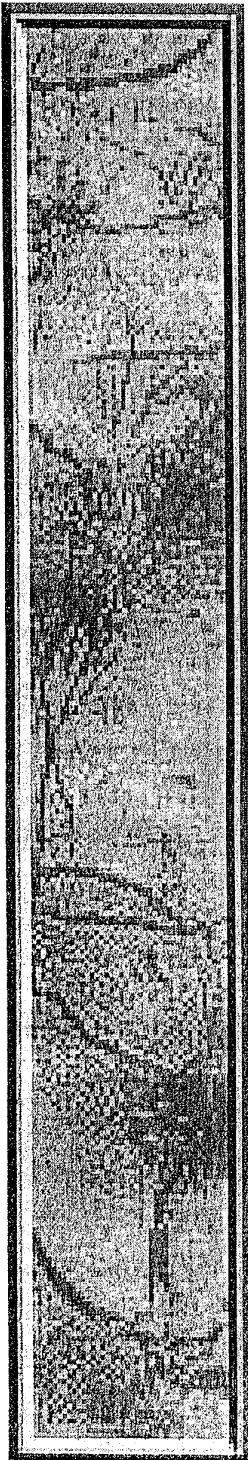


POETRY THERAPY



- ◆ Is the intentional use of the written word for healing and personal growth.
- ◆ Uses poetry, prose, lyrics, etc. to help individuals see hidden facets of themselves.
- ◆ Assists in a cathartic way by helping people find their own voice in a safe setting, thus leading to healing and self integration.
- ◆ Can be self-affirming when people let their own voices be "heard" by others. Isolation decreases; healing can occur when we safely bear witness to another's wounds and pain.
- ◆ Gives voice to pain, thus putting it outside of the body rather than keeping it inside. The healing process may be activated.
- ◆ Has as a goal self-understanding and self-expression rather than the perfect poetic product.
- ◆ Has been shown through the research of Dr. James Pennebaker to have positive effects of strengthening the immune system.
- ◆ Historically goes back to the time of the Greeks worship of Apollo who respected the connection of medicine and poetry.

Summarized by Leslie Weiss Tuchman, MFT, from information created by The National Association For Poetry Therapy (www.poetrytherapy.org)