

## Thursday, April 28

### **4:30-5:30 PM Triple Workshop - Second of Three sessions: Participants will be divided into two small groups) Sherry Reiter, PTR, Ph.D, LCSW & Wendi R. Kaplan, MSW, CPT-M/S, LCSW**

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. (4.5 peer hours)

### **5:45-7:45 pm Pre-Conference Session IIIA: Communication Skill-Building for Personal and Communal Wellbeing**

This workshop provides an opportunity for participants to learn new ways to incorporate communication skill-building into their work as clinicians, health care professionals, educators, pastoral counselors, coaches, and community wellbeing advocates. Through our shared reactions and expressive writing pieces in relation to select literary materials, we will explore key features of communication such as the words chosen and the tone in which these are spoken, the silences kept, the facial/body language accompanying spoken words, and the context in which the conversation takes place. We will explore what facilitates and what hampers effective, compassionate, and authentic communication with others, taking into account how open-hearted listening, personal needs, and pre-conceived notions about other people affect our communication, (60% Experiential/40% Didactic) Clinical/Health Care Setting (2 peer hours).



As NAPT past president and board member, psychologist, certified poetry therapist, mentor-supervisor, and humanities professor, **Geri Chavis, LP, PhD, CPT**, has been fostering growth and healing through literature and writing since 1979. She has presented a wide range of workshops in the U.S., U.K. and Ireland and is the author of *Poetry and Story Therapy: The Healing Power of Creative Expression* and co-editor of *The Healing Fountain: Poetry Therapy for Life's Journey*, both of which are required reading for CAPF, CPT and PTR trainees. She edited a short story anthology entitled *Family: Stories From the Interior* and recently published a book entitled, *Peril and Protection in British Courtship Novels*.

### **5:45-7:45 pm Pre-Conference Session IIIB: New Beginnings**

We are emerging from a time of isolation, loss, loneliness, confusion, fear, and anger. Our world has changed and it is time to transition and discover who we are now and where we want to go. This is a new beginning with new possibilities. In this workshop, we will explore poems didactically and experientially that will help us to identify our strengths and process the lessons learned on our path. We will re-connect and form new goals in order to begin to find healing and hope. *(60% Experiential/40% Didactic) Clinical/Health Care Setting (2 peer hours)*



**Laura Santner, LCSW** graduated from New York University in 2006. She is also a Registered Poetry Therapist and is completing her training to be a Poetry Therapist Mentor-Supervisor. Laura Santner has a published article in the Journal of Social Psychology and one published chapbook available on Amazon. She is also the co-author with Nancy Scherlong of a chapter in the textbook "Creative Arts-Based Group Therapy with Adolescents. Theory and Practice" Laura Santner has been a clinical therapist and supervisor for New York State for 15 years and opened up a private practice in 2019. She has presented on poetry therapy at her work place to staff to psychology externs, social work interns, and undergraduate volunteers in addition to past Poetry Therapy conferences, retreats, and local colleges. She has been involved with the board of the National Association of Poetry therapy in various roles since 2011.

*All are invited to meet President Nick Mazza as well as the rest of the NAPT Board for the "official" opening of our 2022 Conference.*

### **8:00-8:30 pm: Presidential Welcome by Nick Mazza & Meet and Greet the Board and Regional Reps**

This gathering is an opportunity to meet all of the NAPT board Members and regional reps and learn more about their roles. It is also a chance for some of our members to join board committees.

### **8:30-9:30 pm: Welcoming Mix and Mingle and Happy Hour**

By participating in some playful and thought provoking writing exercises, designed primarily to develop connections with other group members, attendees will come away feeling energized and ready to participate in the wide range of exciting workshops and events planned throughout the conference. Enjoy!



**Barbara Kreisberg, MS, CPT** is currently serving on the NAPT Board as Vice President and Conference Chair. 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, hospitals, cancer support groups and other community settings on the healing power of writing reflectively using poetry therapy and journal writing techniques. She currently facilitates ongoing writing groups her community in Miami, FL.