IFBPT Open House
for Biblio-Poetry Therapy Training

List of Certified Mentors
Certified Mentor Data Sheet

Name and Credentials
Kathleen Adams LPC, PTR, CJT

Professional Bio
Kathleen (Kay) Adams is a licensed psychotherapist and journal therapist who has pioneered the field of journal therapy since 1985. She received her Registered Poetry Therapist credential in 2000 and shortly thereafter was asked by the Federation to become a mentor/supervisor for new trainees. She mentored through the Federation's credentials process until 2007, when she returned her full-time attention to creating the Therapeutic Writing Institute, a fully on-line credentials program in journal therapy. She has been a NAPT member since 1992 and served as President of both NAPT and the Federation. Kay is the author of 14 books in the field of journal therapy and has certified more than 1,000 people worldwide as Journal to the Self instructors. She now serves the Federation by offering many of the core competency courses, along with electives in poetry and poetry therapy, at TWI.

Geographic Location and Contact details
Kay and her company are headquartered in Denver, Colorado and work almost exclusively online. For information on core competency or poetry therapy courses at TWI and the associate fees and costs, consult the current or upcoming schedule of classes at TWI, or send an email of inquiry to our program director, Krista Gano, at Krista@journaltherapy.com.

Specialties of focus in your work or specific training you may have
Although Kay continues to do both individual and group coaching and consulting, the primary work of the Center for Journal Therapy is the training and education of therapists, coaches and community facilitators in evidence-based theory and standards-based practice in journal therapy (with poetry therapy accents).

Do you have a virtual training program? A group program?
All of our training opportunities are virtual, through well-established, stable and confidential online platforms. Some are self-paced (independent study). TWI is structured in 8-week fall/winter/spring quarters with two 4-week summer terms.

Range of fees that you charge
TWI courses are priced per course (see TWI's website for current or upcoming course schedule).

Are you currently taking new trainees and how would someone begin the process with you?
We welcome all poetry therapy trainees to complete core competency, ethics, and poetry therapy electives, in consultation with their chosen mentor, at the Therapeutic Writing Institute.
Certified Mentor Data Sheet

Name and Credentials:
Mari Alschuler, Ph.D., LISW-S, MFA, CM-PTR, MPTP

Professional Bio
Mari Alschuler has been a credentialed poetry therapist for over 20 years, and a licensed clinical social worker and supervisor for over 32 years. Dr. Alschuler is an Associate Professor of Social Work at Youngstown State University and is a psychotherapist and training supervisor in private practice.

Specialties:
Mari specializes in working with members of the LGBTQ+ community, particularly transgender and non-binary people; also anxiety and depressive disorders.

Geographic Location and Contact details:
I am located in northeast Ohio, USA, Eastern Standard Time. marialschuler@gmail.com

Range of fees:
initial consult by email and/or phone up to one hour is free. Initial appointment to construct application and learning plan is $75 USD for up to 75 minutes. Subsequent fee for one-hour supervision sessions in person, remotely, or by phone is $60 USD. Review of materials via email (or snail mail) is a flat fee of $50/month USD when trainee is in active facilitation phase. Payments must be made through Zelle or PayPal.

Are you currently taking new trainees:
Yes (but only if serious)

How would someone begin the process with you?
Email me at marialschuler@gmail.com
Certified Mentor Data Sheet

Name and Credentials
Elaine Brooks RN, MA, CAPF, CM

Professional Bio
Elaine Brooks, is an integrative nurse coach, certified applied poetry facilitator, certified mentor, and certified transition writing specialist. She worked for many years as a psychiatric nurse running an intensive outpatient program. After becoming certified through the Federation in 2002 she incorporated poetry and journal therapy in her work with clinical and developmental populations. She now uses these modalities in her coaching practice and continues to be amazed at the insights gained through therapeutic writing. Elaine is on the faculty of the Therapeutic Writing Institute and was on the board of IFBPT for many years, most recently serving as co-president.

Geographic Location and Contact details
I live in Palm Harbor on the West Coast of Florida. I can be reached by email (elainebrooks810@gmail.com) or phone (860-608-7903).

Specialties of focus
- nurses and other health care professionals who would like to incorporate poetry therapy into their work
- coaches who wish to incorporate poetry therapy into their coaching practice
- anyone whose focus is personal growth
- women who are experiencing a life transition

Specific training
Certified transition writing specialist through the Center for Transition Writing and Coaching

Do you have a virtual training program? A group program?
I do not currently have a training or group program but am interested in creating a peer group. I work with individuals and tailor training to their specific focus.

Range of fees that you charge
$ 85/hr for individual training
$40 for 90 minute group

Are you currently taking new trainees and how would someone begin the process with you?
I am currently accepting new trainees. We would initially review the training guide to determine what, if any, prerequisites need to be met and any prior credit the trainee has acquired. We would then discuss the training plan and approximate timelines knowing that these are flexible.
Certified Mentor Data Sheet

Name and Credentials
Geri Giebel Chavis, PhD, MA, LP, CPT

Professional Bio
Geri is a certified mentor with the International Federation for Biblio/Poetry Therapy, a certified poetry therapist, a licensed psychologist, and literature professor emerita at St. Catherine University in St. Paul, Minnesota. She has published numerous articles, reviews and three books related to biblio/poetry therapy, two of which are required texts for individuals pursuing biblio/poetry certification: Poetry and Story Therapy: The Healing Power of Creative Expression and The Healing Fountain: Poetry Therapy for Life’s Journey, co-edited with Lila Weisberger. In addition to serving as president and board member of the National Association for Poetry Therapy, Geri has won numerous awards including NAPT’s Lifetime Achievement and Pioneer Awards; presented a wide variety of workshops; and taught a broad selection of interdisciplinary courses within the U.S., the Republic of Ireland, and the UK. She has developed courses for trainees in Poetry Genre; Literature of Other Genres (focused on Marriage and Family Relationships); and Creative Writing.

Geographic Location and Contact details
Geri is based in the Twin Cities (Minneapolis/St. Paul) in Minnesota, the upper Midwest region of the U.S. She convenes/facilitates the every other month gatherings of the Minnesota Poetry Therapy Network, which she founded in the late 1980’s with Sr. Arleen Hynes, one of the mothers of biblio/poetry therapy. For the last two years, these gatherings have been on zoom but traditionally have been in-person.

Specialties of focus in your work or specific training you may have (please keep this brief and without industry language so the content is clear to a wide range of folks)
Specialties of focus include personalized discussion of poems and other literary forms and expressive writing in community, educational, and clinical settings; use of poetry/literature for growth and healing with groups, individuals, couples, and families; and grief work for all types of loss; stress/anxiety reduction; oases for therapists and other helpers; and life transition challenges and rewards.

Do you have a virtual training program? A group program?
Besides face-to-face mentoring, I do a great deal of mentoring via zoom in combination with emailing of feedback on trainees’ plans and reports. Where applicable, I present power point presentations on the basics of poetry/bibliotherapy. On an intermittent basis, I make available a series of two-hour-long group sessions for trainees that involve a hybrid of group supervision and peer experience. These series also serve a community-building purpose amongst my trainees.

Range of fees that you charge and by service type
$80 per hour (pro-rated for document review, separate invoices supplied)

Are you currently taking new trainees and how would someone begin the process of working with you?
Currently, I cannot take on new trainees because I do have a full load, yet within a year or so from now, I may have room in my schedule.
Certified Mentor Data Sheet

Name and Credentials:
Anjana Deshpande, MBA, LCSW Certified Journal and Poetry Therapist

Professional Bio: Anjana has been a Journal to the Self Instructor since 2001 and a Certified Poetry Therapist since 2009. Anjana is on the faculty of Drexel University and The Therapeutic Writing Institute. At present she works for the Department of Veterans Affairs, providing trauma therapy to Veterans.

Geographic Location and Contact details
I am near Philadelphia, and the best way to reach me is through email: anjanawrite@gmail.com or anjanadeshpande@yahoo.com

Specialties of focus in your work or specific training you may have:
My specialty is the use of therapeutic writing and poetry to manage trauma.

Do you have a virtual training program? A group program?
Not at this time

Range of fees that you charge and by service type:
$100 per hour for supervision

Are you currently taking new trainees and how would someone begin the process of working with you?
I am currently not taking any trainees.
Certified Mentor Data Sheet

Name and Credentials
Dr Victoria Field CPT*/CAPF, Mentor, Member of the British Psychological Society in 2005, is a writer, researcher and poetry therapist based in Canterbury, Kent, United Kingdom.

Professional Bio
She has wide experience of offering workshops in health, social care, education and community settings, and has a particular interest in working with public libraries, people living with dementia, and sustainability. She is a Visiting Lecturer at a number of UK universities and an Associate at Canterbury Christ Church University. She is an Associate Artist at the Poetry Exchange, a previous Chair of Lapidus and former Writer-in-Residence at Truro Cathedral.

Geographic Location and Contact Details
She can be contacted via victoria@thepoetrypractice.co.uk

Specialties of focus
Her doctoral studies explored narratives of transformation in pilgrimage. Her publications include co-edited books on therapeutic writing, academic papers, poetry, fiction, and memoir.

Do you have a virtual training program or a group program?
She co-directs the popular CPD-accredited course Introduction to Therapeutic and Reflective Writing for the Professional Writing Academy which has, at November 2022, been completed by almost five hundred students from thirty-five countries.

What is your range of fees that you charge and by service type?
More details, including fees and current opportunities are available at www.thepoetrypractice.co.uk – follow the links to Training.
Certified Mentor Data Sheet

Name and Credentials
Susan Reuling Furness, M.Ed., LCPC, LMFT,
Registered Poetry Therapist, Mentor

Professional Bio
For 34 years, Susan has embraced therapeutic journaling, creative writing, art, and photography to inspire personal growth and healing. Upon discovering poetry Therapy 25 years ago, she jumped in to become Registered as a Poetry Therapist and a Mentor. She has served on the faculty of the Expressive Therapy Summit in New York and teaches expressive therapy in Mexico for The Milton H. Erickson Institute (Bay Area.) Susan is a writer and photographer, a mother, grandmother, and poetry enthusiast.

Geographic Location and Contact Details
Boise, ID.
Suefurness@mac.com
208-869-2432
Www.Writepath.org

Do you have a virtual training program?
No, I am working with in-person trainees only.

Range of fees that you charge
Peer group meets 8 times per year - $35/ hour
Individual Mentoring/ Supervision $100/ hour

Are you currently taking new trainees and how would someone begin the process with you?
Yes if they are geographically local. Please contact me through the above contact details.
Certified Mentor Data Sheet

Name and Credentials
Peggy Osna Heller, PhD, LCSW-C, PTR

Professional Bio
Peggy is a licensed, clinical social worker, clinical poetry therapist, certified mentor, educator, international workshop leader and lecturer. She is a former president of the National Association for Poetry Therapy, the NAPT Foundation, the National Federation for Biblio/Poetry Therapy, and co-director of the Wordsworth Center for Growth and Healing. Trained in bibliotherapy at St. Elizabeths Hospital, Peggy has taught poetry therapy in the social work departments of Catholic University and University of Maryland, and was staff bibliotherapist at Psychiatric Institute, Mount Vernon and Dominion hospitals in the Washington, DC area. Peggy is author of professional journal articles, co-author of chapters in Life Guidance Through Literature and The Healing Fountain, and co-editor of Portrait of the Artist as Poet. Her poetry therapy memoir, Word Arts Collage was published by Pudding House in 2009.

Geographic Location and Contact Details
Peggy practices psychotherapy and poetry therapy in Potomac, MD.
She can be reached by email: pegoheller@me.com
and through her website: wordarts collage.com

Current Practice
Peggy is currently not engaged in training but is happy to consult with potential students and Certified Mentors and colleagues about work in progress.
Certified Mentor Data Sheet

Name and Credentials:
Perie J. Longo, PhD, LMFT, PTR, M/MS

Professional Bio
Perie J. Longo is director of Poetry Therapy for Sanctuary Psychiatric Centers (1991 to present), and Hospice of Santa Barbara (2002 to present). She served as NAPT President (2005-07), received their Outstanding Achievement Award in 1998, Distinguished Service Award in 2004, and Pioneer Award in 2018. In 1999 she was the keynote speaker for their annual conference, her talk titled “Gathered Around the Heart of the Fire” (Journal of Poetry Therapy, Spring 2001). She has published other articles on Poetry Therapy in JPT, The Therapist, online and contributed a chapter on Poetry Therapy in the text Introduction to Alternative and Complementary Therapies. Haworth Press, © 2008. Poet Laureate of Santa Barbara (2007-09), she has authored four books of poetry and taught children (1986-1016) through California-Poets-in-the-Schools. In 2005 she was invited by the University of Kuwait to speak about the power of poetry as a path for healing and peace.

Geographic Location and Contact details
I live in Santa Barbara, CA. I prefer an email (perie@west.net) to be reached initially to set up a time for a phone conversation, if we decide to have one.

Specialties of focus are
mental health, grief, and working with children.

Do you have a virtual training program? A group program?
I have done peer groups on Zoom as well as supervision. Phone also works. I do not have a set program. I like to develop a “program” based on where a trainee is at the time and their interests and develop a Training Plan.

Range of fees that you charge.
$40 for groups & $80 for supervision.

Are you taking new trainees:
I am seeking trainees who are interested in completing their credential in a 2-3 year period. I will be retiring after that. Sending me an email, (perie@west.net), as mentioned, with a brief bio of your background at this point and your interest.
Certified Mentor Data Sheet

Name and Credentials:
Marianela Medrano, PhD, LPC, CPT

Professional Bio:
Marianela Medrano was born and raised in the Dominican Republic and has lived in Connecticut, USA since 1990. A poet and a writer of nonfiction and fiction, she holds a PhD in psychology. Her literary work has appeared in anthologies and magazines in Latin America, Europe, and the United States. Her poetry has been translated into Italian and French.


TEDTALK at Ursuline College: https://www.youtube.com/watch?v=8pOeBYd2oJk.

Geographic Location and Contact details
Connecticut  palabracenter@gmail.com  203-770-4338

Specialties of focus in your work or specific training you may have:
Mindful Writing, grief, social justice, women’s issues

Do you have a virtual training program? A group program?
Accepting new trainees. Upcoming peer group.

Range of fees that you charge and by service type:
$75.00 - $100.00 an hour.

Are you currently taking new trainees and how would someone begin the process of working with you?
Yes. Contact me via email and we will set up a meeting on Zoom.
Certified Mentor Data Sheet

Name and Credentials
Sherry Reiter, PhD, LCSW, PTR-M/S, RDT-BCT

Professional Bio
Sherry Reiter, PhD, LCSW is a Registered Poetry & Drama Therapist and Director of The Creative Righting Center. Her work focuses on creativity, voice, and literature as prime resources for healing & wisdom. Past-President of NAPT and the IFBPT, creator of Poets-Behind-Bars, and author/editor of Writing Away the Demons: Stories of Creative Coping Through Transformative Writing

Geographic Location and Contact details
Virtually accessible to all, physically in Brooklyn, NY. Contact by e-mailing info@thecreativerightingcenter.com or call 718-998-4572 and specify 2 or 3 good times I can reach you.

Specialties of focus in your work or specific training you may have
"normal neurotics," psychiatric population, geriatric population, developmental transitions, recovery, college teaching and creation of graduate programs in poetry therapy

Do you have a virtual training program?
Yes, I have international students online and will start a complete Training program inclusive of group supervision, individual supervision and peer group with guest presenters in September 2023. Individual supervision can start anytime. Self-study programs for didactic credit provided at https://thecreativerightingcenter.teachable.com/courses

Range of fees that you charge:
$90 and sliding scale for individual sessions.

Are you currently taking new trainees and how would someone begin the process with you?
Yes, Open Enrollment for Individuals, Group. I welcome all trainees who have purpose, passion and poetry in their pocket. Initial inquiry is free. Write me at info@thecreativerightingcenter.com or call me at 718-998-4572
Certified Mentor Data Sheet

Name and Credentials
Laura Santner, LCSW, PTR-CM

Professional Bio
Laura Santner is a Licensed Clinical Social worker who graduated from New York University in 2006. She is a Registered Poetry Therapist and a Certified Mentor. Laura has a published article in the Journal of Social Psychology and one published chapbook available on Amazon. She is also a co-author of a chapter in the textbook “Creative Arts-Based Group Therapy with Adolescents: Theory and Practice.” She has been a clinical therapist and supervisor for New York State for 16 years and opened a private practice in 2019. She has presented on poetry therapy to staff, students and volunteers as well as at Poetry Therapy conferences, retreats, and local colleges. She currently serves as Vice President on the Board of the National Association for Poetry Therapy, whom she also represents at the National Coalition of Creative Art Therapies Associations. She is also one of the Poetry Therapy Regional Representatives of New York.

Geographic Location and Contact details
New York, LauraSantnerL.CSW@gmail.com, 347-380-6494

Specialties of focus in your work or specific training you have
The severe and persistently mentally ill population including but not limited to anxiety, depression, bipolar, schizophrenia, substance use/abuse, etc. Higher functioning population including but not limited to topics of self-identity, self-esteem, self-image, change, transition, relationships, careers, etc. Age group of experience ranges from early childhood to later adulthood. Special interest and training in wilderness therapy.

Do you have a virtual training program? A group program? Please describe your current onboarding practices or general overview of your training program:
Each training experience is individualized and tailored to your needs. Therefore there is no training program. If you are brand new it is recommended that you begin with didactic and peer group study. You will therefore begin with supervision of didactic material. When there is a greater understanding of Poetry Therapy, you will move on to your facilitation hours. It is expected that supervision occur more regularly once you are actively facilitating groups. Frequency of supervision depends on individual needs and vary between weekly and monthly. Completion of training typically takes between 2-5 years.

Range of fees that you charge and by service type (or monthly payment if that is your model and what is covered by this):
- Application assistance and review (training application and final application): $50 each
- Write up reviews/email supervision including didactic, facilitation, administrative: $35/hr
- Supervision including in person, telephone, or virtual: $75/hr
- Peer group offerings: $25-$35 per person per session

Are you currently taking new trainees and how would someone begin the process of working with you?
Yes, Please email your interest and a little about yourself. Download the training manual and review before scheduling a 15-20 minute free consult to answer questions, get to know each other, and see if we are a good fit.
Certified Mentor Data Sheet

Name and Credentials
Nancy S. Scherlong, LCSW, CHHC, SEP, PTR/CJT, CM
Licensed Clinical Social Worker, Certified Holistic Health Coach, Somatic Experiencing Practitioner, Poetry and Journal Therapist and Mentor in both methods

Professional Bio
Nancy is owner of the psychotherapy, coaching and training business entitled Change Your Narrative LCSW PLLC. She is a corporate wellness educator, coach and trauma therapist who is certified in the methods of EMDR, SE, IFS, MBSR, DBT, poetry and journal therapies (and soon, psychodrama). Nancy is currently the President of IFBPT (and has served in several roles on the NAPT Board). She is presently on the faculty of Adelphi and Columbia Universities in their social work programs and has created a certificate program for Applied Expressive Arts in Counseling (through Adelphi). She is core faculty at the Therapeutic Writing Institute and also teaches for Kint Institute in their foundation year for trauma-focused expressive arts. She has published several poems, two book chapters and was the wellness contributor for Journal Therapy for Overcoming Burnout (by Kathleen Adams).

Geographic Location and Contact
Offices in NY and CT USA (therapy) and international coaching and training services available
www.changeyournarrativetherapy.com
NScherlonglcsw@gmail.com or call, text or WhatsApp 914.572.3167
Eventbrite

Specialties of focus in your work
My training and education have been focused on integrative psychotherapy, somatic psychology and mindfulness, wellness work including coaching and nutrition/lifestyle, stress management and nervous system regulation. I enjoy working with clients of all ages including families and children and in particular groups (both developmental and clinical). I work a lot with teachers, artists, healers, coaches and other health professionals.

Do you have a virtual training program? A group program?
Yes. I have current training openings for individuals (in person or virtual) as well as a virtual training cohort community with a few openings. Each month there is always at least one peer series (3 or more sessions), several daytime workshops and 3 group supervision/consultation formats. The cohort also has access to an online discussion group and document sharing for collaboration. Some activities are asynchronous (email based) though most are synchronous and on video platform.

Range of fees that you charge and by service type
Cohort (group) training fees are paid monthly - $250-300/month for all activities (some individual supervision, document feedback, group supervision, peer groups). Discount on other courses/programs. Individual supervision fee: $100/hour  Peer: $25-30/hr (training takes 2-3 yrs)

Are you currently taking new trainees and how would someone begin the process of working with you?
Yes. It is best to get in touch via email or cell phone to set up a free consultation to see if we are a good fit and to address any questions you may have. Or feel free to attend a workshop to check out the community! Check here for what is coming up next
Certified Mentor Data Sheet

**Name and Credentials:**
Shanee Stepakoff, PTR (Registered Poetry Therapist), CM (Certified Mentor), PhD (Clinical Psychology); PhD Candidate (English, current); MFA in creative writing; licensed clinical psychologist (Massachusetts, Maine, New York).

**Professional Bio**
Shanee Stepakoff, PhD, clinical psychologist, registered poetry therapist, is the author of nearly two dozen peer-reviewed articles and was part of a six-person team chosen for the American Psychological Association’s International Humanitarian Award in 2006, for services rendered to Liberian refugees in Guinea. Shanee was the 2019 recipient of NAPT’s Outstanding Education Award for leadership in advanced training programs and academic graduate studies in poetry therapy. She holds a MFA in creative writing and is completing a PhD in English at the University of Rhode Island, where she was the instructor for courses in “The Short Story” and “Introduction to Literature” and TA for courses on Shakespeare and Jane Austen. Her first book, *Testimony: Found Poems from the Special Court for Sierra Leone* (Bucknell University Press, 2021) was chosen for the Benjamin Franklin Gold Award (first prize in the poetry category) by the Independent Book Publishers Association in March 2022.

**Geographic Location and Contact details**
I am based primarily in Connecticut but am periodically in Maine, New York, Rhode Island, and Massachusetts and could potentially meet with a trainee in those other locations on occasion. Much of my work is by "telehealth" using Zoom, Skype, and doxy.

**Contact Information**
Mailing address: PO Box 212; Farmington, Maine 04938  
Home Office in Essex, CT  
Physical Addresses: University of Rhode Island, Dept of English, Kingston, RI  
email: shanee.stepakoff@maine.edu and drshaneestep@aol.com  
Phone (cell): 646-596-6792 and 207-578-4483

**Specialties of focus in your work or specific training you may have:** I generally prefer to work with preexisting poems, i.e., choosing an appropriate poem and inviting clients to respond to it, and am less inclined to focus on eliciting clients' own, original writing (though I do some of that). I completed the two-year training program in Biblio/Poetry Therapy co-led by Dr. Kenneth Gorelick and Ruth Monser, in 1996.

**Do you have a virtual training program? A group program?:** I do not do an ongoing group program, though I have done that in the past. At present, I work mainly one-on-one, in a close, apprenticeship type of model, usually with just one or two trainees at a time. I do, however, plan to conduct a few weekend intensive "retreats" for trainees who wish to accumulate some training hours (e.g., peer experience, didactic). That would not be a group "program" but it would constitute a short-term group experience. I do mostly virtual work but also some in-person work.

**Range of fees that you charge:** I charge between $120-$180 per hour. I charge for my time for all training-related tasks other than an initial exploratory conversation. i.e., I charge by the hour and I pro-rate the charge for periods of time that are less than an hour.

**Are you currently taking new trainees and how would someone begin the process with you?:** At present, I can accept one to two interested trainees.
Certified Mentor Data Sheet

Name and Credentials:
Ingrid Tegnér, MSW, CAPF, CM

Professional Bio
Ingrid Tegnér, MSW, CAPF is a former social worker and Certified Mentor. She has facilitated clinical poetry therapy with both individuals and groups dealing with a variety personal and situational life issues. She has facilitated groups of adult cancer survivors and an active elder population. Currently, she is still mentoring trainees and creating artwork.

Geographic Location and Contact details
Riverside in Southern California, my email address: ingridtegner@gmail.com

Specialties of focus in your work
Working with children and young adults, cancer survivors and the active elderly.

Do you have a virtual training program? A group program? Please describe your current onboarding practices or general overview of your training program
I have a one-on-one virtual training or in-person for those in Southern California

Range of fees that you charge and by service type (or monthly payment if that is your model and what is covered by this)
$50.00 - $80.00 an hour.

Are you currently taking new trainees and how would someone begin the process of working with you?
Yes. Contact me via email and we will set up a meeting on Zoom.