



## The Power of Poem & Story Expressive Writing for Growth & Healing

with Geri Chavis 25th June 2011 in Glasgow 10am to 6pm  
Geri will be supported by Lapidus Scotland facilitators



### Provisional Programme

- 1000 Welcome & Registration
- 1030 Introduction to the day
- 1100 Choice of workshops:  
The Power of Poem, Story & Writing for Healing  
**ON BIBLIOTHERAPY: MEDICINE FOR THE SOUL**
- 1300 Lunch (provided)
- 1400 Choice of workshops:  
The Power of Poem, Story & Writing for Healing  
On Bibliotherapy: medicine for the soul
- 1600 Tea and biscuits
- 1630 Liz Lochhead Reading
- 1730 Geri Chavis: *Poetry and Story Therapy:*  
*The Healing Power of Creative Expression.* Book Launch
- 1800 Farewell



With gratitude for support from  
Glasgow City Culture & Sport  
Scottish Book Trust Live Literature.



Further information: 07968487994 or 0141 332 0547(Christine)

## Workshops & Contributors

### THE POWER OF POEM, STORY & EXPRESSIVE WRITING FOR GROWTH AND HEALING with GERI CHAVIS

How poems, stories and expressive writing can expand our self-awareness, increase our sense of well-being and help us heal from painful events. for helpers and carers who are interested in using, or are already using, the expressive arts in their work with others.

*"I like to bring together two disciplines and bridge gaps."* Geri has led courses with

professors in biology, exercise and sport science, psychology and theology. Chavis is

an expert on poetry therapy — the practice of using poems and creative expression to heal. Geri has led workshops all over the world and is one of only eight master mentor supervisors — top trainers of poetry therapists — nationwide.



Notable publications: Editor of *The Healing Fountain: Poetry Therapy for Life's Journey* and *Family: Stories From the Interior*. She co-edited the first edition of the reader for "The Reflective Woman. At this workshop we will be launching her latest book has just been published by Jessica Kingsley Publishers: *Poetry and Story Therapy: The Healing Power of Creative Expression*.

#### **ON BIBLIOTHERAPY: MEDICINE FOR THE SOUL**

with Christine Cather BA Msc Mclip

This workshop introduces the programme of work in NHS Education for placing person-centred approaches at the heart of their engagement with health and social care practitioners and users. Our aim is to release the innate potential of patients and communities to take responsibility for their own health and well-being, and to engage in shared decision-making. Using creative fiction and poetry, Christine will introduce a shared reading aloud session with an informal discussion element.

Christine works in NHS Education for Scotland, developing training solutions for staff and partners; person-centred information -sharing and bringing bibliotherapy to health and social care services. Christine has links to the 'Get Into Reading' work in Liverpool and across England. Her experience draws on research with Glasgow Women's Library to scope bibliotherapy. She also writes a bit of poetry and turns to poetry and literature for succour. She offers a shared reading experience that includes some poems and stories.



## LIZ LOCHHEAD READING

Scottish poet and playwright Liz Lochhead was born in 1947, in Motherwell, Lanarkshire. She studied at the Glasgow School of Art, then, while working on her earliest collections of poetry, taught art at schools in Glasgow and Bristol for eight years, till in 1978 she went to Canada for a year, after being selected for the first Scottish Writers Exchange Fellowship.



She was a recipient of a Cholmondley Award for Poetry, and has already been honoured by both her host institutions, being a Fellow of Glasgow School of Art and an Honorary Doctor of Letters of Glasgow University. She has been similarly honoured by the Universities of Aberdeen, Stirling, Strathclyde, Edinburgh, St Andrews, Dundee, Abertay, of Queen Margaret University College and Glasgow Caledonian University, and is a Fellow of RSAMD and of Glasgow Institute of Art.

Her poetry collections include *Dreaming Frankenstein* (Polygon, 1984), *True Confessions and New Clichés* (Polygon, 1985) *Bagpipe Muzak* (Penguin, 1991), and *The Colour of Black and White: Poems 1984-2003* (Polygon, 2003). Her plays include *Tartuffe* (Polygon, 1986), *Mary Queen of Scots Got Her Head Chopped Off* (Penguin, 1989) and the Saltire Society Scottish Book of the Year Award-winning *Medea* (Nick Hern Books, 2000).

Liz Lochhead lives in Glasgow. She was appointed the city's Poet Laureate in February 2005 and is also an Honorary President of the Scottish Poetry Library. She was appointed National Poet of Scotland in January 2011.

### **The Last Hypermarket**

On a windswept urban brae it sat, lonely and all-seeing,  
a little urban watchtower where you could see the jakeys peeing  
it used to sell sturdy comestibles like a mince round  
now it's only recycled lavvy paper; three for a pound  
Sweet hypermarket – often have I missed it  
Perhaps it should  
have  
been  
... listed.

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Workshop fees: £24 each (Lapidus members £18 (concessions by donation))

*Further information: 07968487994 or 0141 332 0547(Christine)*

BOOKING FORM  
Saturday 25th June 2011

The Power of Poem, Story & Expressive Writing for Growth & Healing

Name.....

Address.....

.....

PostCode.....Tel.....

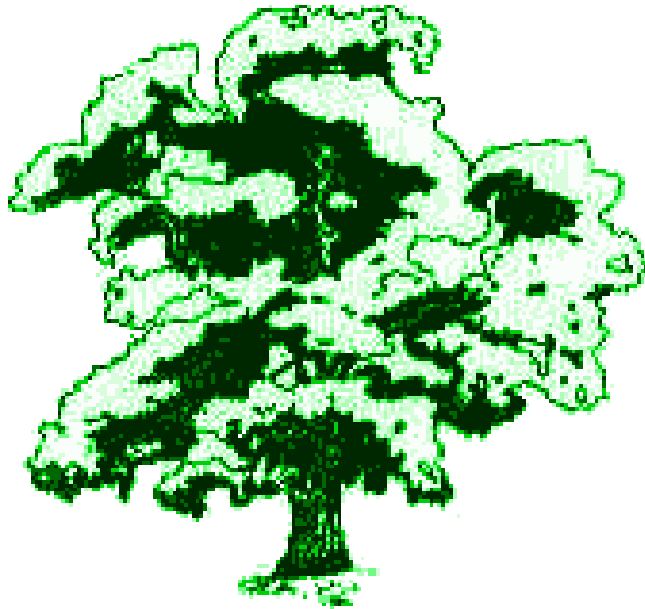
Email .....

Do you have a special diet? Please tick or specify:

Vegetarian.....Vegan.....Other.....

Cheque enclosed.....(payable to Lapidus Scotland)

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Please return this form before the 25th February 2011 to:  
Lapidus Scotland, C/O Christine Cather  
House 96, Katrine Court  
65 Cedar Street, Glasgow G20 7NS  
(cheques payable to **Lapidus Scotland**)