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Poetry Therapy

Poetry and story therapy; the healing power of creative expression. Chavis, Geri Giebel. Jessica Kingsley Pub. 2011 265 pages \$29.95 Paperback Writing for therapy or personal development RC489

Poetry and story therapy; the healing power of creative ...

The term, “poetry therapy” encompasses interactive bibliotherapy, journal therapy, therapeutic storytelling, film, as well as performance poetry. The benefits of poetry

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therapy include increased self and interpersonal awareness, increased sense of validation in voicing one's truth, and enhanced capacity to capture and reframe significant life stories. Poetry therapists and applied poetry facilitators serve a variety of clients in a broad range of settings.

National Association for Poetry Therapy

Broadly defined, poetry therapy involves the use of language, symbol, and story in therapeutic, educational, growth, and community-building capacities (Mazza, 2017). Poetry therapy is inclusive of...

The Healing Power of the Poetic | Psychology Today

Poetry and Story Therapy : The Healing Power of Creative Expression. 4.21 (19 ratings by Goodreads) Paperback. Writing for Therapy or Personal Development. English. By (author) Geri Giebel Chavis. Share. Poetry and short stories can act as powerful springboards to growth, self-enhancement and healing. With the guidance of a facilitator, participants can engage with their own creative expression, and with that of others, and in doing so find opportunities to voice their truth, affirm their ...

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