

Saturday, April 30

9:00-10:30 am: Workshop 1A: Practice What You Preach! Poetic Approaches to Professional Self-Care

This workshop is for help professionals and caregivers to focus on their own professional wellness. This 90-minute workshop will highlight effective ways to include self-care into your daily routines. (60% Experiential/40% Didactic) Clinical/Health Care (1.5 peer hours).



Barbara Bethea, MA, PTR, LCAT, CASAC – 1st African American Registered Poetry Therapist certified through the IFBPT, licensed by New York State; past-President NAPT; currently employed- NYC Health and Hospitals: Director of the Creative Art Therapy Department-Rikers; PhD student in Lesley University's Expressive Therapy program; published author: *Writing Away the Demons*.

9:00-10:30 am: Workshop 1B Learned Optimism – Cultivating Hope in Action through Journaling, Story and Poetry:

Join us for this interactive workshop wherein we will explore the positive psychology tenets of learned optimism. Through writing, discussion, enactment and sharing, we will identify and expand our sense of learned hopefulness as well as give voice to the disappointments, despair and obstacles that often block our access to this quality. (75% Experiential/25% Didactic) Clinical/Health Care (1.5 peer hours).



Nancy Scherlong, LCSW, PTR, CJT, CM is a licensed clinical social worker and positive psychology wellness coach in NY and CT. She is a registered poetry and certified journal therapist and mentor who provides training in both methods. She is on the faculty of Adelphi and Columbia Universities as well as Kint Institute and the Therapeutic Writing Institute (TWI). She is trained in the action methods of psychodrama and has a multi-modal expressive arts practice as well as serves as the current President of the IFBPT (International Federation of Biblio-Poetry Therapy). Visit www.changeyournarrativetherapy.com for more information.

11:00 am – 12:00 Noon: Keynote Poet: The Agency of Poetry

Join Richard Blanco for an intimate sharing of his poems, anecdotes about his journey as a poet, and inspirational quotes that all speak to the agency of poetry and the many powerful ways it functions to foster a deeper understanding of ourselves, of others, and the complex world we share.



Selected by President Obama as the fifth inaugural poet in U.S. history, Richard Blanco is the first Latino, immigrant, and gay person to serve in such a role. Born in Madrid to Cuban exile parents and raised in Miami, the negotiation of cultural identity characterizes his four collections of poetry: *How To Love a Country*, *City of a Hundred Fires*, which received the Agnes Starrett Poetry Prize from the University of Pittsburgh Press; *Directions to The Beach of the Dead*, recipient of the Beyond Margins Award from the PEN American Center; and *Looking for The Gulf Motel*, recipient of the Paterson Poetry Prize and the Thom Gunn Award. He has also authored the memoirs *For All of Us, One Today: An Inaugural Poet's Journey* and *The Prince of Los Cocuyos: A Miami Childhood*, winner of a Lambda Literary Award. His inaugural poem "One Today" was published as a children's book, in collaboration with renowned illustrator Dav Pilkey. *Boundaries*, a collaboration with photographer Jacob Hessler, challenges the physical and psychological dividing

lines that shadow the United States. And his latest book of poems, *How to Love a Country*, both interrogates the American narrative, past and present, and celebrates the still unkept promise of its ideals. Blanco has written occasional poems for the re-opening of the U.S. Embassy in Cuba, Freedom to Marry, the Tech Awards of Silicon Valley, and the Boston Strong benefit concert following the Boston Marathon bombings. He is a Woodrow Wilson Fellow and has received numerous honorary doctorates. He has taught at Georgetown University, American University, and Wesleyan University. He serves as the first Education Ambassador for The Academy of American Poets.

12:30-1:15 pm: International Federation for Biblio/Poetry Therapy Credentialing Information Workshop: “Your Life Could Be Poetry” with Alison Johnson, & Anjana Deshpande

Is the idea of poetry therapy training a thread that is “gently, / invisibly, silently / pulling” at you? If so, join this open discussion of 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 practices for your profession. Come away knowing what to expect and how to take your next step.



Dr. Alison Johnson, DNP, PTR, Credentials Chair IFB/PT is a psychiatric nurse practitioner and a registered poetry therapist. She works in the homeless shelters of Minneapolis, MN, providing medication management and poetry therapy to persons experiencing homelessness. She serves as the credentialing chair for the International Federation for Biblio/Poetry Therapy.



Anjana Deshpande, MBA, LCSW, CJT, CPT has been involved with therapeutic writing since 2001, and currently serves as the Vice President of the IFBPT. She is a faculty member of the Therapeutic Writing Institute and the owner of Writethought, LLC. Anjana is also training to be a Certified Mentor for Poetry Therapy. Since 2001, Anjana has conducted

several workshops and trainings in the US, India and Granada, and is committed to bringing the transformative power of words to both clinicians and clients. Anjana has designed curriculum for veterans and has also created the “Adams-Ross” method of therapeutic writing which focuses on Post Traumatic Growth. At present Anjana works as a clinician and supervisor in her private practice, and also manages a partial hospitalization program.

1:15-2:15 pm International Federation for Biblio/Poetry Therapy Credentialing and Awards Ceremony Facilitated by Nancy Scherlong and Alison Johnson and Anjana Deshpande

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 NAPT Certification. Meet current mentor/supervisors and current trainees and congratulate your peers.

2:30-4:00 pm Workshop 2A: Writing While Black, Writing While White: Where Survival and Sanity Meet

This is a experiential workshop designed to help contextualize racism and white supremacy in individual lives. Using poems, prompts and some history, we will guide participants through a personal exploration which will leave participants more capable and courageous about addressing these dynamics with clients. .(50% *Experiential*/50% *Didactic*) *Social Justice*



Sage Chioma, Masters in Public Health, is a poet, playwright and practitioner of arts for healing. Ms. Chioma provides prevention education and early intervention to youth and families in North Carolina. She is a docent at the International Civil Rights Center and Museum. She is the author of two plays *Embracing the Miracle* and *Tapestry*. Her poetry book *Earth is a Mother's Hood* celebrates Gaia and the feminine divine.



Michael J Carter, LICSW, MFA is a poet and psychotherapist who lives in Vermont. A graduate of Sarah Lawrence College he holds an MFA from Vermont College and an MSW from Smith. Poems of his have appeared in such journals as *Boulevard*, *Ploughshares*, *Provincetown Arts Magazine*, *Western Humanities Review* among many others

2:30-4:00 pm Workshop 2B: Pongo Poetry, “Taking Dictation” to Facilitate Healing Poetry after Trauma

For 26 years, the Pongo Poetry Project has provided programs inside juvenile detention centers and other sites, where the consistent theme in our authors' poetry has been childhood trauma. This workshop will explain Pongo's methods and outcomes, and, principally, it will teach Pongo's extremely effective “Taking Dictation” technique. *(60% Experiential/40% Didactic) Social Justice*



Richard Gold, MA, is the founder of the Pongo Poetry Project and creator of the Pongo Method. Pongo establishes programs within sites such as juvenile detention centers, where it guides teens to process traumatic events through poetry. Richard wrote the book "Writing with At-Risk Youth: The Pongo Teen Writing Method."

4:30-6:00 pm Workshop 3A: Poetry as Mental Health

Exposing young people to poetry writing and self-exploration as a way to process difficult topics, critical analysis, accurate and dynamic communication as they discuss issues for today and tomorrow impacting their mental health, their peers, their community. *.(100% Experiential) Social Justice/Clinical/Health Care*



Victor Rogers aka Slangston Hughes is a National Slam Champion based out of Baltimore, Maryland. Artistic Director of DewMore Baltimore and lead coach of the 2 time world champion Baltimore City Youth Poetry Team. Slangston is the founder of Slammageddon Baltimore as well as author of the book Slanguage Arts & Griot Glimpses.



Keyma Flight is a 20 year old poet and activist, from Baltimore, Maryland. She has been on the Baltimore City Youth poetry team for three years in a row. She is the Hyperbole Slam Champion of 2019 and 1/6th of the international slam champions of Brave New Voices in 2018.



Anisah Gonzalez aka Sahzez is a Youth Art & Activism Ambassador with Dewmore Baltimore. They are also a member of YVC (Youth Voices For Consent) Initiative. Anisah has been writing and performing poetry for five years now. They won first place at MIST (The Muslim Interscholastic Tournament) in 2018.

4:30-6:00 pm Workshop 3B: Storiez: Trauma Narratives with Urban Youth

This workshop begins with an introduction to trauma (defining trauma, exploring trauma exposure and urban youth, and considering the consequences of trauma exposure). It explores trauma treatment for youth (best practices, treatment modalities, common factors, and trauma narratives). Finally, the 9-step Storiez trauma narrative intervention is presented using didactic content, discussion, and exercises. *.(20% Experiential/80% Didactic)) Clinical/Health Care Setting*



Meagan Corrado, DSW, MSW, is the founder and creator of the Storiez Trauma Narrative intervention. She earned her Doctorate from the University of Pennsylvania and her Masters of Social Services from Bryn Mawr College. She has 14 years of experience providing support to children, teenagers, families, and groups across a wide range of service delivery systems.

7:00-9:30 pm: Open Mic Poetry Reading, Anthology Sign-up & Virtual Happy Hour Emceed by **Zachary Katz, MEd, MHC-LP**

Our Open Mic is open to anyone who has registered for any conference event! We welcome poems, short stories, songs, and any other spoken word entries of no more than 2 minutes total length at this virtual open reading. Here is your chance to share your own writing and creativity with our group! Participants will be asked to sign up in advance to read at this event. You will be requested to supply a digital copy of your poem if you wish to have it published in the Anthology. Send your digital copy to Barbara Kreisberg bkexpres@aol.com.