Oasis

No mirage, no sunblind illusion
but "dwelling place" for the mind
pulled off course
in the push of schedules—
too many directions at once.

*Come bathe,* says the cool water,
*wash away the dust from your lives.*

Birds of a feather, we take refuge
under umbrellas of palms, hold
in hands the pen, stem of heart.
Safe, we replenish the page,
release our songs. *Words*
like seeds, we grow, renewed.

Perie Longo
President: Catherine Conway
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Publications Committee Chair: Karen vanMeene
Journal of Poetry Therapy Editor: Nick Mazza
Member at Large: Rob Merritt
Member at Large: Susan Fusco

Welcome
The National Association for Poetry Therapy is an energetic, worldwide community of people who share the love of the use of language arts to promote growth and healing. 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 check out the web site www.poetrytherapy.org and our Facebook page under Poetry Therapy.

Thank You…

Many talented people took part in helping to plan this conference. It was a collaborative effort, consisting of several hardworking and dedicated individuals. I wish to acknowledge the following people, whose contributions were essential in developing the conference in Scottsdale, AZ:

Perie Longo – who provided the beautiful poem for our conference program, and for her encouragement & input into the program
Kay Adams – for her support and experience, and for her assistance in helping to promote the NAPT conference with the collaboration of the “From Passion to Profit” business symposium
Dottie Joslyn – for her professionalism, astute eye and tremendous contributions as Membership Chair & Bookkeeper
Rob Merritt – for his flexibility and willingness to contribute to our organization whenever necessary
Nancy Scherlong, Debra Thornly and Karen vanMeenen for their tremendous help with Public Relations and conference promotion
All the volunteers – who agreed to help with registration and book sales at the conference itself (Barbara Desman, Connie Banta (who also printed our labels and badges), Colleen Brezney, Jill Pixley, & Darlene Goetzman)
The entire Board, and outgoing President Catherine Conway for their hard work and dedication throughout the year.

***And a special thanks to my stellar conference committee: Geri Chavis, Alma Rolfs and Beth Jacobs, who not only contributed input, feedback and suggestions that helped me immensely when putting together the program, but also for their friendship, love and support!

With much gratitude,
Barbara Kreisberg, Conference V.P. & Program Chair
Conference at a Glance

Wednesday, April 23
2:30-5:30 PM  Pre Conference I – Karen vanMeenen & Rob Merritt
Day Trip to Frank Lloyd Wright’s Taliesin West - “Writing as an Oasis”

Thursday, April 24
9:00-4:00 PM  NAPT Board Meeting
2:00-4:30 PM  Pre Conference II - Geri Chavis
“Reflection and Renewal: Poetry Therapy in Theory and Practice”
4:45-5:15 PM  Therapeutic Stretch/Meditation
5:15-6:00 PM  Registration
6:00-7:00 PM  Dinner
7:00-7:45 PM  Registration
7:45-8:30 PM  Welcoming Event Mix and Mingle – Barbara Kreisberg and Beth Jacobs;
8:45-9:30 PM  Under the Stars with Loren Russell, Native American storyteller & flute player
9:40-11:10 PM  “The Welcome”, a film directed by Kim Shelton

Friday, April 25
7:00-8:00 AM  Triple Workshop: Experience a Poetry Therapy Group- (First Session 2 groups)
Susan de Wardt and Elaine Brooks
7:30-9:00 AM  Registration
8:00-9:00 AM  Breakfast
9:00-9:15 AM  Welcome & Overview - Catherine Conway, President
9:15-10:00 AM  Keynote Speaker, Sherry Reiter
“ABRACADABRA: The Magic of Poetic Healing”
10:00-10:30 AM  Book Signing with Sherry Reiter
10:30-12:00 Noon  Workshop Series A
12:00-1:00 PM  Luncheon
1:00-2:00 PM  NFPBF Credentialing Information Workshop: Your Life Could Be Poetry
2:15-3:45 PM  Workshop Series B
4:00-5:00 PM  Book Sale
4:30-5:30 PM  Mentor/Supervisor Round Table Discussion
4:30-5:00 PM  Afternoon Meditation – Beth Jacobs
6:00-7:00 PM  Dinner
7:30-9:00 PM  Open Mic Poetry Reading, Hosted by Rob Merritt

Saturday, April 26
7:00-8:00 AM  Triple Workshop: Experience a Poetry Therapy Group (Second Session)
7:30-8:00 AM  Morning Meditation – Beth Jacobs
8:00-8:30 AM  Registration
8:00-9:00 AM  Breakfast
9:00-10:30 AM  Workshop Series C
10:45-11:30 AM  Keynote Poet – Beckian Fritz-Goldberg- “We are a Conversation”
11:30-12:00 Noon  Book Signing
12:00-1:30 PM  Luncheon and NAPT Awards Ceremony
1:45-3:15 PM  Workshop Series D
3:30-4:30 PM  Certification Awards Event – National Federation for Bibliotherapy/Poetry Therapy
4:30-5:00 PM  Book Sale
5:00-5:15 PM  Closing Remarks – President Elect Alma Rolfs
5:15-6:00 PM  Celebratory Closing Event: Drumming Circle with the AZ Rhythm Connection
### Sunday, April 27

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>8:00-8:45 AM</td>
<td>Breakfast</td>
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<td>9:00-9:30 AM</td>
<td>Book Sale</td>
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<td>9:00-11:30 AM</td>
<td>Post Conference A – Susan de Wardt and Elaine Brooks</td>
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<td><strong>Triple Workshop: Experience a Poetry Therapy Group (Third Session)</strong></td>
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<td>9:00-11:00 AM</td>
<td>Post-Conference B - Perie Longo</td>
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<td><strong>“Baggage Claim”</strong></td>
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<td>12:00-1:00 PM</td>
<td>Lunch</td>
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Wednesday, April 23, 2014

2:30-5:30 pm  Pre-Conference I  
Day Trip to Taliesin  
Karen vanMeenen & Rob Merritt
Visit Frank Lloyd Wright's Taliesin West, built in 1939 to serve as the architect’s winter home. A private 90-minute tour of the house and grounds will be followed by a visit to a nearby sculpture garden for guided writing time, focusing on the theme of “oasis.”

Thursday, April 24, 2014

9:00-4:00 pm  NAPT Board Meeting
2:00-4:30 pm  Pre-Conference II  
Reflection & Renewal: Introducing Poetry Therapy in Theory and Practice  
Geri Chavis
This workshop introduces the theory and practice of poetry therapy through focusing on how poems, stories and creative writing in response to various prompts foster reflection, self-awareness and renewal. We will center on the healing properties of poems, stories and creative writing and on the interventions and decision-making process of poetry therapy facilitators.

4:45-5:15  Therapeutic Stretch & Meditation  
Laura Santner

5:15-6:00 pm  Registration
6:00-7:00 pm  Dinner
7:00-7:45 pm  Registration
7:45-8:30 pm  Welcoming Event/Mix and Mingle  
Barbara Kreisberg & Beth Jacobs
During this evening event, enjoy meeting other attendees, creative poem making, and interactive exercises to begin our creative journey together over the next few days.

8:45-9:30 pm  Under the Stars with Native American storyteller and flute player  
Loren Russel
9:40-11:10 pm  “The Welcome”, directed by Kim Shelton  
Karen vanMeenen
This film offers a fiercely intimate view of life after war: the fear, anger and isolation of post-traumatic stress that affects vets and family members alike. As we join these vets in a small room for an unusual five day healing retreat, we witness how the ruins of war can be transformed into the beauty of poetry. Here our perceptions are changed, our psyches strained and our hearts broken. Their examples of unflinching honesty, courage and love lift us up, inspiring all of us once again to feel our common humanity, always the first casualty of war. (http://www.thewelcomethemovie.com/)

Friday, April 25, 2014

7:00-8:00 am  Triple workshop: Experience a Poetry Therapy Group  
(First Session for Post Conference A attendees)  
Susan L. de Wardt & Elaine Brooks  
EXPERIENCING POETRY THERAPY (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
8:00-9:00 am  Breakfast
9:00-9:15 am  President’s Welcome & Overview
      Catherine Conway
9:15-10:00 am  Keynote Speaker
      Abracadabra: The Magic of Poetic Healing
      Sherry Reiter
10:00-10:30 am  Book Signing with Sherry Reiter
10:30-12 noon  Workshop Series A

A1  Running with words: Creative writing that matters in an arts and athletics community
    outreach program for at-risk youth
    Nick Mazza  CANCELLED
The focus of this workshop is on a poetry and creative writing component of an 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 were drawn from Mazza’s (2003) R.E.S. poetry therapy model: (R)Receptive/prescriptive involving the introduction of poetic material into practice, (E)Expressive/creative involving written and oral expression, and (S)Symbolic/ceremonial involving symbols, ceremonies, and rituals. (Clinicians/Educators/Experiential/Didactic)

A2  Day Poems: Developing the Poetic Mind
    Alexa Mergen
Learn how to develop a poetic mind by writing a poem-a-day using parameters. The workshop is about paying attention, engaging with the world. Past participants report that the day poems process led them to reflect on values and priorities, and reconsider themselves as creative beings. (Educators/Experiential/Didactic)

A3  Metonomy, Synecdoche & Antonomasia
    Connie Banta
Metonomy, synecdoche, antonomasia: no, these are not medical terms, they are literary figures of speech. In this workshop you will not only learn how to use these words, but will also use them in self-reflective writing as well as brainstorm other ideas for using these tropes in poetry therapy. (Clinicians/Educators/Experiential/Didactic)

A4  An Introduction to the Internal Family Systems Model: Getting to Know All the Parts of Ourselves Through Writing and Action Methods
    Nancy Scherlong
Join us in an experiential and didactic workshop utilizing the framework of Richard Schwartz’ Internal Family Systems Model (IFS). We will explore the aspects of Self, the Exiles, the Firefighters and Managers, all via writing and psycho-dramatic action techniques. Workshop is an introduction only to IFS and is not meant to substitute for any formal IFS training.

A5  Rediscovering Your Healing Oasis
    Linda Barnes
Using 2 poems by acclaimed poet Mary Oliver, we will examine our own source of refreshment and renewal. This is an experiential/peer group, conducted with writing prompts created to elicit insightful response. There will be ample time for both writing and sharing. (Clinicians/Experiential)
Writing for Recovery
Iris Wilkenson

This workshop will be of interest to participants working with people in recovery. It will be of value for anyone interested in writing as a path for spiritual connection, personal growth, and healing. We will talk about recovery and we will write. Participants will experience a “Writing for Recovery” group. (Clinicians/Educators/Experiential/Didactic)

12:00-1:00 pm  Lunch

1:00-2:00 pm  National Federation for Biblio/Poetry Therapy Credentialing Workshop: “Your Life can be Poetry”
Linda Barnes & Susan L. de Wardt

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!

2:15-3:45 pm  Workshop Series B

B1  In Animal Presence: Exploring our Humanity through Animal Imagery
Alma M. Rolfs

This workshop offers opportunities for reflection upon our humanity through exploration of the beauty and power of animal imagery. Through shared reading, writing, and imagining of spaces enriched by animal presences, participants may come to newly meaningful experiences and understandings of themselves and others. (Clinicians/Experiential/Didactic)

B2  The Poetry of Transformation
Robert Carroll, M.D.

It is said that “a poem is the shortest emotional distance between two points,” (Jack Leedy) but the question is, how does a poem do that? This workshop is about the transformative nature of poetry, how it gets us from one place to another, how it works. Examples of poems of transformation will be read followed by writing exercises which will take you from one here to another there. (Clinicians/Educators/Experiential/Didactic)

B3  Reflection, Meditation and Comfort: The Poetry of Anne Bradstreet
Regina Dilgen  CANCELLED

In this workshop we will look at how the poetry and prose of the American Colonial writer Anne Bradstreet is often based on reflection and meditation as she responds to personal loss, considers her culture more broadly, and uses nature as a means of contemplation. Bradstreet usually comes to peace and comfort through her writing, although sometimes she struggles or comes to protest. We will consider how Bradstreet reflects on her own writing in “The Author to Her Book,” a poem we will use as a prompt for our own creative writing and sharing. (Educational/Experiential/Didactic)

B4  Healing the Healer: Addressing compassion, fatigue, secondary traumatic stress & burnout through journal writing
Jean Rowe

This workshop includes a brief overview of research regarding the benefits of journal writing, successful results presenter has witnessed in previous workshops, introduce journal techniques useful for addressing compassion fatigue and burnout. Participants will be given one or two journal techniques related to the topic with a focus towards self-care. (Clinicians/Educators/Experiential/Didactic)
**B5  Literature, Landscape and Imagination**  
*Kate Thompson & Mary Reynolds Thompson*

Literature (including poetry, fiction & memoir) is the starting point for exploring our personal landscapes, literal and metaphoric. Workshop participants will experiment with short memoir pieces embedded in a sense of place. Reading and writing about landscape can be an act of biogeography, inviting us to develop and map a personal symbology of place. (*Clinicians/Experiential*)

**B6  Creating an Oasis Within: Sacred Circle Dance and Poetry**  
*Evelyn Torton Beck*

In this experiential workshop, we willimmerse ourselves mind, body and spirit in sacred circle dance, interspersed with poetry and our own writings. With gentle, meditative dances from around the world, we will create oases within ourselves, releasing creativity blocked by the mind/body split. This workshop seeks to restore wholeness. No previous dance experience or partners needed. “There are no mistakes, only variations” is my philosophy of dance. (*Educational/Experiential*)

4:00-5:00 pm  
**Book Sale**

4:30-5:30 pm  
**Mentor/Supervisor Round Table**  
*Kay Adams and Susan de Wardt***

4:30-5:00 pm  
**Afternoon Meditation**  
*Beth Jacobs*

6:00-7:00 pm  
**Dinner**

7:30-9:00  
**Open Mic**  
*Hosted by Rob Merritt*

Bring one or two poems, no more than 2 minutes total in length to read at this open poetry reading. Here is your chance to share your own poem and creativity with our group!

**Saturday, April 26, 2014**

7:00-8:00 am  
**Triple workshop: Experience a Poetry Therapy Group**  
(Second Session for Post Conference A attendees)  
*Susan L. de Wardt & Elaine Brooks*

7:30-8:00 am  
**Morning Meditation**  
*Beth Jacobs*

7:30-8:00 am  
**Registration**

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

9:00-10:30 am  
**Workshop Series C**

**C1  Beyond Busyness: Mini-Retreats to Uplift Your Spirit**  
*Darlene Goetzman*

Who isn’t overly busy these days? A mini-retreat offers respite, renewal and rejuvenation. In this session we will use a combination of poetry, provocative quotes and explorative journaling to show you how just a few minutes can be restorative and uplifting for your life and professional practice(s).  
(*Educators/Experiential/Didactic*)

**C2  The Power of Nature**  
*Laura Santner*

Studies have shown that the impact of nature on our mental health is tremendous! Practitioners around the world are recognizing this and slowly incorporating our earth into new treatment modalities. We will begin this workshop by exploring several articles discussing the benefits of the outdoors on our health and well being. We will then reinforce studies by examining poetry that focuses on the power of nature through growth,
Plan to be spending time and writing outside so that we can optimize the strength and motivation nature offers. (Clinicians/Educators/Experiential/Didactic)

C3 The Caged Bird Sings: Empowering Woman in Prison Through Poetry
Joann Flynn
This workshop chronicles the presenter’s experience of bringing poetry therapy to women in a maximum-security prison. The presenter will share creative techniques to facilitate poetry writing with this vulnerable population of women and the unique needs of this group will be discussed. The writings of the women in prison will be shared. (Clinicians/Educators/Experiential/Didactic)

C4 Song of the Soul
Jennifer Wolfe
Song of the Soul: Birds are symbols of the soul and their ability to fly symbolizes our ability to rise to higher awareness. Their ability to sing symbolizes our ability to give voice to our own individual, creative selves. In this workshop, we’ll use words, song, poetry, and prose — plus a ukulele — to give voice to your own personal Song of the Soul. (Clinicians/Educators/Experiential)

C5 Oasis from Stress: Using a Journal to Clear Clutter
Carolyn Koehnline
Clutter is the excess in your home, head, heart and schedule that drains your energy and adds to your stress. Periodically weeding it out can bring peace and clarity. We’ll explore ways to use your journal to assist you in letting go, making choices, and breaking the stress-clutter cycle. (Clinicians/Experiential/Didactic)

C6 Hearing and Healing the Heart Through Dance and Poetry
Marie Whitman CANCELLED
Through the exploration of somatic writing rituals and accessible movement improvisations, we will tap into the stories of our hearts. We will create our own magical mantras and movement meditations and learn how to build a personal, sacred and centering practice around movement and writing. (Educators/Experiential/Didactic)

10:45-11:30 am Keynote Poet
“We are a Conversation”
Beckian Fritz-Goldberg

11:30-12:00 noon Book Signing with Beckian Fritz-Goldberg

12:00-1:30 Lunch

1:45-3:15 pm Workshop Series D

D1 Hidden in Plain Sight: Finding what else is on the page with clean language
Gina Campbell
Clean Language developer David Grove was a creative genius when it came to developing new ways to evoke his clients’ subconscious wisdom and encourage self-exploration. Starting with a traditional poetry therapy experience with a poem, we’ll take its topic to new depths by facilitating one another using Clean Hieroglyphics, Grove’s technique for working with a client’s written words. (Educators/Experiential/Didactic)

D2 Cultivating Resilience: Poems, Passages and Practices to Move Beyond Shame
Siri Myhron & Cara Rodriguez
Shame is everywhere — and it wears many cunning disguises. Because we are reluctant to talk openly about shame, we often unknowingly carry these destructive undergirding stories into our everyday interactions. We’ll examine and discuss current research and explore how poetry and writing are an essential part of cultivating shame resilience. (Clinicians/Educators/Experiential/Didactic)
**D3**  
**Stones on the Beach: Reflection, renewal and moving forward in later years**  
**Debra Thornley-Barbre**

Debra will share her experiences in working with seniors in a level one psychiatric unit and offer tips and experiential exercises she has found especially helpful in working with elders. Participants in this workshop will learn simple poetic-art techniques and their uses to help seniors cope with the challenges of mental illness diagnosis, dementia, and the changes in family structure they face in today’s society. *(clinicians/experiential/didactic)*

**D4**  
**“Great Delight”: Writing to the Chaos**  
**Rob Merrit**

If we objectify and directly address emotions, we can “cope with” love, death, despair, or doubt, for example. Using Ruth Gendler’s *Book of Qualities* and referring to other authors such as Virginia Woolf, we will develop techniques for personifying feelings and for looking at them with some detachment — stepping back from the self. Secondly, we will explore Gregory Orr’s premise that the formal elements of poetry further help us to order emotional chaos and achieve some reassurance. *(Educators/Experiential/Didactic)*

**D5**  
**The Inclusion of Landscape for Healing in Poetry Therapy Groups**  
**Danielle Dubansky & Scott Sorenson**

The presentation will demonstrate that images of landscape can portray personal symbols as part of a healing process. A curriculum will be introduced that can be used in poetry therapy to assist in the writing of “landscape imagery” to develop a healing sense of self and place. *(Educators/Experiential/Didactic)*

**D6**  
**Helping Family Caregivers Care for Themselves**  
**Barbara Stahura**

Family caregivers are stressed and struggling, with little time to care for themselves, too. But with simple journaling techniques they can do in minutes, they can enhance well-being, relieve stress, and safely express difficult emotions. Learn how to help caregivers understand the real need for self-care and effective journaling techniques for doing so. *(Educators/Experiential/Didactic)*

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**3:30-4:30 pm**  
**Certification Awards Event**  
*National Federation for Bibliotherapy/Poetry Therapy*

**4:30-5:00 pm**  
**Book Sale**

**5:00-5:15 pm**  
**Closing Remarks**  
*Alma Rolfs, President Elect*

**5:15-6:00**  
**Celebratory Event**  
*Drumming Circle with AZ Rhythm Connection*

**6:00-7:00 pm**  
**Dinner**

**Sunday, April 27, 2014**

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

**8:45-9:30 am**  
**Book Sale**

**9:00-11:30 am**  
**Post Conference Workshops**

**9:00-11:30**  
**Post Conference A**  
*Triple Workshop: Experience a Poetry Therapy Group*  
(Third Session for Post Conference A attendees)  
*Susan L. de Wardt & Elaine Brooks*
EXPERIENCING POETRY THERAPY (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.

Post Conference B
Baggage Claim
Perie Longo
Baggage Claim is the title of Perie’s new volume of poetry, from which she borrows the title. Since its final draft, she keeps running into poems of others that are just the ticket for inspiration, exploration, and discussion, with ample time for participants to claim their own “baggage.”

Speakers and Workshop Leaders

Connie Banta, LPC, MFA is a therapist in West Virginia’s largest mental health facility. Connie facilitates a writing group for adults with a variety of mental health conditions. Her love of poetry led her to an MFA in Creative Writing, and she also draws on 10 years of experience teaching.

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.

Evelyn Torton Beck holds Ph.D.s in Comparative Literature and Clinical Psychology and is Professor Emerita in Women’s Studies at the University of Maryland; she is also a research “fellow” of the Creative Wisdom and Longevity Initiative at the Fielding Graduate University. She trained in Poetry therapy with Peggy Heller and Ken Gorelick and integrated poetry therapy into university seminars on healing modalities. Her second doctorate focuses on the Healing Power of Art in Kafka and Kahlo. She is an experienced teacher of Sacred Circle Dance and has offered workshops focusing on the intersection of poetry and dance at NAPT for more than a decade. In 2008 she was the invited keynote speaker at NAPT in Washington, DC and her keynote address, “Finding Poetry in Unexpected Places” was published in the Journal of Poetry Therapy (Dec. 2010). She travels widely and has offered dance/poetry workshops at Ghost Ranch, New Mexico and at professional meetings like Positive Aging and at The Fielding Graduate University Summer Session.

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

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., C.P.T., L.P. is a professor of literature, women studies and creative arts therapy at St. Catherine University in St. Paul, Minnesota, a licensed psychologist, a certified poetry therapist, a mentor-supervisor and former Vice President and board member of NAPT. Over the years, Geri has published widely in the area of biblio/poetry therapy and has facilitated numerous 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).

Catherine Conway, LCPC, CADC, CPT, President of NAPT and member of NAPT since 1996. Catherine has facilitated poetry therapy groups with victims of domestic violence and sexual abuse, court mandated felons and a Women's Work Release Program. She has facilitated poetry therapy groups at a local mental health hospital for their chemical dependency program, presented workshops at regional and national conferences and was a member of the development board of VetCAT, a grant-funded, creative arts program for returning veterans and their families, affiliated with The School of the Art Institute of Chicago. Poetry therapy and expressive writing are Catherine’s passion and she continues to integrate poetry therapy with clients in private practice.

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 past 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.

Danielle Dubrasky is an associate professor of Creative Writing at Southern Utah University. Her poetry has been published in ECOllective, Tar River Poetry, Weber Studies, CityArts, and Petroglyph. She has won awards from the Utah Arts Council and has been a fellow at the Virginia Center for the Creative Arts.

JoAnn Flynn, M.Ed., CAPF, is an applied poetry facilitator and Graduate Student at Lesley University’s Expressive Arts Therapies program. She has been a special education teacher for 18 years facilitating poetry therapy groups for emotionally disturbed children. Currently, she is a Connecticut Teaching Artist and has been facilitating poetry therapy and expressive arts groups for women in prison for 7 years.

Darlene M. Goetzman is a coach, educator and writer; in addition to her private coaching practice, she is one of seven co-owners of Global Learning Partners, Inc. In recent years, Darlene has been integrating her first loves of reading and writing more fully into all facets of her work. In the fall of 2012 Global Learning Partners, Inc. published her downloadable book, Dialogue Education Step by Step: A Guide to Designing Exceptional Learning Events.

Beckian Fritz Goldberg is the author of seven volumes of poetry, winner of the University of Akron Poetry Prize, winner of the Indiana Review chapbook prize, winner of the 2004 Field Poetry Prize. She has been awarded the Theodore Roethke Poetry Prize from Poetry Northwest, the Gettysburg Review Annual Poetry Prize, two Arizona commission on the Arts Poetry Fellowships and two Pushcart Prizes. Her work has appeared in numerous anthologies such as New American Poets of the 90’s, Best American Poetry 1995, Best American Poetry 2011 and 2013 and in journals, including The American Poetry Review, Harpers, and many others. Goldberg is currently Professor of English in the MFA Creative Writing Program at Arizona State University.

Beth Jacobs, Ph.D. is a psychologist and avid journaler. She is the author of “Writing for Emotional Balance” and has developed a Buddhist practice over the past decade. She is honored to be working as the Secretary of the Board of NAPT and as contributor of the Journalers’ Corner column for the Museletter.
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 of Conferences after a hiatus for several years. 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 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 NAPT conferences, local universities, and at other community settings on the healing power of writing reflectively. She currently facilitates ongoing writing groups in Miami, FL.

Perie Longo, PhD, LMFT, Registered Poetry Therapist and MM/S was NAPT’s Executive Director (2003-2005) and 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). She is Poet Laureate Emerita of Santa Barbara, author of four books of poetry, and is poetry chair of the international Nuclear Age Peace Foundation.

Nicholas Mazza, Ph.D. is the Dean and Patricia V. Vance Professor of Social Work at Florida State University. 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*. He is the author of *Poetry Therapy: Theory and Practice* (2003, Brunner-Routledge).

Alexa Mergen has facilitated poetry workshops in hospitals, classrooms, prisons, parks, and studios. She is currently training as a yoga instructor and writing *Day Poems*. Alexa studied poetry and journal therapy with Perie Longo and Kay Adams. Her chapbook, *Three Weeks Before Summer*, collects 21 Day Poems. Please visit alexamergen.com

Rob Merritt 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 poem is *The Language of Longing* (2012). He is interested in applying poetry therapy techniques in higher education and is a former NAPT Vice-President for Conferences.

Siri Myhrom and Cara Rodriguez attended graduate school together in Laramie, Wyoming. Both have an abiding appreciation for and fascination with the relationships between word, health, spirit, and community. Cara currently lives and teaches in Casper, WY, and Siri lives and copyrights in Minneapolis, MN.

Sherry Reiter - When Sherry was a child, she wanted to be a nun, but being Jewish, this was problematic. So instead, she became an actress, a poetry and drama therapist, and a clinical social worker. Dr. Reiter is the Director of The Creative Righting Center for poetry therapy training. She is an award-winning educator, therapist and author. She no longer longs for the nunnery, but seriously contemplates the sacredness of words and relationships.

Mary Reynolds Thompson, CPCC, CAPF, CJF, is core faculty for the Therapeutic Writing Institute and founder of Write the Damn Book! She is author of *Embrace Your Inner Wild* (2011) and the forthcoming *Reclaiming the Wild Soul: How Earth's Landscapes Restore Us to Wholeness* (October, 2014). She helps her clients live from their deepest, wildest, and most creative selves.

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 happy to return to the NAPT Board.
Jean Rowe is a Licensed Clinical Social Worker, a Certified Oncology Social Worker and a Certified Journal Therapist. At YSC, Jean presents on survivorship topics relevant to young women affected by breast cancer. She also crafts and launches programs on survivorship topics. She has facilitated journaling workshops and groups since 2006.

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 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, PT,R, M/S, is a licensed clinical social worker, registered poetry therapist and mentor supervisor. She is also trained in a variety of trauma treatment models including EMDR, Somatic Experiencing, Internal Family Systems and Psychodrama and utilizes Eastern healing and philosophies in her work. She teaches in BSW and MSW programs as an adjunct professor and has multi-modal private practices in NY and CT states.

Barbara Stahura, CJF, specializes in facilitating journaling groups for family caregivers and people with brain injury. Co-author of the first journaling book for people with brain injury, After Brain Injury: Telling Your Story, she is a member of the Therapeutic Writing Institute faculty and national speaker about journaling for these populations. www.barbarastahura.com

Scott Sorensen is the Program Coordinator of the Distance Education MSW Program for the College of Social Work at the University of Utah. He is Chair of the Advisory Board for the Children’s Justice Center of Iron County, President of the National Rural Social Work Caucus, and a private practitioner.

SB Sowbel, Ph. D. is a Baltimore born, east central Vermont and northwest Arkansas residing, low-residency adult-degree program teaching, arts council grants (NY and VT) receiving, poet and mixed-media artist. Sowbel’s work appears in numerous journals including Red Palm Review, 13th Moon, Helicon Nine, Bytchin’, Wormwood, Poetry Motel, Bacopa and several anthologies.

Kate Thompson, MA, CJT is an existential counselor, journal therapist and published author. Kate is a faculty member at The Boulder Psychotherapy Institute, The Therapeutic Writing Institute and The New School of Psychotherapy & Counselling (London, UK). Her publications include: Therapeutic Journal Writing: an introduction for professionals JKP 2010. She lives in the inspiring landscape of the Rocky Mountains.

Debra Thornley-Barbe, MA,CPT*,HMHP works in the expressive arts department at the University of Arizona Medical Center in a level 1 behavioral health unit. The bulk of her work is with senior populations diagnosed with mental health issues which include but are not limited to depression, psychosis, dementia, anxiety and PTSD.

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.
Iris Wilkenson is a Licensed Clinical Addiction Counselor and is completing certification as a Poetry/Journal Therapist under the mentorship of Kay Adams. After 30+ years, she still enjoys teaching human services at Washburn University. Passion? – leading expressive writing groups at the county jail, an addiction treatment center and the prison.

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.