

Friday, April 29

4:00-6:00 pm Pre-Conference Session IVA: Journal Therapy for Calming Anxiety

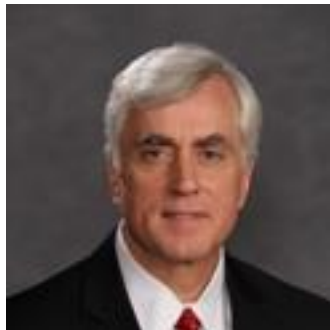
Got anxiety? You've got company! Anxiety has been the pandemic within the COVID pandemic, resulting in new or worsened cases for up to 56% of the US adult population. Learn and practice proven journal therapy strategies to calm anxiety and restore higher levels of everyday functioning. Come ready to write! (70% *Experiential*/30% *Didactic*) *Clinical/Health Care Setting (2 peer hours)*



Kathleen Adams, LPC is a licensed psychotherapist and registered poetry/journal therapist. She is the founder/director of the Center for Journal Therapy, the Therapeutic Writing Institute and Journalversity. She teaches and lives in Denver with her husband, Ken, and their poodle, Banjo. An NAPT past-president, Kay has been a member since 1992.

4:00-6:00 pm Pre-Conference Session IVB: Poetry Therapy of Addiction: From Futility to Hope

This workshop will focus on the use of creative writing in the treatment of chemical addiction. Based on Kreuter's work with adult men in an addiction rehabilitation residential clinic where poetry, essays, art, music, and collaborative exercises are assigned, the production of the writers proved to be highly therapeutic. Ultimately, their work was assembled into an edited academic book on the subject.



Eric Kreuter, Ph.D., has a masters' and doctorate degrees in psychology and in a weekend chemical dependency counselor at St. Christopher's Inn where he conducts group therapy sessions as well as facilitates the creative writing program. He is Treasurer of the National Association for Poetry Therapy and is on the editorial staff of the Journal of Poetry Therapy.

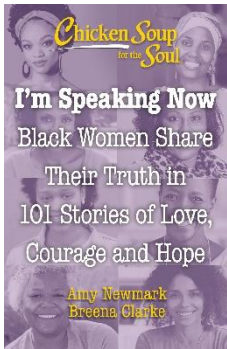
7:00-8:00 pm KEYNOTE SPEAKER

Needed Words and the Circle of Hope: 40 Years with Poetry Therapy



Alma Maria Rolfs, LICSW, PTR is a clinical social worker, poet, teacher, poetry therapy mentor/supervisor and past president of NAPT. She has practiced poetry therapy in a wide range of clinical and community settings, bringing her love of words and her belief in the healing power of poetry and creative writing.

8:30-9:30 pm



Chicken Soup for the Soul: I'm Speaking Now, Black Women Speak their Truth of Love Courage and Hope



Zorina Exie Frey z.exie.j.frey@gmail.com

is an author, essayist, screenwriter, and spoken word artist. She is the founder of IWA Publications working as a publishing content writer, digital designer and editor-in-chief for *45Magazine*. Her essays are published in *Shondaland*, *Filter*, and *Worcester Business Journal*. Her poems are published in the forthcoming *The American Journal of Poetry*, *Writing Class Radio*, and *Of Poets and Writers*. She has been featured in *Voyage MIA*, *Shout Out Miami* and performed as the featured artist for the Miami Book Fair, Broward College's "Music, Film, Literature and Art Festival," Miami Dade College's "Arts & Letters Day," and "Lip Service: True Stories Out Loud."

Zorina is the recipient of the Lester M. Wolfson Literary Award, the Palm Beach Poetry Festival's Langston Hughes' Fellowship, and Martha Vineyard's Creative Writing Institute Voices of Color Fellow. Zorina is also an MFA Creative Writing candidate at Converse University. (zorinafrey.com)



Quantrilla Ard gyard08@aol.com

Quantrilla Ard, PhD, is a recent transplant to the Atlanta area along with her husband and three littles. A passionate creative at heart, she has answered the call to encourage women in all stages of life and of various backgrounds through empathy, transparency, and love. She is a faith-based personal and spiritual development writer, author, and speaker who believes in the power of collective strength, community and fellowship. Quanny (as her friends call her), regularly records weekend audios and writes teachings for the First 5 app and has been a contributing study leader for Proverbs 31. She has also served as an intern with and Community Coordinator for Chrystal Evans

Hurst. Never a dull moment in her life, she has several book contributions under her belt and is currently working on a book proposal to share her story. In addition to all the above, she enjoys shepherding stories as a literary agent for Embolden Media Group. Her goal is and has always been to lead with compassion and walk alongside women in the difficulties of life, while illuminating the often hidden joys tucked within sorrow. She is an advocate for social justice with a specific focus on Black maternal/infant health and mortality. You can find her sharing stories of triumph at www.thephdmamma.com.



Rebecca Olayinka rebeccaolayinka@outlook.com

Rebecca is from and lives in London, UK. Rebecca has been a qualified social worker of 10 years. Rebecca is also a freelance writer primarily for "The Everyday Magazine". Where she has written opinion articles and poetry. As well as having her poem "Strong Black Women" featured in Chicken Soup for the Soul- I'm speaking now- Black Women share their truth in 101 stories of Love, Courage and Hope. Rebecca has also been a contributing author to the book "Outlanders"- Hidden Narrative's From Social Workers of Colour. Rebecca wrote the essay- "Visibly Invisible the Tale of a Black Female Social worker" Rebecca is currently writing her own personal memoir to inspire Black foster children to live a life of their own creation.