

## Poetry Therapy: The Place of Language, Symbol, and Story in Healthcare

The place of language, symbol, and story as part of a poetic and narrative approach to practice will be examined and demonstrated through Mazza's multidimensional R.E.S. model of poetry therapy. 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.

A brief overview of the research supporting the three dimensions of the R.E.S. model will be presented. Specific techniques for each dimension will be presented and demonstrated in this largely experiential workshop include the following:

### *Receptive/Prescriptive*

- \*Introducing a poem/song/story into the therapeutic context

### *Expressive/Creative*

- \* Cluster poem
- \*Poetic stems/prompts
- \*Collaborative (family, group) poem
- \*Dyadic poem
- \*Narrative

### *Symbolic/Ceremonial*

- \*Creating metaphors
- \*Rituals

New directions for evidence-based poetry therapy will be discussed within the context of the art and science of clinical practice.

## Objectives:

1. Participants will be able to identify the basic principles and techniques of using poetry therapy in clinical practice.
2. Participants will develop an understanding of the three dimensions of Mazza's (199/2003) R.E.S. Poetry Therapy model.
3. Participants will be able to apply poetry therapy techniques in clinical practice.
4. Participants will develop an understanding of the professional issues (e.g., limitations, legal and ethical issues, credentials) relating to the use of poetry therapy.

**Nicholas Mazza, Ph.D.** 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 has been involved in the practice, research, and teaching of poetry therapy for over 40 years. Dr. Mazza is the author of *Poetry Therapy: Theory and Practice, 2nd Edition*; and Editor of a 4 volume series, *Expressive Therapies* (published by Routledge). He is also the founding (1987) and current editor of the *Journal of Poetry Therapy: The Interdisciplinary Journal of Practice, Theory, Research, and Education*.

Licensed Clinical Social Worker (FL) SW 0000908  
Licensed Marriage and Family Therapist (FL) MT 0000434  
Licensed Psychologist (FL) PY 0002437