

Poetic Medicine: The Healing Art of Poem-Making

A TALK AND MINI-WORKSHOP WITH JOHN FOX, CPT
AT THE KAISER PERMANENTE TOWN HALL IN PORTLAND

Since 1981, through his gift for establishing a creative *and* safe environment simultaneously, John Fox, CPT, has guided groups of people and individuals to write poems that express their feelings and experience. His work demonstrates that any person, regardless of experience with writing, can, within a community of other poem-makers, give voice and shape to their own unique voice, to something truly their own.

This healing art can act as buffer and companion, salve and source of resilience during illness. Whether it is your own illness or someone else's—friend, family member or a patient—this process of expression and being deeply listened to reminds us of our wholeness, our unique place in the world and our humanity.

In this presentation, John will share inspiring stories and specific ways you can make use of “poetic medicine”: to heal, enhance wellness, and reclaim that creative spark which is essential to us as human beings. This is “whole person healthcare” at its best!

John has presented at many hospitals and medical centers across the country and abroad, including Hartford Hospital in Connecticut, Alta Bates in Berkeley, Shands in Gainesville, FL, Harvard Mind Body Medical Institute, The Royal Free in London, Seoul University National Hospital and Stanford.

(This Friday evening program at Kaiser is “stand alone” but is also the start of an entire weekend for writing that will run Saturday through 1:00 p.m. Sunday at The Garden Sanctuary.)

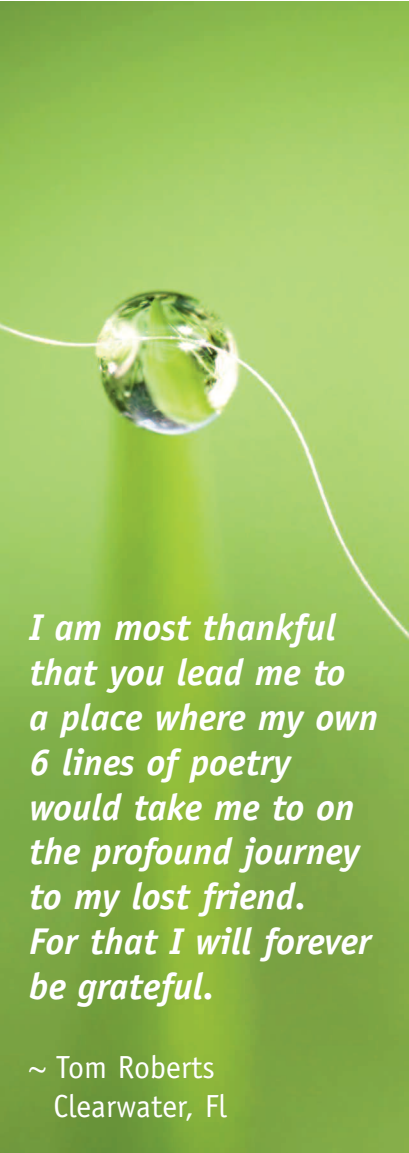
Date/Time: Friday, July 23, 2010; 7:00-9:30pm

Fee: \$25 (proceeds will go toward The Institute for Poetic Medicine with a tithe to Write Around Portland, a community based writing cooperative)

Location: Kaiser Permanente Town Hall
3704 N Interstate Ave., Portland, OR

Please show up at the door or if you have questions and/or are interested in the weekend program, please contact Marna Hauk at deeperharmony@gmail.com or (503) 771-0711

John Fox is a certified poetry therapist and associate adjunct professor at the California Institute for Integral Studies in San Francisco, California. He also teaches at the Institute for Transpersonal Psychology and John F. Kennedy University in the Bay Area. He is the author of *Finding What You Didn't Lose: Expressing Your Truth, Creativity Through Poem-Making* and *Poetic Medicine: The Healing Art of Poem-Making*. His work is featured in the PBS documentary, *Healing Words: Poetry & Medicine*. He offers workshops throughout the United States.



*I am most thankful
that you lead me to
a place where my own
6 lines of poetry
would take me to on
the profound journey
to my lost friend.
For that I will forever
be grateful.*

~ Tom Roberts
Clearwater, FL