The National Association for Poetry Therapy

Beacons and Safe Harbors:

Navigating Personal and Societal Challenges
Through Poetry Therapy

Pure

We do not write to live
We write to survive
Letter by
letter
reborn
Redeemed
Purified in ink
In fire
Soul's alphabet

Do not ask: is she a writer?
Say: now I understand why
She will never die.

~ Gayle Danley

Annual NAPT Conference
April 11–14, 2019
Embassy Suites by Hilton, Baltimore Inner Harbor & The Grand
Baltimore, Maryland
Welcome

The National Association for Poetry Therapy, Inc. (NAPT) is a nonprofit, international, and interdisciplinary organization promoting growth and healing through written language, symbol, and story. Members represent a wide range of professional experience, schools of therapy, educational affiliations, artistic disciplines, and other fields of training in both mental and physical health.

In addition to its professional membership, NAPT welcomes all people who are interested in the power of the healing word. We hope you will be able to learn from the many workshops, lectures, and informal networking opportunities available. We hope you will be inspired to absorb, reflect, and write. Please visit us on Facebook or www.poetrytherapy.org to contact the NAPT Board and for more information about NAPT.

Thank You!

I wish to personally thank the Proposal Review Committee/Conference Committee (Geri Chavis, Beth Jacobs, and Connie Banta) who helped select the excellent workshops offered at this year’s conference and contributed their valuable input to help develop the conference program. I am pleased to have Red Emma’s Book Store be our bookseller this year. I also wish to thank Gayle Danley, our Thursday Opening Event speaker/poet, for generously agreeing to have NAPT place her poem “Pure” on the conference program cover. I want to thank Mecca Verdell (Meccamorphosis) for being our Keynote Poet. I also wish to again thank Connie Banta for her tremendous assistance in helping to prepare the registration packets and materials and oversee the Registration Table and all of the other Registration Table volunteers. Many thanks goes to Alison Johnson for her continuous efforts as Public Relations Chair. Thank you to our Pre-Conference presenters Diane Allerdice, Jenna Robinson, and Zachary Katz, as well as our Morning Triple workshop presenters Nancy Scherlong and Elaine Brooks. I also wish to thank our Gina Campbell, for leading our Day Trip so participants could experience the rich history of the Baltimore area. I am also grateful for Karen (Ren) vanMeenen, whose assistance at each annual conference is always appreciated. We are grateful for all our experienced workshop presenters as well as our new workshop presenters for their generous offerings to the conference program. I would like to thank the NAPT Board (see above) who once again have proven themselves to be exceptional individuals, with an abundance of skills and talents that help shape our organization. Lastly, I would like to offer much gratitude to Nick Mazza for his leadership, support, and dedication to NAPT.

Barbara Kreisberg, MS, CPT
NAPT Vice President & Conference Chair
### CONFERENCE AT A GLANCE & WORKSHOP LOCATIONS

- Embassy Suites – Lodging, Breakfast, and Cocktail Hour 5:30-7:30 PM
- The Grand – Registration, Luncheons, all workshops and large group events
- **For those needing CEU’s for mental health licensure renewal**, you may sign up at the conference Registration Table indicating the hours attended, and an NAPT Certificate of Attendance for Continuing Education will be e-mailed to you. **Educators needing Continuing Education** for their professional development may sign up for Certificates of Attendance for specific Education-focused workshops.

### Wednesday, April 10

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<tr>
<th>Time</th>
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<tr>
<td>11:50-12:45 pm</td>
<td>Lunch on your own</td>
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<td>12:45-1:00 pm</td>
<td>Check-in for Pre-Conference I only <em>(Lobby Embassy Suites)</em></td>
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<td>1:00-5:30 pm</td>
<td>Pre-Conference I Day Trip – Gina Campbell <em>(Meet in Hotel Lobby of Embassy Suites, leaving together promptly at 1:00 pm)</em></td>
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<tr>
<td>6:00 pm</td>
<td>Day Trip: O Say Can You See!</td>
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### Thursday, April 11

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<tr>
<td>8:00-9:00 am</td>
<td>Breakfast <em>(Embassy Suites Restaurant – 2nd Floor)</em></td>
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<td>9:15-9:30 am</td>
<td>Registration for Pre-Conference II with Diane Allerdyce only <em>(Registration 4th floor of the Grand)</em></td>
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<td>9:00 am-4:00 pm</td>
<td>NAPT Board Meeting <em>(Boardroom)</em></td>
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<td>9:30 am-12:00 Noon</td>
<td>Pre-Conference II – Diane Allerdyce <em>(Veterans)</em></td>
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<td>12:00 Noon-1:00 pm</td>
<td>Lunch on your own</td>
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<td>1:15 pm</td>
<td>Registration for Pre-Conference III with Jenna Robinson &amp; Zachary Katz only <em>(Registration 4th floor of Grand)</em></td>
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<td>1:00-3:30 pm</td>
<td>Pre-Conference III – Jenna Robinson &amp; Zachary Katz <em>(Veterans)</em></td>
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<td>4:00-4:30 pm</td>
<td>Registration Set up <em>(4th floor of the Grand)</em></td>
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<td>4:00-5:45 pm</td>
<td>Book Sale Set up <em>(Landmark)</em></td>
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<td>4:15-5:45 pm</td>
<td><strong>Film: Voices Beyond the Wall</strong> with discussion facilitated by Karen (Ren) vanMeenen <em>(Doric)</em></td>
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<td>5:00-6:00 pm</td>
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<td>6:00-7:00 pm</td>
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<td>Gayle Danley <em>(Doric)</em></td>
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<td>Nancy Scherlong &amp; Elaine Brooks <em>(Ionic &amp; Tuscan)</em></td>
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<td>Registration <em>(Hotel Lobby)</em></td>
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<td>Breakfast <em>(Embassy Suites Restaurant – 2nd Floor)</em></td>
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<tr>
<td>9:00-9:15 am</td>
<td>Welcome &amp; Overview – Nick Mazza, President <em>(Doric)</em></td>
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<td>9:15-10:15 am</td>
<td>Keynote Speakers, Peggy Heller &amp; Wendi Kaplan <em>(Doric)</em></td>
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10:15-10:30 am Book Signing & Book Sale (rear of Doric)

10:30 am – 12:00 pm **Workshop Series A**
12:00-1:00 pm Luncheon (Oriental – 4th Floor of the Grand)
1:15-1:45 pm Open Forum – Meet and Greet the Board and Regional Reps (Doric)
1:45-2:30 pm Book Sale (Landmark)
2:00-2:30 pm **NFPBF Credentialing Information Workshop: Your Life Could Be Poetry**
   Harriet Kohen & Elaine Brooks (Composite)

**2:45-4:45 pm Workshop Series B**
5:00-6:15 pm Mentor/Supervisor Round Table Discussion (Ionic)
4:45-7:00 pm Book Sale (Landmark)
5:00-7:45 pm Free time and Dinner on your Own
7:45-9:00 pm Evening Reception (Oriental)
8:00-10:00 pm Open Mic Poetry Reading & Anthology Sign-Up (Doric)
   Hosted by Zachary Katz

**Saturday, April 13**

7:00-8:00 am **Morning Triple Workshop: Experience a Poetry Therapy Group**
   (Second Session – 2 Groups)
   Nancy Scherlong & Elaine Brooks (Ionic and Tuscan)
7:30-8:30 am Registration (4th floor of the Grand)
7:45-9:00 am Book Sale (Landmark)
8:00-9:00 am Breakfast (Embassy Suites Restaurant – 2nd Floor)

9:00-10:30 am **Workshop Series C**
10:45-11:00 am Honorary Awards Presentation (Doric)
11:00 am-12:00 pm Keynote Poet: Meccamorphosis (Doric)
   “Da Art Of Letting Go”
12 noon-12:15 pm Book Signing with Meccamorphosis & Book Sale (rear of Doric)
12:15-1:15 pm Luncheon (Oriental – 4th Floor of the Grand)
1:30-2:00 pm Certification & Awards Event – International Federation for Biblio/Poetry Therapy (Doric)
2:00-2:30 pm Book Sale (Landmark)

2:30-4:30 pm **Workshop Series D**
4:30-5:15 pm Book Sale (Landmark)
5:15-5:30 pm Closing Remarks – President Nick Mazza (Doric)
5:30-6:15 pm **Celebratory Closing Event with the Dance Exchange** (Doric)
6:15-7:00 pm Book Sale (Landmark)
6:15 pm Free time & Dinner on your own

**Sunday, April 14**

8:00-9:00 am Breakfast (Embassy Suites Restaurant- 2nd floor)
9:00-11:30 am **Morning Triple Workshop: Experience a Poetry Therapy Group** (Third Session)
   Nancy Scherlong & Elaine Brooks (Tuscan & Ionic)
12:00-1:00 pm Lunch on your own

**** Major room locations are noted above. For specific workshop locations, see detailed program below.****
Wednesday, April 10, 2019

8:00-9:00 am Breakfast for hotel guests (Embassy Suites Restaurant)
11:50-12:45 pm Lunch on your own
12:45-1:00 pm Registration for Pre-Conference I only (Meet in hotel lobby, leaving promptly at 1:00 pm)
1:00-5:30 pm O Say Can You See
Gina Campbell, CAPF

No place better embodies our conference theme, safe harbors and beacons, than Fort McHenry. We will tour the fort and walk the ramparts that stand watch at the entrance to Baltimore’s Inner Harbor and from which flew the star-spangled banner of the American National anthem fame. Then on to the National Aquarium where we will have a private room with a view of the harbor to inspire our writing and sharing. Afterwards, you will have time to tour the fabulous aquarium on your own.

6:00 pm Dinner on your own

Thursday, April 11, 2019

8:00-9:00 am Breakfast Embassy Suites Restaurant
9:15-9:30 am Registration for Pre-Conference II - Allerdyce (Registration 4th floor of the Grand)
9:00 am-4:00 pm NAPT Board Meeting (Boardroom – The Grand)
9:30 am-12:00 noon Pre-Conference II: Breath, Image, Rhythm: A Somaesthetic Approach to Facilitation, Life and Art
Diane Allerdyce, PhD, CAPF (Veterans)

This workshop focuses on honing and enhancing the participants’ skills in “reading” through the body the responses of oneself and of others. Whether you are a facilitator or therapist tuning into the subtle rhythms of your group participants, a poet, teacher, writer, musician, and/or simply an explorer on life’s journey, the techniques practiced here can be applied to many facets of everyday life as well as to the practice of bibliotherapy/group facilitation. How to turn points of tension & potential conflict into opportunities for healing and connection will be explored through workshops individual poems, responding to writing prompts, and listening to the rhythms of the body during guided relaxation.

(75% Experiential/25% Didactic) Spiritual

12:00 noon-1:00pm Lunch on your own
1:00 pm Registration for Pre-Conference III – Robinson & Katz (Registration 4th Floor of the Grand)
1:00 pm-3:30 pm Pre-Conference III: Acting Out: How to use Performance Techniques to Enhance the Poetry Therapy Process
Jenna Robinson, MA, and Zachary Katz, MS Ed Candidate in Mental Health Counseling, (Veterans)

Participants will experience the process of creating a performance poem in a peer group. Utilizing techniques from poetry, drama, and dance movement therapy, the facilitators will guide participants through the intermodal process of writing and performing a spoken word poem. This therapeutic arts approach amplifies the power of group poem sharing.

(85% Experiential/15% Didactic) Clinical/Health Care

3:45-4:30 pm Registration - Volunteer Set Up (Hotel Lobby)
3:00-5:00 pm Book Sale Set Up (Landmark)
4:15-5:45 pm Film: Voices Beyond the Wall with discussion facilitated by Karen (Ren) vanMeenen, MA, MA, CAPF, PhD Candidate (Doric)
Rescued from the streets of San Pedro Sula, Honduras, known as the murder capital of the world, orphaned girls find their voices in poetry as they heal traumas of their past and prepare to transition into an uncertain future.

5:00-6:00 pm Registration (4th Floor of the Grand)
6:00-7:00 pm Dinner on your own
7:00-7:45 pm Registration (4th floor of the Grand) & Book Sale (Landmark)
8:00-8:45 pm  Welcome and Mix & Mingle: Conference Warm Up  
*Barbara Kreisberg, MS, CPT (Doric)*  
Meet and greet attendees, both near and far! In this introduction to the conference activity, attendees will be given the opportunity to learn more about those who live in their own geographic area and meet other national and international attendees. This is an opportunity to both have fun and be creative before the conference officially begins.

9:00-10 pm  Opening Event: Grief Relief – Moving From Pain to Power through Poetry  
*Gayle Danley (Doric)*  
Gayle’s presentation will guide participants through her four powerful steps for writing healing performance poetry. Participants will learn how to transform bereavement into betterment, using words to not only describe their pain but also to create a sense of community and support around them. Attendees will leave this talk with a clear understanding of how to help others process grief through poetry.

9:45-10:15 pm  Book Signing with Gayle Danley (Doric)

**Friday, April 12, 2019**

7:00-8:00 am  Morning Triple workshop: Experience a Poetry Therapy Group  
(First Session – participants will be divided into 2 small groups)  
*Nancy Scherlong, LCSW, PTR, M/S & Elaine Brooks RN-BC, MA, PTR, M/S (Ionic & Tuscan) (4.5 peer hours)*  
For newcomer or dedicated trainee, this three-part workshop is your opportunity to welcome each day of the conference with poetry therapy experiences. Take part in small group sessions you might facilitate if you were a poetry therapist, or attend if you wish to experience this healing modality for creative expression and well-being.

7:45-8:45 am  Registration (4th floor of the Grand)

8:00-8:45 am  Breakfast in Embassy Suites Restaurant

9:00-9:15 am  President’s Welcome  
*Nick Mazza, PhD, PTR (Doric)*

9:15-10:15 am  Keynote Speakers:  
*Peggy Osna Heller, PhD, MSW, PTR-M/MS (Doric)*  
“Words Sacred and Profane”  
This keynote address will present an encomium to the proposition that words matter and will be storied with tributes to the luminaries of bibliotherapy and poetry therapy who inspired and mentored Peggy’s (so far) 40-year career in our field.

Wendi Kaplan, (Doric)  
“Words, the Girders of our Bridges to Each Other”  
With an honoring bow to our foundations and our teachers we also look ahead to forge and travel new paths. This keynote addresses some of the lighthouses we can look to and the harbors we can create as we move into a deeply wounded world that dearly needs poetry.

10:15-10:30 am  Book Sale and Book Signing (Landmark)

10:30-12 noon  Workshop Series A

**A1**  
**Courageous Women’s Work: Processing Racist and Sexist Experiences in Education Through Poetry**  
*Antonia Felix, EdD, MFA (Doric)*  
Based on a first-of-its-kind study in educational leadership, this workshop utilizes poetry to process women educators’ experiences with racism and sexism or, in the case of white women educators, to explore their unconscious bias and encounters with sexism. We will discover how poetry can be a powerful tool for any equity program.  
(70% Experiential/30% Didactic) Educational
A2  Stepping into Recovery: Twelve Bibliotherapy Activities for Working a Twelve-Step Program
Christine Hennigan Paone, MS (Ionic)
Participants will learn 12 bibliotherapy interventions, one for each “step” of the 12-Step model. These activities are intended to help clients in recovery, as they navigate the challenges of working through a 12-Step program. Reading and creative writing are combined with other expressive arts techniques in this workshop. (75% Experiential/25% Didactic) Clinical/Health Care Setting

A3  Writing with Plants
Juhani Ihanus, PhD (Tuscan)
This workshop calls for relating one’s self to freely chosen plants (through images, photos, videos) by writing with, on, around and into the plants and their life span, thus enacting and sharing some events, encounters, and situations of the plants or the plant’s life span. Participants must bring their own plant photo or image to work with. (70% Experiential/30% Didactic) Spirituality

A4  Listening for Connection, Creativity and Transformation
Laurie Anderson Sathe, EdD (Veterans)
In our world of disconnection, despair, and cynicism the simple act of authentic listening may create a positive shift. Mark Nepo describes, “listening stitches the world together.” In this session we will look to poets for inspiration about listening to self, others, and spirit for connection, creativity, and transformation. (90% Experiential/10% Didactic) Social Justice

A5  The Place of the Poetic in Career and Personal Development
Nicholas Mazza, PhD, PTR (Composite)
The place of language, symbol, and story in career and personal development (from early childhood through older adulthood) will be examined and demonstrated through Mazza’s multidimensional R.E.S. model. The model consists of three major dimensions: 1) R-Receptive/prescriptive involving the introduction of literature into practice, 2) E-Expressive/creative involving written expression, and 3) S-Symbolic/ceremonial involving the use of metaphors and rituals. (75% Experiential/25% Didactic) Clinical/Health Care (1.5 Peer Hours)

12:00-1:00 pm  Lunch in Oriental Restaurant (4th Floor The Grand)
1:15-1:45 pm  Open Forum—Meet and Greet the Board and Regional Reps (Doric)
This is an opportunity to meet the current NAPT Board and find out about current happenings in our organization and in our field. We look forward to meeting all our members and new friends and hope that you decide to become more of an active part of NAPT by joining as a member if you have not already done so. We encourage attendees to have more communication with our board members and to join one of the various committees.
1:45-2:45 pm  Book Sale (Landmark)
2:00-2:30 pm  International Federation for Biblio/Poetry Therapy Credentialing Information Workshop: “Your Life Could Be Poetry”
Harriet Kohen, MSW, CPT & Elaine Brooks RN-BC, MA, PTR, M/S (Composite)
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!

2:45-4:45 pm  Workshop Series B

B1  Circles and Lines: Explorations of Genealogy and Lineages through Poetry for Healing
Raina J. León, PhD, & Norma D. Thomas, DSW (Doric)
Imagine yourself a tree. In this workshop, we travel together along root systems and branches to discover the strengths within our lineages: personal, professional, spiritual, and artistic. In times of tumult, our ancestors reach out to us, sharing with us their strength and calling for their healing as manifested in our present selves. In this workshop, we will also consider who we are and what gifts we offer and leave to the generations to come. (70% Experiential/30% Didactic) Clinical/Health Care
B2  
**Storiez: Trauma Narratives with Inner City Youth**  
*Meagan Carrado, DSW, MSS, LCSW (Ionic)*

Storiez guides therapists through the process of helping traumatized inner city youth create, voice, and honor their narratives. Participants in this seminar will learn the nine steps in the Storiez intervention. They will also learn ways to provide culturally sensitive, client-centered, strengths-based trauma treatment to inner city youth. *(30% Experiential/70% Didactic)*  
Clinical/Health Care

B3  
**“Let us go then, you and I”: Poetry as Mask to Discover Voices**  
*Rob Merritt, PhD (Tuscan)*

A persona was the mask ancient Greek actors wore on stage. Many social media users know the freedom they feel behind their online character. Dramatic monologues (persona poems) paradoxically allow writers to express difficult personal feelings through the voice of another. These often non-personal poems can also give the poet an empathetic avenue into “the other.” In this workshop, we will write poems in voices we think may not be our own and explore the intriguing concept of the mask. *(75% Experiential/25% Didactic)*  
Educational

B4  
**Welcome, Stranger! Applying the Ceremonial Modality of Poetry for Welcoming Rituals**  
*Connie Banta, LPC, MFA (Veterans)*

Who are the strange angels coming to your guest house? How best to let them in? Here we will apply Mazza’s Ceremonial construct to welcoming strangers of all kinds. We will explore the relationship between poetics and ritual, ritual structure, and various welcoming rituals around the world. Then we will write some welcoming poems ourselves and work in small groups to create a group welcome ritual. *(70% Experiential/30% Didactic)*  
Spirituality

B5  
**Recovery – Recover Me! Poems and Stories in Addiction Treatment and Prevention**  
*Sherry Reiter, PhD, LCSW, PTR-M/S (Composite)*

Addiction is a labyrinth, a maze leading its users to avoid and numb awareness and emotion. Treatment, through thoughtful selection of stories and poems, can provide valuable direction in the therapeutic journey back to wholeness. We embrace emotion instead of numbing, mindfulness instead of mindlessness, community instead of isolation. Each participant will leave with a powerful collection of poems and stories that can be used in treatment and prevention. *(75% Experiential/25% Didactic)*  
Clinical/Health Care *(2.0 peer hours)*

4:45-6:00 pm  
**Mentor/Supervisor Round Table**  
Conducted by Nancy Scherlong (Tuscan)  
This is for mentor/supervisors and mentor/supervisors in training only.

4:45-5:30 pm  
**Yoga Stretch with Diane Allerdyce, PhD, CAPF (Doric)**

4:45-7:00 pm  
**Book Sale (Landmark)**

5:00-7:45 pm  
**Free Time and Dinner on your own**  
**Book Sale (Rear of Doric) & Anthology Sign Up (Registration area)**

7:45-9:00 pm  
**Evening Reception (Oriental)**

8:00-10:00 pm  
**Open Mic (Oriental)**  
Hosted by Zachary Katz  
Sign up for Poetry Anthology (Oriental)

We welcome any poems, short stories, songs, and any other spoken word entries of no more than 2 minutes total length to read at this 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 for this event.

**Saturday, April 13, 2019**

7:00-8:00 am  
**Morning Triple workshop: Experience a Poetry Therapy Group**  
(Second Session – participants will be divided into 2 small groups)  
*Nancy Scherlong, LCSW, PTR, M/S and Elaine Brooks, CAPT, CAPF/CPT, CJF, M/S (Ionic & Tuscan)*
7:30-8:30 am  Registration (4th Floor The Grand)
7:45-9:00 am  Book Sale (Rear of Doric)
8:00-9:00 am  Breakfast
9:00-10:30 am  Workshop Series C

C1  My Place in the World
Steffani H. Fletcher, Med, CAPF, & Stephanie Stephens, MS (Doric)
Trauma-informed poetry lessons for healing focus on repairing distorted world views in youth caused by adverse childhood experiences. Poetry lessons work towards building positive self-esteem through inward focus on strengths and reflection. Lessons can be used in classrooms or afterschool programs. (80% Experiential/20% Didactic) Educational (1.5 Peer Hours)

C2  Poetry Power: An Innovative Brief Therapeutic Poetry Writing Intervention for Older Adult Survivors of Abuse  (Ionic)
Kevin Jones, PhD, CSWA & Faith Marcelo (Ionic)
Poetry Power is an innovative approach for helping older adults process experiences of abuse, victimization, and trauma through guided poetry writing exercises. This workshop will illustrate the components of this brief intervention approach and give participants an opportunity to experiment with the Poetry Power guided poetry writing technique. (70% Experiential/30% Didactic) Clinical

C3  Movie Magic: Shining a Light on our Manifestations
Jennifer L. Graham, MFA, CAPF (Tuscan)
Through using a movie as literature, participants will become aware of their beliefs on manifestation, especially as it pertains to free will and destiny. Participants will also discover that through the power of thought they might be able to align their desires and thoughts to magically produce manifestations in their lives. (90% Experiential/10% Didactic) Clinical (1.5 Peer Hours)

C4  Creatively Aging: Writing and Publishing to Fight Invisibility and Isolation While Creating Community
Roseanne Singer, Shirley Brewer, & Kendra Kopelke (Veterans)
Writing and publishing enhance self-concept and self-esteem in an aging population. The physical body may be gradually diminishing but there is a resurgence of passion and urgency. This workshop will offer models for publishing older people’s poetry and creating community as well as opportunities to reflect on one’s own feelings about aging. (30% Experiential/70% Didactic) Educational

C5  From Endings to New Beginnings: Poetry to Guide Us Through Life Transitions
Elaine Brooks, RN-BC, MA, PTR, M/S (Composite)
A life transition is an opportunity for growth. It can also be unsettling and stressful. You may be changing jobs, getting divorced, or experiencing health changes. Or you may feel that life needs to change but aren’t sure how or why. In this workshop you will learn how to navigate through life transitions using selected poems as springboards for discussion and writing. (75% Experiential/25% Didactic) Clinical (1.5 Peer Hours)

10:45-11:00 am  Honorary Awards Presentation (Doric)
11:00 am -12:00 pm  Keynote Poet: Meccamorphosis (Mecca Verdell) (Doric)
“Da Art Of Letting Go”
12:00-12:15 pm  Book Signing with Mecca (rear of Doric)
12:30-1:30 pm  Lunch (Oriental)
1:30-2:00 pm  Certification & Awards Event – International Federation for Bibliopoetry Therapy
Harriet Kohen, MSW, CPT & Elaine Brooks RN-BC, MA, PTR, M/S (Doric)
All are invited to attend this ceremony of recognition and presentation of Credentials to PTRs, CPTs, and CAPFs who have successfully completed their training, and Endorsements of those who have completed Certification as Journal Facilitators or Therapists through the Center for Journal Therapy. Meet current mentor/supervisors and current trainees and congratulate your peers.
2:00-2:30 pm  
**Book Sale (Rear of Doric)**

2:30-4:30 pm  
**Workshop Series D**

**D1**  
*Healing the Wounded Womb Through Poetry and Rhythm: A Workshop For Body & Spirit*
  Marianela Medrano, PhD, LPC, CPT & Annie Finch, PhD *(Doric)*

This trauma-informed workshop uses poetry, supportive discussion, and rhythmic journaling with healing rhythms, rituals, and self-compassion practices to help women who carry wounding and trauma in the womb area to heal in body and spirit. Activities are designed to help practitioners fine-tune their skills in facilitating the movement from trauma to healing *(75% Experiential/25% Didactic)*  
Clinical/Health Care *(2.0 Peer Hours)*

**D2**  
*Navigating toward Safe Spaces through Co-facilitation in Poetry Therapy Groups*
  Scott Sorenson, MSW & Danielle Dubrasky, MA, PhD *(Ionic)*

Expanding on the recent publication in the *Journal of Poetry Therapy*, the presenters will demonstrate a co-facilitative approach to group work that can be used by therapists and educators. This approach utilizes an innovative use of poetry therapy, primarily involving veterans with PTSD; however, the presentation will show additional options. *(65% Experiential/35% Didactic)*  
Educational

**D3**  
*Peer Group Experience on Personal Identity in the Context of Family*
  Geri Chavis, PhD, CPT, M/S *(Tuscan)*

This workshop will provide a peer experience especially for those who are currently engaged in, or considering training for the CAPF, CPT or PTR. For the first 75 minutes, introducing select literary pieces and writing prompts, Geri will facilitate a developmental group experience focusing on the theme of increased awareness and appreciation of one’s unique identity in the context of family relationships. For the remaining 45 minutes, participants will process the group experience, focusing on the facilitator’s choices and on the dynamics of participants’ responses. *(90% Experiential/10% Didactic)*  
Clinical/Health Care *(2.0 Peer Hours)*

**D4**  
*THE MAGIC BOX: Revealing poetry therapy for the young child*
  Irania Macias Reymann, MA, CAPF in training *(Veterans)*

Participants will learn how storytelling, drama, poetry and writing can help small children tap into their own resilience. By learning how to facilitate dramatic play, participants will discover ways to foster children emotional intelligence. Students will practice techniques on how to adapt picture books and poetry for children. *(60% Experiential/40% Didactic)*  
(Educational)

**D5**  
*Navigating with Nature*
  Laura Santner, LCSW, PTR, *(Composite)*

Life leads us to nature during difficult times to try to find healing and answers. Nature is a path that teaches us how to live in harmony with it, the self, and our community. The use of the four directions, as taught through Native Americans, acts as a guide for transformation. While the four directions (also referred to as the Medicine Wheel or Wheel of Life) varies by culture, it universally honors the belief that all things on earth are connected. It is my intention to honor each direction and use nature’s navigation to help guide us through our own personal navigations. *(75% Experiential/25% Didactic)*  
Spirituality *(2.0 Peer Hours)*

4:30-5:15 pm  
**Book Sale (Landmark)**

5:15-5:30 pm  
**Closing Remarks**
  Nick Mazza, PhD, President *(Doric)*

5:30-6:15 pm  
**Celebratory Closing Event with Dance Exchange *(Doric)*

6:15-6:45 pm  
**Book Sale**

6:15 pm  
**Dinner on your own**
Sunday, April 14, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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<tr>
<td>8:00-9:00 am</td>
<td>Breakfast in Season’s Restaurant</td>
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<td>9:00-11:30 am</td>
<td>Morning Triple workshop: Experience a Poetry Therapy Group (Third Session – participants will meet in two groups and then combine to meet as one group) <em>Nancy Scherlong &amp; Elaine Brooks (Tuscan &amp; Ionic)</em></td>
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<tr>
<td>12:00 noon - 1:00 pm</td>
<td>Lunch on your own</td>
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Speakers and Workshop Leaders

**Diane Allerdyce, PhD, CAPF**, is the Co-Founder & CAO of Toussaint L’Ouverture High School for Arts & Social Justice in Delray Beach, Florida. She is also the Chair of Humanities & Culture in the PhD program at Union Institute & University. Diane is a past-President of NAPT. She received the NAPT Distinguished Service Award (2007), the NAPT Outstanding Achievement Award (2009) and the Jennifer Bosveld Award for Poetry & Social Justice (2015).

**Connie Banta, LPC, MFA**, has been a therapist in West Virginia’s largest mental health facility for over 10 years. Connie has facilitated a writing group for adults with a variety of mental health conditions. She has an MFA in Creative Writing and also draws on 15 years of leading rituals in a local spirit circle.

**Shirley Brewer, MA** earned a Master of Arts in Creative Writing/Publishing Arts from the University of Baltimore after a 32-year career as a speech therapist. She is poet-in-residence at Carver Center for the Arts & Technology in Towson, MD and has taught writing workshops for seniors for Passager Books and at a retirement community. Shirley’s poetry books include *A Little Breast Music, After Words*, and *Bistro in Another Realm*.

**Elaine Brooks, RN-BC, MA, PTR, M/S**, is a board-certified psychiatric and mental health nurse, board certified integrative nurse coach and registered poetry therapist and mentor/supervisor. She is co-president of the International Federation of Bibliopoetry Therapy (IFBPT), has been a member of the board for many years, and is a past chair of the credentials committee. In 2006 she received the Morris Morrison education award from NAPT.

**Gina Campbell, CAPF**, is delighted to be an ambassador for her native Baltimore. Professionally, she trains helping and healing professionals in Clean Language, a methodology using metaphors to foster clarity and change, about which she has written four books. She also runs a poetry therapy-modeled group now in its 14th year.

**Meagan Corrado, DSW, LCSW**, is a full time faculty member at Bryn Mawr College’s Graduate School of Social Work and Social Research. She specializes in trauma-focused, creative interventions with children and teenagers and is also the founder of Storiez.

**Geri Chavis, PhD, CPT**, is a mentor/supervisor, licensed psychologist, literature professor, immediate past president and current board member of NAPT. As a leader in the poetry therapy field, Geri has published three books and numerous articles, presented a wide variety of workshops and taught a broad selection of interdisciplinary courses within the U.S. and abroad. She is currently a professor emerita at St. Catherine University, and her most recent book is *Poetry and Story Therapy: The Healing Power of Creative Expression* (Jessica Kingsley, 2011).

**Dance Exchange: Matthew Cumbie** is a dancemaker, educator, and collaborator based in Washington, DC, and is an Associate Artistic Director of Dance Exchange. **Tyler French** is a writer, organizer, and public humanist with a commitment to integrating arts and cultural activities into all aspects of our lives and consults on arts and humanities programs in Washington, DC. Dance Exchange is an intergenerational non-profit arts organization in Takoma Park, MD. Dance Exchange collaborates across generations, disciplines, and communities to channel the power of performance as a means for dialogue, a source of critical reflection, and a creative engine for thought and action.
Gayle Danley is a championship poet and grief writer who has won both the national, and international poetry slam titles. Her passion is teaching kids, through slam poetry, how to soothe their wounds. Danley traces her love for words, especially spoken word, to her childhood in Georgia, where she soaked up encyclopedias and carried around a book of rhymes ("Jack Sprat could eat no fat ...", "Fuzzy Wuzzy was a bear ...") because she adored how silly they were. "She was always reading and going to the library," reports her uncle, who with his wife, raised Danley as a child. Danley has been named the Maryland Library Association's Poet of the Year for 2018, the Young Audiences of Maryland Artist of the Year, and Young Audiences National Artist of the Year. She recently joined the Kennedy Center’s roster of master teaching artists, providing high-level arts integration workshops for language arts educators. She has been featured on 60 Minutes, in the Baltimore Sun, and in the Washington Post. Her alma maters include Howard University and Syracuse University.

Danielle Dubrasky, MA, PhD, is the three-time recipient of the Utah Arts Council Awards for poetry. Her publications include Terrain.org, Pilgrimage, Salt Front, Cave Wall, Contrary Magazine, and Sugarhouse Review. She is the author of the chapbook Ruin and Light and of Invisible Shores, a limited edition book arts/poetry piece. She teaches at Southern Utah University.

Antonia Felix, EdD, MFA, is an author, educator, and newly minted EdD with a research specialization in racial equity. She is the author of 20 nonfiction books, most recently the first biography of Senator Elizabeth Warren, and also holds an MFA in Creative Writing and MA in English Language and Literature.

Annie Finch, PhD, is the founder of Healing Rhythms of Words, a poetic system for realizing creative, psychological, and spiritual growth. Author of six books of poetry, most recently Spells: New and Selected Poems, and four books of poetics, she holds a BA from Yale University and a PhD from Stanford University.

Steffani H. Fletcher, MEd, CAPF, is the Executive Director of Hope at Hand, a nonprofit that provides poetry sessions for at-risk youth. Steffani holds degrees in Elementary Education and Educational Leadership. She has earned certifications from American Montessori Society and the International Federation of Biblio/Poetry Therapy.

Jennifer Graham, MFA, CAPF trainee, a Virginia Beach native, holds a Psychology BA, a Creative Writing MFA and a Literature Certificate. Her poems have appeared in Perspectives, RED OCHRE LiT, and Noctua Review. She is a Certified Journal to the Self Instructor through Kay Adams’ program and is a Certified Applied Poetry Facilitator trainee.

Peggy Osna Heller, PhD, MSW, PTR-M/MS, is a renowned poetry therapist, clinical social worker, educator, international workshop leader and lecturer, master mentor/supervisor, former president of the National Association for Poetry Therapy and the National Federation for Biblio/Poetry Therapy. With an initial degree in speech pathology, Peggy taught for many years before training in poetry therapy. She has written poetry since childhood, loves to read, sing, and walk. She practices psychotherapy and poetry therapy in Potomac, Md.

Juhani Ihanus, PhD, is Adjunct Professor of Cultural Psychology (University of Helsinki), of Art Education and Art Psychology (Aalto University), and Senior Lecturer in Psychology (Open University), where he is Chief of training programs in biblio/poetry therapy. He is a co-founder of the Finnish Association for Biblio/Poetry Therapy, the first such organization in Europe.

Kevin Jones, PhD, CSWA, is Assistant Professor and Practicum Director in the Dorothy Day Social Work Program at University of Portland, where he teaches courses on individual and group counseling. His research and practice are currently focused on the development of interventions for survivors of elder abuse, especially therapeutic poetry writing.

Wendi R. Kaplan, MSW, CPT-M/S, LCSW, is the current Poet Laureate of Alexandria, Virginia. As poet laureate she 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.
Zachary Katz is a writer, performer, and educator from Staten Island, NY. He has taught English at an inner-city school in Manhattan. He is a prospective Mental Health Counselor completing training in private practice. Zachary holds a BA from Hunter College in English Education, while pursuing a M.S. Ed. in Mental Health Counseling.

Harriet Kohen, MSW, CPT, is the current Chair of the IFBPT Credentialing Committee, the “go-to” person for information on how to apply and train for professional recognition by IFBPT.

Kendra Kopelke, MA, is a poet, editor, teacher and publisher. The author of four books of poems, including Hopper’s Women, based on the paintings by Edward Hopper, she is founding co-editor of Passager, a press and journal for writers over fifty, and founding director of the MFA in Creative Writing & Publishing Arts at the University of Baltimore, where she is currently on the faculty.

Barbara Kreisberg, MS, CPT, is currently serving on the NAPT Board as Vice President and Conference Chair. In 2014 she received the NAPT Outstanding Service Award. 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, day treatment, substance abuse, geriatric, 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 national NAPT conferences, local universities, hospitals, and at other community settings on the healing power of writing reflectively. She currently facilitates ongoing community writing groups in Miami.

Raina J. León, PhD, is the author of three collections of poetry, Canticle of Idols (2008), Boogeyman Dawn (2014), and sombra: dis(locate) (2016) as well as the chapbook, profeta without refuge (2016). She is a co-founding editor of The Acentos Review, an online quarterly, international journal devoted to the promotion and publication of Latinx arts. She is an associate professor of education at Saint Mary’s College of California.

Faith Marcelo is pursuing a dual-degree in Social Work and Psychology with a minor in Spanish at University of Portland. She is passionate about working with marginalized youth and older adults. Through her social work classes, Faith fell in love with the integration of poetry and the healing process.

Nicholas Mazza, PhD, PTR, 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. Dr. Mazza is the President of NAPT (2018–2020) and founding and current editor of the Journal of Poetry Therapy and author of Poetry Therapy: Theory and Practice, 2nd Ed (2007, Brunner-Routledge).

Meccamorphosis (Mecca Verdell) is an award-winning spoken word artist. She has been a Baltimore youth poet (she is 20 years old) for roughly two years. She has won an international championship and has a poetry radio show. She is a teaching artist for Dewmore Baltimore. She has performed for venues like Busboys and Poets, and the Kennedy Center. In 2016, Mecca was a part of Baltimore City Youth Poetry that won Brave New Voices, an international youth slam. She's also the creator and host of "SoapBOX Poetry Radio," interviewing nationally and locally known poets and writers.

Marianela Medrano, PhD, LPC, CPT, is a Dominican writer, psychotherapist, and certified poetry therapist. Her literary work has appeared in numerous anthologies and magazines in Latin America, Europe, and the US. She is the author of five books and a regular blogger for the American Counseling Association (ACA).

Rob Merritt, PhD is Professor of English at Bluefield College in Virginia, and former Vice-President for Conferences for NAPT. He has published several books, including The Language of Longing, a volume of poetry. His research and workshop interests include creating personal mythologies, celebrating the Appalachian landscape, and borrowing Chinese influences for writing (Appalachian) poetry.

Christine Hennigan Paone, MS, is a doctoral student at Montclair State University. She counsels in the adult unit of a short-term treatment center for addictions. Through her work with women’s and men’s groups, Christine has witnessed the therapeutic power that writing can provide for clients struggling with Substance Use Disorders.
Sherry Reiter, PhD, LCSW, PTR-M/S, is Director of The Creative Righting Center, providing long-distance and regional counseling and training in poetry therapy. She is past President of NAPT, as well as IFBPT, and known internationally for her pioneering work and book, *Writing Away the Demons* as well as *Twice Chai: A Jewish Road to Recovery.*

Irania Macias Reymann, MA, is a seasoned storyteller, an award-winning author of children’s literature. She is the cofounder of Criss Cross Mangosauce, an edutainment company that foster children’s love for languages, and music. Irania holds a Master of Literature from La Universidad Autónoma de Barcelona, Spain and Teaching Artist Certifications from Wolf Trap and The John F. Kennedy Center.

Jenna Robinson, MA, is a poet and musician from California and is currently an Expressive Arts Therapy graduate student at CIIS. Jenna is a national slam poetry champion, holding titles in Hawaii, California, and the National Poetry Slam. She runs multi-modal writing workshops with court-involved youth and intergenerational family workshops.

Laura Santner, LCSW, PTR, graduated from New York University in 2006. She also is a Registered Poetry Therapist and studied under the direction of Dr. Sherry Reiter. She has one published article in the *Journal of Social Psychology* and published chapbook available on Amazon. She has been an outpatient clinical therapist for over 10 years and a Social Work supervisor. She is currently training to be a Poetry Therapist mentor-supervisor. She has presented on poetry therapy at her workplace to staff and psychology externs in addition to past NAPT conferences and retreats. She serves on the board of the National Association of Poetry Therapy as Social Media Chair.

Laurie Anderson Sathe, EdD, is Associate Professor and Program Director for the Master of Arts in Holistic Health Studies at St. Catherine University. She is interested in exploring the ways that narratives and creative expression can facilitate healing of mind, body, and spirit.

Nancy S. Scherlong, LCSW, PTR, M/S, is a Licensed Clinical Social Worker in the states of New York and Connecticut. She is also a Registered Poetry/Biblio Therapist and a Mentor Supervisor and co-president of the International Federation of Biblio-Poetry Therapy (IFBPT). She has studied and used the action methods of Psychodrama since 1992 and has worked in the field of therapeutic writing for over 20 years using both journal and poetry techniques. She has followed Buddhist teachings for the past 15 years and studied with Pema Chodron. She provides workshops as well as distance coaching, consultation, and training services. She serves on the faculty of Columbia and Adelphi University and the Therapeutic Writing Institute. For more about her work please visit www.wellnessmetaphors.com.

Rosanne Singer, MA, CAPF, spent 26 years as a teaching artist in the Maryland schools and seven years on arts teams working with wounded warriors and their families at Walter Reed National Military Medical Center in Maryland and with pediatric patients at Georgetown University Hospital in Washington, DC. She completed her CAPF in 2005.

Scott Sorensen, MSW, is the Program Coordinator for the Distance Education MSW & BSW Programs for the University of Utah’s College of Social Work. He has always been interested in social welfare and social justice issues. He currently serves as the Advisory Board Chair for the Children’s Justice Center of Iron County.

Stephanie Stephens, MS, is an Associate Director of Education for PACE Center for Girls. She earned her master’s degree in Montessori Education and holds certifications in Girl Centered Practice, Victim Advocacy, SoulCollage, and Hatha yoga. Mrs. Stephens serves on the board for Hope at Hand, Inc.

Norma D. Thomas, DSW, was a professor of social work for 25 years, retiring in 2017 as the MSW Program Director at California University of Pennsylvania as a full professor. She is a published poet who engages in genealogical research as an area of interest. Her primary area of social work practice is gerontology.
Karen (Ren) van Meenen, PhD, MA, is a Senior Lecturer in the English Department at Rochester Institute of Technology. She has served as Editor of *Afterimage*, the international journal of media arts and cultural criticism, for more than 25 years, and has edited and/or copyedited several anthologies and books of poetry, as well as written for several journals and gallery catalogs. She is the longtime Editor of NAPT’s *The MUSEletter* and has served on the NAPT Board since 2001.

*Voices Beyond the Wall:* Directed by Brad Coley, Executive Producer James Franco, Produced by Cassidy Friedman, Voicesbeyondthewallmovie.com