for the past decade. His writing has appeared in books and journals here and abroad. His book *Ferrying Secrets* was published in 2005 in Hyderabad, India.

**Laura S. Packer** knows the best way to truth is through a good story. Winner of the 2010 NSN Oracle Award for Service and Leadership and the 2012 LANES Brother Blue Award, she has performed, taught, and played around the world. For her story and more go to [www.laurapacker.com](http://www.laurapacker.com).

**Irania Patterson** has a Master of Arts with concentration in “*Books and Literature for Children and Youth*”, from Universidad Autónoma de Barcelona, Spain, 2007. She has always felt the call to use words in social contexts, as a journalist and play writer, experiences of being on the radio, directing or writing a play, and writing for a newspaper or magazines. In her daily work as a Bilingual Specialist for the Charlotte Mecklenburg Library, she creates curriculums using literature and creative arts with immigrant children, parents, seniors, incarcerated women and man, refugees, parents of children with special needs, cancer patients and families with children of terminal illness.

**Shaun Perkins** is the director of the Rural Oklahoma Museum of Poetry, where she promotes poetry of the people through the museum, outreach activities and her one-woman show POEM LIFE. Perkins is a Teaching Artist with the Oklahoma Arts Council and has extensive experience presenting workshops across the country.

**India Radfar** is a poet with four books of poetry living in Los Angeles, CA. She is a recent CAPF for the IFB/PT, teaches for California Poets-in-the-Schools, Writegirl, The Creative Minds Project at UCLA; and she just received an Artist in Residence grant from the Department of Cultural Affairs for the city of Los Angeles to write with homeless veterans there.

**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.

**Merle Saferstein** is the director of educational outreach at a Holocaust center. Merle has helped hundreds of Holocaust survivors pass along their legacies. She facilitates courses and workshops in legacy work and teaches a writing class to women who have/had cancer. Merle is an extensive journal writer with a collection of over 355 journals and is the author of Room 732.

**Laura Santner** is a Licensed Clinical Social work, 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 9 years and a Social Work supervisor for 2 years. She 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 and serves as the Social Media Chair.

**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](http://www.wellnessmetaphors.com) for more.

**Jessica Server** holds an MFA in poetry and works as a poet, nonfiction writer, and freelance journalist. Former coordinator for the Words Without Walls program, she teaches creative writing in the Allegheny County Jail, and is the nonfiction instructor at Pittsburgh Creative and Performing Arts High School. Her poetry chapbook, *Sever the Braid*, was published in 2013.

**Sheryl St. Germain** is co-founder of the Words Without Walls program, which teaches creative writing in jails, prisons and rehab facilities. She is also Director of the [MFA program in Creative Writing at Chatham University](#). Of her ten published poetry and prose books, the most recent is, *Words Without Walls: Writers on Addiction, Incarceration and Violence*.

**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.

**Naomi Williams** graduated with a Master of Public Health from Walden University in 2008. Williams served as a columnist for *The Augusta Medical Examiner* for two years ("Exceptional Living"). She has worked as a Family Support Coordinator since 2011, engaging and developing patient and family advisors while enhancing patient experience programs.

**Jennifer Wolfe** is a writer-facilitator and the owner of Women Writing for (a) Change, Jacksonville. As a writer, trainer, and business owner, she's been facilitating change for corporate clients for the past 20 years. A certified writing instructor with a master's in journalism from Columbia University, she helps others use writing as a tool for their own personal and professional growth.

**Connie Worthy** is proud to serve as a group facilitator for Hope at Hand, fostering the ideas of *choice* and *change* through poetic expression to help spread joy, wellness, and empowerment to those most in need in our community. In addition, she has a private psychotherapy practice in Jacksonville, FL.

