

Poetry as Healing Art

Poetry as Healing Art is...

- a workshop to read, write and discuss poems with a specific focus on participants' immediate needs, ideally designed for small groups (8 to 10 participants).
- an aid for emotional expression and healing through the act of writing and reading poems about personal challenges in a comfortable and enjoyable atmosphere.
- a workshop that can be tailored for any audience – teens or adults in recovery programs, women's groups, or *any* group with a desire to use poetry-writing as an aid to emotional healing or expression.

Poetry as Healing Art is not...

- a substitute for formal therapy.
- a critique-style workshop to produce publishable poems (though some poems produced in these workshops certainly have potential!)

Some of the benefits...

- On the same principle as art therapy, writing – in particular poetry-writing, with its focused use of metaphor and imagery – can be a valuable aid to emotional expression and healing.
- Since poem-making is a discovery process, it's a uniquely creative way to help participants learn about themselves and understand their feelings and reactions to life events.
- Through the exercise of writing poems focused on their current life challenges, participants can augment other ongoing efforts to manage those challenges.
- Reading and discussing poems can help improve communication skills. In addition, by writing and sharing their own poems about emotionally charged topics, participants can enhance their ability to express difficult emotions and even find comfort through others' sharing.

The workshop schedule...

- Typically the workshop consists of three 90-minute sessions, one week apart; but the workshop schedule can be tailored to a specific group's needs.
- The first session introduces participants to the workshop, covers "tools" they can use in writing poems, includes reading & discussing relevant poems by other poets, and a brief poetry-writing exercise.
- In subsequent sessions, participants read and discuss the "poemwork" they are assigned at the end of the previous session, and also read/discuss additional poems by other poets.

About the creator of Poetry as Healing Art...

- *Poetry as Healing Art* was developed and is conducted by poet/writer DJ Gaskin. Her poems and fiction have appeared in numerous literary journals/magazines and anthologies, and she has also published in *The Washington Post*, *The Fairfax Journal* and other news publications. In addition to writing-workshop facilitation, DJ's professional background includes corporate communications, training development and instruction, she has a Business degree with intensive coursework in creative writing, and was a trained hotline counselor for Fairfax Victim Assistance Network. She has used writing as a therapeutic aid throughout her life.
- For more information, contact DJ at [Poet<AT>LionessPress.com](mailto:Poet@LionessPress.com)

