

## Pre-Conference Workshops

### Wednesday, April 27

**4:30-5:30 pm Triple Workshop First of Three sessions - Participants will be divided into two small groups. (Participants must commit to attending all three sessions)**

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)



**Sherry Reiter, PTR, Ph.D, LCSW** is Director of The Creative “Righting” Center and Associate Professor at Touro College. She is co-author of *Writing Away the Demons: Stories of Creative Coping Through Transformative Writing*, a primer in the field. She is past President of NAPT and the IFBPT.



**Wendi R. Kaplan, MSW, CPT-M/S, LCSW**, uses poetry to build bridges in the community to create support, connection and awareness. She is a psychotherapist specializing in relational and biblio/poetry therapies. As a poetry therapist and mentor/supervisor she also teaches the theory and process of biblio/poetry therapy, journaling and word arts. Wendi has been meditating since 1974 and incorporates meditative and mindful practices into all of her work. She believes that poetry illuminates life.

**5:45-7:45 pm Pre-Conference Session IA: Writing the Poem That's Too Hard to Write: A Dialogue for our Personal and Professional Journey**

The place of language, symbol, and story as part of a poetic approach to practice will be examined through Mazza's multidimensional R.E.S. model of poetry therapy. The major focus of this workshop will be on questions to consider, from a personal and professional perspective, on all aspects of poetry therapy. *(60% Experiential/40% Didactic) Clinical/Health Care Setting (2 peer hours).*



**Nicholas Mazza, Ph.D., PTR**, Interim President of NAPT, is Dean and Professor Emeritus at the Florida State University College of Social Work. He holds Florida licenses in clinical social work, marriage and family therapy, and psychology. He is the founding (1987) and current editor of the *Journal of Poetry Therapy*, and author of *Poetry therapy: Theory and Practice, 3rd Ed.*

**5:45-7:45 pm Pre-Conference Session IB: Returning to Center: Navigating Life Transitions through Poetry**

We are experiencing disruption on a personal, societal, and world level. These times of transition can leave us feeling like we've lost our center. They are also opportunities for significant growth. In this workshop you will explore ways to navigate through transitions and find a sense of hope using poetry as a springboard for discussion and writing. *(75% Experiential/25% Didactic) Clinical/Health Care Setting (2 peer hours).*



**Elaine Brooks MA, NC-BC, CAPF, CM** Brooks is a board-certified nurse coach, certified applied poetry facilitator, certified poetry therapy mentor and certified transition writing specialist. She recently completed her term as co-president of the International Federation for Biblio/Poetry Therapy (IFBPT). She is on the faculty of the Therapeutic Writing Institute and has a coaching practice focusing on life transitions. Poetry therapy is an integral part of her work.

### **8:00-10:00 pm Pre-Conference Session IIA: The Way of Mindfulness: Haiku to Eco-Poetry**

What better time than now to connect haiku of the old masters with our present quest to save our environment through image and heart. Several early haiku will be offered along with contemporary eco-poets for inspiration, writing and sharing and perhaps to find resilience and hope in what lies before us. (80% *Experiential*/20% *Didactic*)  
*Clinical/Health Care Setting (2 peer hours).*



**Perie J. Longo, PhD, LMFT, PTR** is in private practice, and continues to facilitate poetry therapy groups for Hospice and Sanctuary Centers of Santa Barbara as she has for many years. She is a past president of NAPT and most recently received their Pioneer Award (2019). Poet Laureate *Emerita* of Santa Barbara, she has authored four books of poetry.



**Cynthia Holloway Kelvin, PsyD, RDT**, is a psychologist, drama therapist, and poetry therapy trainee. Her work focuses on supporting creative exploration and self-expression to promote evolution of the individual along with positive planetary change.

### **8:00-10:00 pm Pre-Conference Session IIB: Poetry As a Bridge**

Art holds the power to create relationships, heal, transform the lives of individuals. Free Minds members will share their stories and poems of incarceration and describe their transformation from writing and receiving response to their poems. All participants will read and respond to poems by currently incarcerated Free Minds members. *(50% Experiential/50% Didactic) Social Justice*



**Janet Zwick, Med, JD** is the Youth Education & Community Outreach Manager. Janet co-facilitates and manages our poetry-based community engagement program, “On the Same Page: Free Minds Poetry in the Community and Classroom”. Prior to joining Free Minds in 2019, she served as the Education Director for An Open Book Foundation. Janet has a Master of Education from George Washington University as well as a JD from the State University of New York at Buffalo Law School and was an E. Barrett Prettyman Fellow at the Georgetown University Law Center.



**Craig Watson** is a 2021 recipient of the Free Minds Congressman John Lewis Fellowship. Craig Watson, who was sentenced to 35 years to life at the age of 17, joined Free Minds Book Club & Writing Workshop in 2017. In 2019, he was resentenced and released early under DC’s Incarceration Reduction Amendment Act (IRAA). Passionate about uplifting his peers and transforming the community, Craig traveled with Free Minds to Montgomery, Alabama in 2019, shortly after being released, to attend The Campaign for the Fair Sentencing of Youth’s National Convening. Craig worked alongside other directly impacted leaders, survivors of violence, legislators, and attorneys from around the country to identify each other’s humanity and create a path forward towards achieving justice.