I Am Offering this Poem

Jimmy Santiago Baca

I am offering this poem to you,
since I have nothing else to give.
Keep it like a warm coat
when winter comes to cover you,
or like a pair of thick socks
the cold cannot bite through,

I love you,

I have nothing else to give you,
so it is a pot full of yellow corn
to warm your belly in winter,
it is a scarf for your head, to wear
over your hair, to tie up around your face,

I love you,

Keep it, treasure this as you would
if you were lost, needing direction,
in the wilderness life becomes when mature;
and in the corner of your drawer,
tucked away like a cabin or hogan
in dense trees, come knocking,
and I will answer, give you directions,
and let you warm yourself by this fire,
rest by this fire, and make you feel safe

I love you,

It’s all I have to give,
and all anyone needs to live,
and to go on living inside,
when the world outside
no longer cares if you live or die;
remember,

I love you.

Jimmy Santiago Baca, “I Am Offering This Poem” from Immigrants in Our Own Land and Selected Early Poems. Copyright © 1990 by Jimmy Santiago Baca. Reprinted by permission of Jimmy Santiago Baca.
Annual NAPT Conference
April 2–5, 2020
Embassy Suites by Hilton Albuquerque Downtown
Albuquerque, New Mexico

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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 trust 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.

I wish to thank the entire Board for being able to work well together to ensure that NAPT grows and thrives as we move into the future. I also want to thank all the pre and post workshop, regular workshop, and special events presenters for help shaping this year’s conference program. I especially want to thank Nick Mazza for his support, dedication and leadership as NAPT President.

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
- For those needing CEUs 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 emailed to you. This, along with the conference program describing the workshops and keynote addresses you attended, can be submitted when applying for CEUs. Educators needing Continuing Education for their professional development may sign up for Certificates of Attendance for specific Education-focused workshops.

Wednesday, April 1

11:15 am  
Check-in for Pre-Conference I Day Trip only (Lobby Embassy Suites)

11:30 am-5:30 pm  
Pre-Conference I Day Trip – Charlie Rossiter  
(Meet in Hotel Lobby of Embassy Suites, leaving together promptly at 11:30 am)

6:00 pm  
Dinner on your own

Thursday, April 2

8:00-9:00 am  
Breakfast (The Atrium)

8:45 am-3:45 pm  
NAPT Board Meeting (Agave Meeting Room)

9:00-10:00 am  
Pre-Conference II Charlie Rossiter, PH.d. CPT (Ocotillo I)

Writing in Place

10:15 am-12:15 pm  
Pre-Conference III: Jimmy Santiago Baca (Ocotillo I)

How Poetry Heals

12:00-1:00 pm  
Lunch on your own

1:00-3:30 pm  
Pre-Conference IV Sherry Reiter (Ocotillo I)

Thunder N Writening: Exploring anger and Forgiveness through Literature

5:00-6:00 pm  
Registration Set up (First Floor)

6:00-6:00 pm  
Book Sale Set up (Agave)

4:00-6:00 pm  
Film: A Place to Stand with discussion with Jimmy Santiago Baca, facilitated by Karen (Ren) vanMeenen to follow. (Sierra Ballroom III)

5:00-6:00 pm  
Registration (First Floor)

6:00-7:00 pm  
Dinner on your own

7:00-7:45 pm  
Registration (First Floor)

7:00-7:45 pm  
Book Sale (Agave)

7:45-8:00 pm  
Welcome

Barbara Kreisberg (Sandia Ballroom I & II)

8:00-9:00 pm  
Mix and Mingle and Evening Reception with the NAPT Board

9:00-10:00 pm  
Opening Event: Native American Flute and Drum – The Voice of the Wind

Randy Granger (Sandia Ballroom I & II)

Friday, April 3

7:00-8:00 am  
Morning Triple Workshop: Experience a Poetry Therapy Group (First Session – 2 groups)

Nancy Scherlong & Elaine Brooks (Ocotillo I & II)

8:00-8:45 am  
Registration (First Floor)

8:00-8:45 am  
Breakfast (The Atrium)

9:00-9:15 am  
Welcome & Overview – Nick Mazza, President (Sierra Ballroom III)
9:15-10:00 am  
Keynote Speaker – Sandra Marinella, MA, MEd (Sierra Ballroom III)

10:00-10:30 am  
Book Signing & Book Sale (Agave)

**10:30 am – 12:00 pm**  
**Workshop Series A**
12:00-1:00 pm  
Luncheon (Sierra I & II)
1:15-1:45 pm  
Open Forum – Meet and Greet the Board and Regional Reps (Sierra Ballroom III)
1:45-2:45 pm  
Book Sale (Agave)
2:00-2:30 pm  
**NFPBF Credentialing Information Workshop: Your Life Could Be Poetry**
   Alison Johnson & Elaine Brooks (Sierra Ballroom III)

**2:45-4:15 pm**  
**Workshop Series B**
4:30-6:00 pm  
Mentor/Supervisor Round Table Discussion (Ocotillo II)
4:45-5:30 pm  
Yoga Stretch with Diane Allerdyce (Sandia I)
4:15-7:00 pm  
Book Sale (Agave)
4:30-7:45 pm  
Dinner on your own
7:45-8:00 pm  
Anthology Sign Up – Beth Jacobs
8:00-10:00 pm  
Open Mic Poetry Reading & Anthology Sign-Up (Sierra Ballroom III)
   Hosted by Zachary Katz

**Saturday, April 4**

7:00-8:00 am  
**Morning Triple Workshop: Experience a Poetry Therapy Group**
   (Second Session – 2 Groups)
   Nancy Scherlong & Elaine Brooks (Ocotillo I & II)
7:30-8:30 am  
Registration (First Floor)
8:00-9:00 am  
Book Sale (Agave)
8:00-9:00 am  
Breakfast (The Atrium)

**9:00-10:30 am**  
**Workshop Series C**
10:45-11:00 am  
Honorary Awards Presentation (Sierra Ballroom III)
11:00 am-11:45 pm  
Keynote Poet: Jimmy Santiago Baca (Sierra Ballroom III)
11:45 am-12:15 pm  
Book Signing with Jimmy Santiago Baca & Book Sale (Agave)
12:15-1:30 pm  
Book Sale (Agave)
12:15-1:15 pm  
Luncheon (Sierra I & II)
1:30-2:30 pm  
Social Justice Panel: Poetry Therapy Resources to Foster Social Justice (Sierra Ballroom III)
2:30-3:30 pm  
Book Sales (Agave)
2:45-3:15 pm  
Certification Awards Event (Sierra Ballroom III)
3:30-5:00 pm  
**Workshop Series D**
5:00-6:30 pm  
Book Sale (Agave)
5:15-5:30 pm  
Closing Remarks – President Nick Mazza (Sierra Ballroom III)
5:30-6:15 pm  
**Celebratory Closing Event with One Heartbeat Rhythm Circles** (Sierra I & II)
6:15 pm  
Dinner on your own

**Sunday, April 5**

8:00-9:00 am  
Breakfast (The Atrium)
9:00-11:30 am  
**Morning Triple Workshop: Experience a Poetry Therapy Group** (Third Session)
   Nancy Scherlong & Elaine Brooks (Ocotillo I & II)
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 1, 2020

8:00-9:00 am  Breakfast for hotel guests *(Embassy Suites Restaurant)*  
11:15 am  Registration for Pre-Conference I only *(Meet in hotel lobby, leaving promptly at 11:30 am)*  
11:30-5:30 pm  Pre-Conference I Day Trip: Cultural Highlights of Albuquerque  
*Charlie Rossiter, PhD, CPT*

Daytrip includes four major cultural sites: Indian Pueblo Cultural Center with lunch at the Center’s Pueblo Harvest Café; Petroglyph National Monument on the edge of town; Albuquerque’s famous Old Town with the ABQ Museum of Art & History and Old Town Plaza. Fee includes transportation, lunch, admissions, and participation in Thursday morning workshop *(75% Experiential/25% Didactic) Spiritual (2.0 peer hours)*

6:00 pm  Dinner on your own

Thursday, April 2, 2020

8:00-9:00 am  Breakfast Embassy Suites Restaurant *(The Atrium)*  
8:45 am-3:45 pm  NAPT Board Meeting *(Agave)*  
9:00 am-10:00 am  Pre-Conference II: Writing in Place  
*Charlie Rossiter, PhD, CPT (Ocotillo I)*

Participants will focus on the importance of mindful tuning in to immediate surroundings in order to facilitate writing. Ideas to pursue to help tuning into place will be offered. Registration for this workshop is included in the fee for those who take Wednesday’s pre-conference daytrip. Attendees that did not attend the Day Trip are welcome as well for a minimal fee. *(75% Experiential/25% Didactic) Spiritual (1.0 peer hour)*

10:15 am-12:15 pm  Pre-Conference III: How Poetry Heals  
*Jimmy Santiago Baca (Ocotillo I)*

This workshop will focus on how to trigger poetry’s dormant power to initiate healing. It will explore its innate characteristics that make it such an unrivaled force when pen is put to paper, and imagery and metaphor unleash their birth-cry in our words, our meditations, our habits, and reading. Poetry is a holistic approach, meaning if we create a discipline, we can lure it out from its sleep and share it with others, enacting the age-old ritual of healing. We will read, write, recite, share, give feedback, critique, recommend, suggest, and laugh our unity in poetry and it will be so much fun. *(75% Experiential/25% Didactic) Spiritual*

12:00 noon-1:00 pm  Lunch on your own  
1:00 pm-3:30 pm  Pre-Conference IV: Thunder N Writening: Exploring Anger and Forgiveness Through Literature  
*Sherry Reiter, PhD, LCSW, PTR (Ocotillo I)*

Anger management is one of the great spiritual challenges that humans confront. The premise of this workshop is that peace of mind and forgiveness are choices based on awareness. We have an arsenal of bibliotherapy techniques, including sentence stems, poems, and short stories. This is an experiential peer group experience. *(75% Experiential/25% Didactic) Spirituality (2.5 peer hours)*

4:00-5:00 pm  Registration Set Up *(First Floor)*  
4:00-5:45 pm  Book Sale Set Up *(Agave)*  
4:00-6:00 pm  Film: *A Place to Stand* is the amazing story of how Jimmy Santiago Baca, a man with seemingly no future, became a celebrated teacher, poet, novelist, and screenwriter. Based on the critically acclaimed memoir of the same name, *A Place to Stand* takes viewers into Jimmy’s past and present to uncover how the power of the written word lifted him from the violence and pain that had defined his early life. With powerful revelations from family, friends, and fellow inmates, as well as incredible insight into the early writings that first captured Jimmy’s imagination, audiences learn why it is never too late to turn your life around as long as you have a place to stand. Written by *Catamount Films* A discussion will follow with Jimmy himself, facilitated by *Karen (Ren) vanMeenen, MA, MA, CAPF, PhD Candidate* *(Sierra Ballroom III)*
5:00-6:00 pm  Registration (Fist Floor)
6:00-7:00 pm  Dinner on your own
7:00-7:45 pm  Registration (First Floor) & Book Sale (Agave)
7:45-8:00 pm  Welcome
                Barbara Kreisberg, MS, CPT, Conference Chair (Sandia Ballroom I & II)
8:00-9:00 pm  Mix and Mingle and Evening Reception with the NAPT Board
Join us for this event that consists of an Open Bar and light evening snacks. Meet President Nick Mazza as well as the rest of the Board before the conference begins. You will also have the opportunity to learn more about those who live in your own geographic area as well as other national and international attendees. This is an opportunity to both have fun and meet new people.
9:00-10 pm  Opening Event: Native American Flute and Drum – The Voice of the Wind
Randy Granger (Sandia Ballroom I & II)
Randy will share Native American creation stories with Native American flute and drum, music and healing stories through this ancient oral tradition. Audiences across the U.S. say they are transported to the canyons of the southwest when hearing his music and stories.

Friday, April 3, 2020

7:00-8:00 am  Morning Triple workshop: A Poetry Therapy Experience
(First Session – participants will be divided into 2 small groups)
Nancy Scherlong, LCSW, PTR, M/S & Elaine Brooks RN-BC, MA, PTR, M/S
(Ocotillo I and Ocotillo 2) (4.5 peer hours)
For the newcomer or dedicated trainee, experience poetry therapy in action! Join us each morning for this interactive and didactic workshop that spans over three days (Fri, Sat and Sun). Experience the beginning, middle and end of a real poetry peer group. Integrate your conference experience, meet new colleagues and write new material in a supportive community
7:45-8:45 am  Registration (First Floor)
8:00-8:45 am  Breakfast in Embassy Suites Restaurant (The Atrium)
9:00-9:15 am  President’s Welcome
Nick Mazza, PhD, PTR  (Sierra Ballroom III)
9:15-10:00 am  Keynote Speaker:
Sandra Marinella, MA, MEd  (Sierra Ballroom III)
“Our Stories Matter—How Writing Our Stories Can Heal and Transform Us”
Do you have a story that needs to be told? Most of us do! Based on her pioneering work with thousands of students, veterans, and cancer patients, Sandra Marinella will share inspiring stories that demonstrate how writing our personal stories and poems can help us move past physical or emotional hardships and toward resilience and renewal. Sandra will share the latest findings and a few touchstone activities from her book The Story You Need To Tell—Writing to Heal from Trauma, Illness, or Loss that show how poetry and personal writing can enrich any life with hope, caring, and connection.
10:00-10:30 am  Book Sale and Book Signing (Agave)
10:30-12 noon  Workshop Series A

A1  Poetry Embodied: Combining Poetry Therapy and Sociodrama for Building Connections
Alma M. Rolfs, LICSW, PTR & Kim Friedman, MA, LMHC, TEP
(Sandia Ballroom I)
This multidisciplinary workshop offers an opportunity to work with poems combining poetry therapy with sociodrama and psychodrama action techniques including role reversal, doubling, and soliloquy. There will be an opportunity for writing and sharing responses to poems and the unfolding drama. No experience with psychodrama is necessary.
(80% Experiential/20% Didactic) Clinical (1.5 peer hours)
A2  
Rethinking Form: The Musicality of Being your Creative Self
Diane Allerdice, PhD (CAPF renewal in process), Rob Merritt, PhD, Jeremy Shraffenberger, PhD (Sandia Ballroom II)

This inter- and multi-model workshop engages participants in learning about, responding to, and creating poems in several formal traditions, including haiku, ghazel, and jazz. We’ll play with rhythm, rhyme, and repetition to explore poems within a fun and accepting atmosphere. Live musical accompaniment will be provided to soothe and inspire. (75% Experiential/25% Didactic 1.5 peer hours)

A3  
Echoing from the Void: Designing Prompts for Expressive Writing Collectives Ready for Community Integration
Matthew Brown, PhD (Sandia III)

Participants will engage with examples of how to facilitate writing prompts, based on core texts, that will invite individuals to investigate traumatic experiences in a communal forum emanating from a central, originating poem. Samples of successful “Echo” poems and a sharing of how “Echo” poems can be used when incorporating them into your own pedagogies or professional engagements will be discussed. (50% Experiential/50% Didactic) Educational

A4  
A Therapeutic Poetry Writing Intervention for Youth who have Experienced Trauma
Kevin Jones, PhD, MSW, Faith Marcelo & Ryan Martin (Ocotillo I)

Poetry Power is an innovative therapeutic poetry writing intervention for youth who have experienced trauma. This interactive workshop will introduce the theory behind the model and will give participants an opportunity to experience and provide feedback on guided poetry writing activities as facilitators and writers. (70% Experiential/30% Didactic) Clinical/Health

A5  
Creative Life Lines: Using Creativity to Help Save Lives
Diane Kaufman, MD (Ocotillo II)

Suicide obliterates life and leaves behind in its shadow a profound absence of what could have been and more. Our inner life energy’s force is creativity—the generation of new life. Through poetry and other multi-media arts expressions we will explore grief, healing, community, and transformation (85% Experiential/15% Didactic) Clinical/Health Care

12:00-1:00 pm  
Luncheon (Sierra I & II)

1:15-1:45 pm  
Open Forum—Meet and Greet the Board and Regional Reps (Sierra Ballroom III)

This is an opportunity to meet the current NAPT Board and our Regional Representatives and find out about current happenings in our organization and in our regions. 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 (Agave)

2:00-2:30 pm  
International Federation for Biblio/Poetry Therapy Credentialing Information Workshop: “Your Life Could Be Poetry”
Alison Johnson & Elaine Brooks RN-BC, MA, PTR, M/S (Sierra Ballroom III)

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!
2:45-4:15 pm  Workshop Series B

B1  Rebirthing the Myth of Aging through Mirth  Perie Longo, PhD, LMFT, PTR (Sandia Ballroom I)
Because laughter can add years to our lives, this workshop will get the heart beating faster with lighthearted poems that debunk the myths of aging. Through dialogue and writing our own poems, we might take a more diverse look at our losses as we enter the “golden years” with the possibility of renewed life. (75% Experiential/25% Didactic) Clinical/Health Care  (1.5 peer hours)

B2  Evolution of Consciousness: Going from me to you, from we to All  Marianela Medrano, PhD, CPT & Deborah A. McCarson, CAPF in training (Sandia Ballroom II)
This workshop is guided by a desire to open a dialogue about what it means to be an “evolved” adult in a fast-changing world with its attendant chaos, violence, and seemingly irreparable divisions. We’ll discuss conflict and our ability to rise above it, using Tagore’s universalist vision as a guiding light. (80% Experiential/20% Didactic) Social Justice/Spirituality  (1.5 peer hours)

B3  The Body as Poem, the Poem as Prayer  Joey Garcia (Sandia Ballroom III)
Engage with your body as metaphor and miracle! Using poems, guided meditation, and gentle movement, we will release tension, open the heart, and let go of mental clutter. The facilitator will draw on her studies with native healers to share ways of embracing the body as a beloved friend. (75% Experiential/25% Didactic) Spirituality

B4  Working with Vulnerable Populations: The Pongo Teen Writing Method  Richard Gold, MA (Ocotillo I)
Pongo Publishing is a 24-year-old nonprofit that offers therapeutic poetry programs inside juvenile detention centers, homeless shelters, etc. Pongo’s authors consistently write about childhood traumas, such as abuse and exposure to violence, that occur within communities challenged by social injustices. This workshop will present Pongo’s work, outcomes, resources, and methodology. (70% Experiential/30% Didactic) Social Justice

B5  Decolonizing Clinical Practice; Engaging Inner-City Jamaican Youth in the Dream-a-World Cultural Therapy Program  Debbie-Ann Chambers, PhD & Nyamekye Richards, MBBS, DM (Psychiatry)
This workshop explores undoing the legacy of colonialism in clinical practice. Participants will be introduced to the award winning Dream-a-World Cultural Therapy program for at-risk, inner-city youth. The program’s efficacy and poems created by youth will be reviewed. Participants will engage in a cultural therapy group process and create a collaborative poem. (75% Experiential/25% Didactic) Social Justice

4:30-6:00 pm  Mentor/Supervisor Round Table  Conducted by Nancy Scherlong (Ocotillo II)
This is for mentor/supervisors and mentor/supervisors in training only.

4:45-5:30 pm  Yoga Stretch with Diane Allerdyce (Sandia I)

4:15-7:30 pm  Book Sale (Agave)

4:30-7:45 pm  Free Time and Dinner on your own

7:45-8:00 pm  Anthology Sign Up – Beth Jacobs (Sierra Ballroom III)
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 either at the Registration Area or in the Sierra Ballroom. Please supply a copy of your poem if you wish to have it published in the printed Anthology.

8:00-10:00 pm  Open Mic (Sierra Ballroom III)
Hosted by Zachary Katz
Saturday, April 4, 2020

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 & Elaine Brooks, CAPT, CAPF, CPT, CJF, M/S  
(Ocotillo I & II)

7:30-8:30 am  Registration (First Floor)
8:00-9:00 am  Book Sale (Agave)
8:00-9:00 am  Breakfast (The Atrium)
9:00-10:30 am  Workshop Series C

C1  Poetry Therapy: Promoting Hope and Resilience During Uncertain Times  
Nicholas F. Mazza, PhD, PTR (Sandia Ballroom I)
Promoting hope and resilience with attention to at-risk populations will be the focus of this workshop. Mazza’s multidimensional R.E.S. model will be examined and demonstrated as it relates to the capacity to cope with setbacks and barriers. The R.E.S. 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. (80% Experiential/20% Didactic) Clinical (1.5 peer hours)

C2  Poetry in the classroom: Facilitating a Healing and Learning Community.  
Laurie Anderson Sathe, EdD (Sandia Ballroom II)
Poetry in the classroom can help to create a safe holistic space for both learning and healing by developing trust, a sense of belonging and respect for differences amongst students and teachers. We will look to poetry about community from diverse perspectives to explore how to create those safe spaces. (70% Experiential/30% Didactic) Education

C3  Trials and Triumph of Transformation  
Lorrieann Geyer, MA, CAPF in training (Sandia Ballroom III)
How do we change and grow? How do we learn from pain? Is there a recipe for successful transformation? This workshop will inspire self-care through several poetry therapy techniques, including journaling, the collaborative poem, and music. Applicable in educational and therapeutic settings. (75% Experiential/25% Didactic) Clinical/Educational (1.5 peer hours)

C4  Partners in Rhyme: Using Poetry to Bring Generations Together  
Patti Russo, MS, CPT (Ocotillo I)
Partners in Rhyme is an intergenerational poetry program that uses poetry to intentionally bring generations together. Based on twelve years facilitating the program in Massachusetts public schools, this workshop will present an overview of intergenerational programming including goals and benefits, as well as a sample experiential Partners in Rhyme lesson. (75% Experiential/25% Didactic) Educational (1.5 peer hours)

C5  The Relationship Museum: A Writing and Art Expression Workshop  
Zelda Lockhart, PhD (Ocotillo II)
Utilizing Lockhart’s personal plot, and 10-minute-write techniques, participants will write two short scenes regarding a past relationship and a future relationship and will create an expression of their future as visual art. This exercise may help participants write and visualize the future healthy relationships they want to step into. (80% Experiential/0% Didactic) Educational/Social Justice

10:45-11:00 am  Honorary Awards Presentation (Sierra Ballroom III)
11:00 – 11:45 am  Keynote Poet: Jimmy Santiago Baca (Sierra Ballroom III)
“Invoking the Divine Power of Poetry”
11:45-12:15 pm  Book Signing with Jimmy (rear of Sierra Ballroom III OR Agave??)
12:15--130 pm  Book Sale
12:15-1:15 pm  Lunch *(Sierra I & II)*
1:30-2:30 pm  Social Justice Panel: Poetry Therapy Resources to Foster Social Justice
Panelists: *Diane Allerdyce, Irania Patterson, Richard Gold, Jenna Robinson;*  *Moderator: Geri Chavis*  *(Sierra Ballroom III)*

The panel will focus on ideas and suggestions for selecting appropriate literary materials and writing prompts when working with culturally diverse populations in order to forward the work of social justice and community.

2:30-3:15 pm  Book Sale (Agave)
2:45-3:15 pm  Certification & Awards Event – International Federation for Bibliotherapy/Poetry Therapy
*Elaine Brooks RN-BC, MA, PTR, M/S, Alison Johnson, MBA, DNP, PTR* *(Sierra Ballroom III)*

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.

3:30-5:00 pm  Workshop Series D

**D1  Group Poetry and Writing Therapy with Adolescents**  
*Nancy Scherlong, LCSW, PTR & Laura Santner, LCSW, PTR* *(Sandia I)*

This is a didactic and experiential workshop based on the recently published chapter “Group Poetry and Writing Therapy with Adolescents” by Scherlong and Santner that reviews the theoretical foundation of the R.E.S. model as well as adolescent and group development theories. Literature selection will be explored and participants will receive a “poetic license” before experiencing writing exercises ranging from personal identity and voice, to symbolic life metaphors and personifications of grief. Participants can share writing or reflection as well as explore case application. *(75% Experiential/25% Didactic) Clinical/Health Care (1.5 peer hours)*

**D2  Giving Thanks with Poems of Gratitude**  
*Sharon Bippus, PhD* *(Sandia II)*

Research has shown that expressing gratitude can increase your self-esteem and improve your physical and psychological health. In this workshop, we will consider various aspects of gratitude via poetry—gratitude for nature, for people, for ordinary objects—that will help us appreciate the many blessings in our lives. *(75% Experiential/25% Didactic) Educational*

**D3  Mind-Full and Mind-Empty Writing Techniques**  
*Beth Jacobs, PhD* *(Ocotillo II)*

This workshop will explore the natural connections between mindfulness and writing. The topic will be given ballast by considering its original use in Buddhism. The group will experience writing techniques that access both object and process focus. We will discuss and use writing techniques that release blockages to sustained mindfulness. *(65% Experiential/35% Didactic) Spirituality 1*

**D4  Cultural Exploration and Narrative in Poetry Therapy**  
*Zachary Katz, MSEd, MHC-LP* *(Ocotillo I)*

Through the use of narrative, metaphor, spoken word, and performance techniques, participants will examine aspects of their cultural identity in order to understand how culture has shaped who they are today. This workshop will allow free expression of one’s multicultural self in order to embrace diversity, promote unity among all individuals, and spark dialogue on how we might all be a part of the change we want to see in the world. *(80% Experiential/20% Didactic) Social Justice*
Applying a phenomenological approach to forgiveness, this workshop presents an expressive-arts pedagogy of poetic inquiry as participants co-create imagery and expressions of forgiveness through an exploratory lens. Focus remains in poetic encounters rather than personal story. This workshop does not apply any monotheistic ideology of what forgiveness is or isn’t. (70% Experiential/30% Didactic) Spirituality

5:00-6:30 pm Book Sale (Agave)
5:15-5:30 pm Closing Remarks
Nick Mazza, President & Marianela Medrano, President Elect (Sierra Ballroom III)
5:30-6:15 pm Celebratory Closing Event: Giselle Felicia Vivian, Founder, and One Heartbeat
Rhythm Circles Facilitator
“One Heartbeat – Celebrating many Voices” (Sierra Ballroom I & II)
Join Giselle Felicia Vivian of One Heartbeat as we orchestrate poetry in motion and sound, bridging the ancient universal heartbeat rhythm of local native culture to the global and organic rhythms that invite celebration of diversity, empowered self-expression, deepened community, and give voice to the authentic spirit of the Self.

6:15 pm Dinner on your own

Sunday, April 5, 2020

8:00-9:00 am Breakfast (The Atrium)
9:00-11:30 am Morning Triple workshop: Experience a Poetry Therapy Group
(Third Session – participants will meet in two groups and then combine to meet as one group)
Nancy Scherlong & Elaine Brooks (Ocotillo I & II)
12:00-1:00 pm Lunch on your own

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).

While in prison at a young age Jimmy Santiago Baca taught himself to read and write and began composing poetry and publishing his work. He then went on to become a prolific and successful published writer. Immigrants in Our Own Land, Baca’s first major collection, was highly praised, and his semi-autobiographical novel in verse, Martin and Meditations on the South Valley, received the American Book Award for poetry in 1987, bringing Baca international acclaim. In the subsequent years, Baca has published in a variety of genres including poetry, story, memoir, and screenplay. A self-styled “poet of the people,” Baca conducts writing workshops with children and adults at countless elementary, junior high and high schools, colleges, universities, reservations, barrio community centers, white ghettos, housing projects, correctional facilities, and prisons from coast to coast.

Sharon Bippus, PhD, is a professor of ESOL (English for Speakers of Other Languages) at Lone Star College-CyFair which is located near Houston, Texas. Her professional experience includes working with students ranging in age from middle school to adults, and she has taught in China, Russia, and Slovakia.
Elaine Brooks, NC-BC, PTR, CAPF, M/S, is a board-certified psychiatric and mental health nurse and integrative nurse coach, certified applied poetry facilitator and mentor supervisor. She is also a certified transition writing specialist. She is currently co-president of the International Federation for Biblio/Poetry Therapy. She has a coaching and therapeutic writing practice in CT. She specializes in guiding people through life transitions.

Matthew Leavitt Brown, MA, PhD, has had his creative work published by literary presses across the United States. He has performed readings in community arts forums and at academic conferences throughout North America and Europe. He currently teaches writing and literature at Middle Tennessee State University and resides in Nashville, Tennessee.

Debbie-Ann Chambers, PhD, is a counselling psychologist, trainee with the International Academy of Poetry Therapy, and member of the cultural therapy team at the Caribbean Institute of Mental Health and Substance Abuse. Debbie-Ann’s life work centers on creative and relational practices that aim for emotional, relational, spiritual, and cultural liberation.

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).

Kim Friedman, MA, received her MA in 1997 from Antioch University in Seattle, where she is affiliate faculty. Kim is a Licensed Mental Health Counselor in private practice in Seattle and provides consultation for trial lawyers using psychodrama. She is a trainer, educator and practitioner of psychodrama.

Joey Garcia, BA, has read her poetry at Shakespeare & Co in Paris, Litquake SF, and The Mexican Institute in Belize City. She is also certified in Hatha yoga and meditation. Joey writes a relationship advice column read by 300,000 people weekly in the Sacramento News & Review newspaper. See her in The Cure, a documentary about healers.

Lorrieann Geyer, MA, CAPF in training, is an English/Special Education Teacher at a therapeutic high school. She serves on the NAPT Board as Academic/Educational Outreach Chair and has facilitated poetry groups with women in prison, recovery, and drama therapists in-training. She is a lifelong learner who inspires others with literature both in and out of the classroom.

Iris J. Gildea MA, PhD, is an Associate Professor in the Teaching Stream in the Book & Media Studies Program at the University of Toronto and an Expressive Arts Facilitator with a practice in community education.

Richard Gold, MA, founded Pongo Publishing, a 24-year-old nonprofit that provides therapeutic poetry programs inside jails, shelters, etc. He wrote Writing with At-Risk Youth (Rowman & Littlefield Education). He has taught the Pongo methodology nationally and supported Pongo-inspired projects worldwide and has been honored by Bill and Melinda Gates, among others.

Beth Jacobs, PhD, is a writer, clinical psychologist in private practice and transmitted lay teacher in the Soto Zen Buddhist lineage. She is the author of Writing for Emotional Balance, Paper Sky, The Original Buddhist Psychology, and A Buddhist Journal. She facilitates expressive writing groups for children, teenagers, and grandparents.

Alison Johnson, MBA, DNP, PTR, is a psychiatric nurse practitioner and a registered poetry therapist. She works in the homeless shelters of Minneapolis, MN, providing medication management and poetry therapy to persons experiencing homelessness. She serves as the Credentialing Chair for the International Federation for Biblio/Poetry Therapy.

Kevin Jones, PhD, MSW, 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.
Zachary Katz, MSEd, MHC-LP, is a Mental Health Counselor, psychotherapist, performance poet, and educator from Staten Island, NY. In the past has taught English at an inner-city school in New York City. He is currently a mental health clinician working in both the non-profit sector and in private practice. Zachary holds a BA from Hunter College in English Education and an MS Ed. in Mental Health Counseling.

Diane Kaufman, MD is a poet, artist, child psychiatrist, humanism in medicine awardee, and suicide survivor. Her passion is transforming trauma into creative resilience. Dr. Kaufman’s Creative Life Lines reaches out with compassion and creativity to help save lives. Through its multi-media creative effort and outreach, mental health presentations, and arts & healing workshops, Creative Life Lines promotes mental health well-being and suicide prevention.

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, 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 other community settings on the healing power of writing reflectively. She currently facilitates ongoing community writing groups in Miami. In 2014 she received the NAPT Outstanding Service Award, and in 2018 she received a special award of appreciation for her many hears serving on the NAPT Board as Vice President and Conference Chair.

Zelda Lockhart, PhD, holds a PhD in Expressive Therapies and is Registered Expressive Arts Consultant and Educator (REACE) registered. She is author of The Soul of the Full-Length Manuscript: Turning Life’s Wounds into the Gift of Literary Fiction, Memoir or Poetry, and the award-winning novels Fifth Born, Cold Running Creek, and Fifth Born II: The Hundredth Turtle.

Perie Longo, PhD, LMFT, PTR, M/S, received the NAPT Pioneer Award in 2017 and was President 2005–07. She facilitates weekly writing workshops for Hospice of Santa Barbara and poetry therapy groups for Sanctuary Centers of Santa Barbara as well as in private practice. She has authored four books of poetry and was Santa Barbara’s Poet Laureate 2007–09.

Faith Marcelo is Research Assistant and a senior social work and psychology double major at University of Portland. She is completing her practicum at Cesar Chavez School with Latino Network and is applying for a research Fulbright to study therapeutic poetry writing in the Philippines after graduation.

Sandra Marinella, MA, MEd, is an award-winning writing teacher and author from Chandler, Arizona. She has taught thousands of students and presented hundreds of writing and story-sharing workshops. Her articles have appeared in The English Journal, Seventeen, Well Being Journal, Psychology Today’s blog, and more. When Sandra faced breast cancer, she turned to her personal writing to help with healing. The experience inspired her to teach writing to veterans at the Veterans Hospital and to cancer patients at Mayo Clinic in Phoenix. As she watched storytelling and writing help others transform their lives, she wrote her acclaimed book, The Story You Need to Tell—Writing to Heal from Trauma, Illness, or Loss. Her pioneering work shows us the power of finding our stories, sharing them, and writing our way out of darkness toward resilience and renewal. Currently she speaks and teaches workshops at conferences and community venues across the country. You can learn more at www.storyyoutell.com.

Ryan Martin is Research Assistant and a senior social work major and neuroscience minor at the University of Portland. She is completing her practicum at the Children’s Cancer Association. She is interested in working with youth when she graduates and enjoys reading in her free time.
Nicholas Mazza, PhD, is Professor and Dean Emeritus at the Florida State University, College of Social Work, Tallahassee, FL. Dr. Mazza holds Florida licenses in psychology, clinical social work, and marriage and family therapy. He is the founding (1987) and current editor of the Journal of Poetry Therapy. He is the current (2018–2020) president of the National Association for Poetry Therapy (NAPT). In 1997, Dr. Mazza received the “Pioneer Award”; and in 2017, the “Lifetime Achievement Award” from NAPT. He is the author of Poetry Therapy: Theory and Practice, 2nd Ed (2007, Brunner-Routledge).

Debbie McCarson, BA, is an English teacher and CAPF candidate. After recognizing the value of expressive writing in her classroom as a vehicle for growth and healing, she sought training in bibliopoesy therapy in order to extend the reach of therapeutic writing. She offers workshops in various community settings and currently works with women in spiritual recovery, the assisted living community, at-risk youth, and couples.

Marianela Medrano, PhD, LPC, CPT, is Dominican writer and psychotherapist living in Connecticut since 1990. Medrano holds a PhD in psychology. She is the founder of Palabra Counseling & Training Center, LLC, a center that offers individual, family, and couples therapy as well as ongoing trainings for psychotherapists. She is the author of six books of poetry.

Rob Merritt, PhD, former Vice-President of NAPT, is Professor and Chair of the English Department 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.

Sherry Reiter, PhD, LCSW, PTR-M/S, is a registered poetry and drama therapist/mentor and director of The Creative “Righting” Center poetry therapy training program. She is past president of NAPT and the IFBPT and co-author of Writing Away the Demons: Stories of Creative coping Through Transformative Writing. www.thecreativerightingcenter.com

Jenna Robinson, AMFT, MA in Counseling Psychology is an expressive arts therapist and performance poet located in the Bay Area. She currently works as a child clinician, utilizing intermodal interventions with survivors of intimate partner violence and their children. She has led poetry and storytelling workshops across Hawaii and California in juvenile and adult prisons, group homes, schools, retirement homes, and community outreach facilities for groups and families. Jenna is a steadfast advocate for empowering people at the margins of society to speak out their stories of resistance and resilience. She is a nationally ranked slam poet as well, winning 2nd place at the National Poetry Slam in 2015 with Hawaii Slam.

Dr. Nyamekye Richards, MBBS, DM (Psychiatry), is a Consultant Psychiatrist for the University Health Centre at the University of the West Indies (UWI), Mona. Medically trained at the UWI, Mona. She passionately guides, empowers, and inspires patients to conquer the fear, shame, and stigma of living with a psychiatric condition.

Patti Russo, MS, CPT, is a certified poetry therapist in Cambridge, Massachusetts. She created Partners in Rhyme, an intergenerational poetry program, and has been facilitating it for the past twelve years in Massachusetts schools and community settings. Patti also works with older adults and is a regular guest artist at Memory Cafes.

Irania Macias Reymann, MA, is a seasoned storyteller, and an award-winning author of children’s literature. She is the cofounder of Criss Cross Mangosauce, an edutainment company that fosters 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.

Alma M. Rolfs, LCSW, PTR, is a licensed clinical social worker in private practice, teacher, poet, Registered Poetry Therapist, mentor/supervisor, longtime NAPT member, and former Board Member/President of NAPT. She has practiced poetry therapy with a range of clinical populations including the chronically mentally ill, indigent chemically addicted post-partum mothers, and victims of domestic violence.
Charles Rossiter, PhD, CPT, has led several daytrips for past conferences. He is past VP of NAPT and past book review editor for the Journal of Poetry Therapy. He trained in poetry therapy at St. Elizabeth’s Hospital in Washington, DC. He is much published as a poet and has contributed both articles and poems to the Journal for Poetry Therapy. He currently hosts the podcast series Poetry Spoken Here.

Laura Santner, LCSW, PTR, is a Licensed Clinical Social worker who graduated from New York University in 2006. She is also a Registered Poetry Therapist and continues her training to be a Poetry Therapist Mentor-Supervisor. She has a published article in the Journal of Social Psychology and published a 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. She has been a clinical therapist and supervisor for New York State for 13 years and opened up a private practice in 2019. She has presented on poetry therapy at her work place to staff, psychology externs, social work interns, and undergraduate volunteers in addition to at past Poetry Therapy conferences, retreats, and local colleges. She is on the board of the National Association of Poetry Therapy.

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 the use of poetry, story, and creative expression can be used in the classroom to create learning and healing experiences.

Nancy S. Scherlong, LCSW, PTR, CJT, M/S is a licensed clinical social worker in CT and NY, a registered poetry and certified journal therapist, and a mentor supervisor with active training groups for both journal and poetry therapists. She has a multi-modal private practice, Change Your Narrative LCSW PLLC, where she specializes in trauma and nervous system regulation and integration of therapeutic writing techniques. She also serves as adjunct faculty for Columbia and Adelphi Universities as an instructor and fieldwork supervisor and is the current co-president of the International Federation of Bibliopoesis.

Jeremy Schraffenberger, PhD, is editor of the North American Review and professor of English at the University of Northern Iowa. He is the author of two books of poetry, Saint Joe’s Passion and The Waxen Poor, and his other work has been anthologized in Best Creative Nonfiction, Best of Brevity, and elsewhere.

Karen (Ren) vanMeenen, MA, MA, CAPF, PhD Candidate, 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 the Book Review Editor for the Journal of Poetry Therapy, and has served on the NAPT Board since 2001.

Giselle Felicia Vivian of ONE HEARTBEAT, Albuquerque, NM, is a Clinical Music Therapist, Hypnotherapist, Performance Coach, and Professional Rhythm Event Facilitator who has been sharing the joy and power of rhythmic metaphor, group drumming, and empowered rhythmic music-making with diverse audience populations locally, and with those visiting the Land of Enchantment.