

## Outline

### Bibliotherapy: The Power of Poems, Stories and Journaling

The Magic Word Toolbox: Connection and attachment through words

The Poetic Prescription: Theories and concepts  
Neuroplasticity: Inspire, fire, and re-wire for change and self-efficacy

Neuroscience and the biology of story

Dazzle the brain with poetic device for new neural pathways

### Poetry Therapy

Metaphor, the Shorthand of the Soul and Language of the Subconscious

Theme extraction: Create a meaningful focus

Principles of transformative language

Factors that are in every session

Build your own anthology of powerful therapeutic poems

### Poetry Therapy in Action: Experiential Activities

Word-mapping: Identify emotions, thoughts and galvanize creativity

The Word Bowl: Introduce play, fun, and curiosity into therapy

Five important questions to move your client forward

Case study: Janet's severe depression

### Journaling Therapy

Vital ingredients to effect change and self-efficacy

The Journal Ladder: Structure, containment and organization

Immediate anchoring in the present moment

Externalization to develop the observing ego

Edit negatives into positives

Sunbursts: Harness your client's strengths

### Journaling Therapy in Action: Experiential Activities

Guidelines for effective journal writing

The power of inkings

Alphapoems, Pantomms and Haikus

Dialogue: The integration of sub-selves or parts

Case study: Pete's PTSD

### Story Therapy

Reframe the narrative: From pain to power

Build skills of narrative competency

Eliminate roadblocks: Shaming, blaming and inauthentic gaming

The Heroic Journey: A quest for the integrated self

Externalize the enemy: Why we need demons, witches, and warlocks

The enchantment of fairy tales: From bread crumbs to diagnostic indicators

Existential crossroads: Death, radiant moments and the inability to fail

Assessment tool: Five criteria for story selection

### Story Therapy in Action: Experiential Activities

Just who do you think you are? Your story

Sparkling moments to move the narrative toward positive self-image

Story prescriptions: Depression, anxiety, trauma, recovery, bereavement

Tiny tales of wisdom in your chest pocket

Case study: Kathy's shame and anger

Don't Miss!  
**LIVE VIDEO  
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 **THURSDAY**  
**February 8, 2018**

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## Treat Anxiety, Trauma, Addiction & Depression through Bibliotherapy

Powerful Poems, Stories & Journaling Techniques to Rewire the Brain



**TOWSON, MD**  
Tuesday, February 6, 2018  
**ELLICOTT CITY, MD**  
Wednesday, February 7, 2018  
**FAIRFAX, VA**  
Thursday, February 8, 2018  
**LIVE VIDEO WEBCAST**  
Thursday, February 8, 2018

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Powerful Poems, Stories & Journaling  
Techniques to Rewire the Brain

**SHERRY REITER**

PhD, LCSW, PTR-M/S, RDT-BCT

International speaker, author and three-time national  
award winner for her visionary work in Bibliotherapy

**"Not I, but the poet discovered the unconscious." ~Freud**

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### LIVE WEBCAST DETAILS

Join us on February 8, 2018, for this live,  
interactive webcast!

Invite your entire office and, like a live seminar,  
"attend" the webcast at its scheduled time. It's easy  
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See and hear the speaker and watch the slides  
all on your computer screen. Seminar materials  
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included. Only \$19.99 per CE Certificate for each  
additional participant.



**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can  
exchange for a DVD or CD/digital manual package on the subject (self-study continuing  
education credit may be available), a certificate to attend another seminar, or receive a  
tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

### Live Seminar & Webcast Schedule (Times listed in Eastern)

**7:30** Registration/Morning Coffee & Tea

**8:00** Program begins

**11:50-1:00** Lunch (*on your own*)

**4:00** Program ends

For locations and maps, go to [www.pesi.com](http://www.pesi.com),  
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