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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

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own creative
expression, and with
that of others, and in
doing so find
opportunities to voice
their truth, affirm their
strengths, and find new
ways of coping with
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In this resource for creative arts therapy students, mental health professionals, and anyone else

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interested in the healing possibilities of creative expression, Chavis, a licensed psychologist and a certified poetry therapist, explores the therapeutic possibilities of poetry and stories, describes how to facilitate poetry therapy sessions, and provides suggestions for personal writing activities.

Poetry and story

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Poetry Therapy

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therapeutic, educational, growth, and community-building capacities (Mazza, 2017). Poetry therapy is inclusive of...

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Poetry therapy is much more than just the focus on the genre of poetry; it is the use of language, symbol, and story in therapeutic,

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educational, growth,
and community-
building capacities.
Poetry Therapy is for
real people. Real
people experience fear
when things get
difficult or when they
face the unknown. We
are traversing steep
paths right now.

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Therapy: The Healing
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Poetry and short stories can act as powerful springboards to growth, self-enhancement and

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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 strengths, and find new ways of coping with challenges.

**Poetry and Story
Therapy : Geri
Giebel Chavis :**

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ways of coping with
challenges.

Poetry and Story Therapy: The Healing Power of Creative ...

She is the author of
three books, including
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Power of Creative
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poems on friendship,
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relationships....

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author looks to
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Poetry therapy
employs the writing
and reading of poetry
as a means of
expressing and
exploring thoughts,
feelings and behavior
in order to bring about
therapeutic change. It
involves the use of
language, symbol, and
story in therapeutic,

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Chavis - author of
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Envisaged as a "primer

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of poetry therapy" (primarily for readers outside of the United States), this wonderful book thoroughly explores the therapeutic possibilities of poetry and story, as well as considering some wider aspects of creative writing practice.

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therapy : the healing
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ways of coping with
challenges.

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agonizing pain inside
the eye of a cyclone
Where the empty
stories of life suddenly
appear, A needle
pierces the heart!
Unbeknown to
themselves, Innocent
eyes start crying The

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emotions of oppression
burst out, and get
spilled in the pages of
my diary. That is why
my poems have
become my friends.
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