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 inklings

Alphapoems, Pantoums 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

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

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



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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, find your event, and click on the seminar title.

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Treat Anxiety, Trauma, Addiction & Depression through Bibliotherapy



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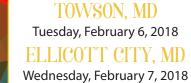
Treat Anxiety, Trauma, Addiction & Depression through Bibliotherapy

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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Treat Anxiety, Trauma, Addiction & Depression through Bibliotherapy

Feeling depressed and abandoned by her husband and children, a broken client walks into your office, the victim in her own story. You try traditional therapeutic techniques to no avail. Your client is stuck, failing to make progress, and starting to doubt that an end to the suffering is possible. You struggle to move her forward, but feel helpless and unable to breathe new life into the clinical approaches that normally serve you so well.

Now imagine having the power to create a new story with your client, one in which she becomes the heroine in

The story is the way the mind naturally works, how it integrates thoughts and emotions, making stories one of our most powerful tools to transform and heal.

Attend this workshop and learn how to bypass natural resistance to therapy, move stuck clients forward, and help them build new and beneficial neural pathways through groundbreaking interventions built around poems, stories, and journaling.

Evidence-based techniques will empower you to creatively and effectively treat your clients facing anxiety, trauma, addiction and depression. Interventions that you will receive include:

- Detailed instruction on the strategic application of Bibliotherapy to transform the difficult client into someone with whom you can make great therapeutic strides.
- · Key components of storytelling and guidance through the application of simple writing exercises your clients can easily and naturally use.
- · Published writings and detailed handouts and instruction on applying these stories to treatment with anxious, traumatized, addicted and depressed clients.
- Skill building activities and interactive exercises that will reinforce the concepts taught, the ability to practice what you've learned, and allow its immediate incorporation into your clinical work.

Leave the day feeling confident and capable to integrate the power of Bibliotherapy into your treatment and provide a safe place to hold your client's sadness, fear and anger. No previous knowledge or background in writing is required to take full advantage of this seminar.

- 1. Demonstrate both prescriptive and expressive techniques to treat depression, anxiety, trauma, addiction and
- 2. Apply journaling techniques to track and regulate client's emotions.
- 3. Employ the principles of transformative writing in treatment for greater neural integration, more flexibility of thought, and greater range of emotion.
- 4. Implement simple writing exercises for treatment of emotional regulation and anchoring.
- 5. Use poetry reading and journaling in treatment to balance your client's emotions.
- 6. Implement Bibliotherapy techniques in therapy to strengthen the observing ego which leads to new perspectives, behaviors and insights.

Speaker

SHERRY REITER, PhD, LCSW, PTR-M/S, RDT-BCT, Registered Poetry Therapist/Mentor-Supervisor (PTR-M/S) and Registered Drama Therapist/ Board Certified Trainer (RDT-BCT), is an international speaker and author of Writing Away the Demons: Stories of Creative Coping Through Transformative Writing (North Star Press, 2009). As director of The Creative Righting Center, Dr. Reiter mentors helping professionals here and abroad. She is creator of Poets-Behind Bars. Dr. Reiter is a three-time national award winner for her visionary work in bibliotherapy, and was chosen as Teacher of the Year for Touro College in 2009. She has been teaching Poetry Therapy for the Helping Professional at The New School for Social Research and Hofstra University for over 35 years. Dr. Reiter was a key force in the creation of The National Association for Poetry Therapy, and The International Federation for Biblio/Poetry Therapy, as well as on the steering committee of The National Association of Drama Therapy.

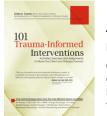
At 17, Dr. Reiter facilitated her first writing group with the elderly. She was astonished when Emma, who was 88, started to cry as she shared her writing: "All night long/the rain lashed at my window/and I was afraid." Wherever Sherry worked – in locked psychiatric wards, recovery centers, group homes, recreation centers and schools – from the young to the old, people responded to word play, literature, and story with tears, laughter, and renewed hope. In the 70's Sherry learned there was a little-known field called poetry therapy. She devoted the next four decades learning, teaching and training helping professionals to incorporate transformative language into their work.

Financial: Sherry Reiter is the director for The Creative Righting Center. She is an associate professor for Touro College. Dr. Reiter is an author for North Star Press and receives royalties. She receives a speaking honorarium from PESI, Inc.

Non-financial: Sherry Reiter is a member of the National Association of Social Workers.

The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact **Cyndi Postlewaite** at **cpostlewaite@pesi.com** or call **715-855-5253**.

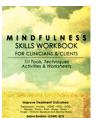
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