

Sunday, May 1

9:00-10:30 am Workshop 4A: Bringing us Together: Connecting through the Creation and Sharing through Group Poetry

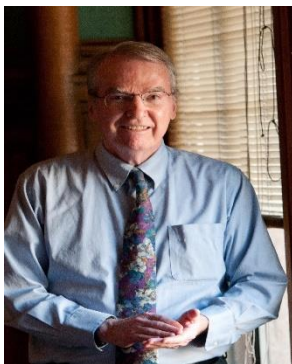
Creating Group Poetry builds connections, cohesiveness and understanding. Hear Insights from over 25 years of clinical work, how poetry permeated aspects of that care, and samples of healing poetry. During this interactive event, the audience will create at least one group poem linked to the conference theme..(75% Experiential/25% Didactic) Spirituality



Phillip J. Tietbohl, Ph.D is an international poet-performer who delivers ongoing, interactive, performances. His work has appeared in children's magazines, several anthologies, and he's delivered over 100 poetry performances often with a Group Poem a key part of those events. For more information, see PoetryThat works.com.

9:00-10:30 am Workshop 4B: Ambiguous Parables: Prose and Poetry for Use in Supportive Care

What seems to be is not always what is. Ambiguity abounds. To find words –the words of others through conversations, poetry, song lyrics, fiction, non-fiction, scriptures – and/or one's own words that acknowledge and address ambiguous experiences can enhance resilient coping. Participants will be invited to explore that quest through writing and discussion. (60% *Experiential*/40% *Didactic*)
Clinical/Health Care



Ted Bowman is an educator, and consultant. He specializes in change and transition. For over 40 years, he has been a frequent trainer, consultant, and speaker with many groups throughout Minnesota, the United States, and other countries. He uses literary resources and personal stories to elicit stories

11:00 am -12:30 pm Workshop 5A: Living and Writing on the Vertical Axis: Finding Poetic Truth at Moments of Rupture

Drawing on inspiration from poets including Rumi, June Jordan, Pablo Neruda and others, the workshop encourages participants to explore places where linear time seems to stop or pause in what we call "moments of rupture"--those experiences that open our minds and hearts to wonder and meaningfulness. (75% *Experiential*/25% *Didactic*) *Spirituality*



Diane Allerdycce, Ph.D., past president of NAPT, is Chair and Professor of Humanities & Culture in the Ph.D. Program in Interdisciplinary Studies at Union Institute & University and Co-Founder of the Toussaint L'Ouverture High School for Arts & Social Justice, a Florida charter school. She is the recipient of the 2015 Jennifer Bosveld Award for Poetry & Social Justice.



Rob Merritt, Ph.D., former Vice-President of NAPT, is Professor of English at Bluefield College. His most recent poetry collection is *View from Blue-Jade Mountain*. He writes about personal mythology and intersections between Chinese and Appalachian poetry. He uses poetry therapy methodologies in writing workshops and higher education.

11:00 am – 12:30 pm Workshop 5B: Sharing our Light, Sharing our Struggle: How to Start and Sustain Support Groups for Trauma Survivors

Kiesa Kay's master's thesis was on using creativity as a healing tool for survivors of violence. Participants will learn how to start and sustain poetry/writing support groups for trauma survivors who want to write for healing. (75% *Experiential*/25% *Didactic*) *Spirituality*



Kiesa Kay, MA, BSJ, is a playwright and poet living in the Appalachians. Her work builds resilience and she specializes in workshops on the healing art of writing for survivors of violence. As a forensic interviewer, she has assisted multidisciplinary teams in more than 300 investigations of crimes involving children and teens.

12:30-1:30 pm Virtual Lunch and Special Awards Presentation

Join us for lunch as we meet up with old friends and mingle with new ones. In addition, we will be presenting awards to some very special individuals from our NAPT family.

1:30-3:30 pm Triple Workshop Third and FINAL Session

This triple workshop is an exciting and connective way to introduce people to poetry therapy through a small group interactive process with the same people attending each session. *The Journey of Life: Wanderings, Wonderings, and Whisperings* will explore the life journey through poems and journaling. Join us for creative self-discovery with kindred souls. Participants will be divided into two small groups and then combined into one group at the final portion of the workshop. (4.5 peer hours)

2:00-3:30 pm Workshop 6A: Expressing the Inexpressible: Poetry as a Tool for Helping the Bereaved

Grief after the death of a loved one is one of the most powerful and challenging experiences nearly everyone will have. Yet it's often misunderstood or minimized. This workshop will demonstrate, through discussion, poetry readings, and writing exercises, how poetry can help clients feel validated and witnessed in their grief. *(20% Experiential/80% Didactic) Clinical/Health Care Setting*



Mike Bernhardt's journey into grief and poetry began with the death of his first wife in 1991. He is the author/editor of *Voices of the Grieving Heart*, an anthology of over 150 poems and short narratives contributed by 83 people whose loved ones died. Mike is a Certified Grief Educator.

2:00-3:30 pm Workshop 6B: Finding Your Comfort: Self Soothing for Hope and Oneness

During this 1.5 hour workshop, you will explore journaling techniques, writing prompts, poetry, and symbol in order to find your comfort during times of unrest. This workshop will make use of mindfulness exercises, positive reframing, and hope during transition. This workshop is recommended for emerging writers, practiced writers, thinkers, educators, poets, clinicians, and all members of the human family. *(80% Experiential/20% Didactic) Clinical/Health Care Setting*



Zachary Katz, LMHC is a poet, story-teller, Licensed Mental Health Counselor, psychotherapist, and educator from Staten Island, NY. For the past 2.5 years, he has shared work as a performance/spoken word poet at venues throughout the five boroughs of New York City and will be making his off-Broadway debut in winter of 2021. His work has been published by NYSAI Press and AESI Arts. Zach has facilitated poetry therapy workshops for mental health professionals, educators, and poets from around the United States. He is a former high school English teacher in New York City's public schools. Zach holds a BA in English Education and an M.S. Ed. in Mental Health Counseling, both from CUNY Hunter College.

4:00-4:15 pm: President's Closing

Nick Mazza

4:15-5:15 pm Closing Celebratory Event: Poetry in Motion - Dancercise/Funcercise

Everyone is welcome to join us in our final session, which will celebrate our time together throughout the conference. Please enjoy this interactive session with audience participation. Cathee will lead us in rhythmic stretching, flexibility and balance exercises, combined with simple fun dance moves; providing a lively free-style and flowing movement experience, helping to releasing stress in ***CELEBRATION OF LIFE!***



Cathee Connor is 32-year cancer survivor and a certified Healthy Steps/Lebed Method Dance Specialist who teaches Pilates, Gentle Therapeutic Stretch/Relaxation and Healthy Steps exercise classes for Baptist Health South Florida, LA Fitness International and Gilda's Club South Florida. Ms. Connor uses her professional, academic and personal experiences to educate audiences about the benefits of therapeutic movement of dance/exercise for preventive healthcare and disease management. She has a Bachelor of Science degree from Howard University, and completed a graduate fellowship program in Exercise Physiology and Health Education at the University of Maryland. Ms. Connor is founder and president of ***The Dance of Life, Inc.*** a non-profit corporation that conducts health & fitness programs and healing through the art of dance/exercise. She is also an inspirational/motivational speaker listed in the National Cancer Survivor's Day Speakers Bureau Directory.