



# Poetry Therapy: Interface of the Arts and Psychology (Innovations in Psychology Series)

*Nicholas Mazza*

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Building on the American Psychological Association tradition of the arts and psychology, this book addresses the therapeutic aspects and clinical use of metaphor, narrative, journal writing, storytelling, bibliotherapy, poetry, and the related arts. Based on clinical theory and romantic philosophy, a unified poetry therapy practice model is presented that combines the use of literature in therapy, creative expression, and symbols/rituals. Poetry therapy has been formally recognized for approximately thirty years and practiced worldwide with a wide range of clients and in numerous settings including hospitals, hospices, mental health centers, family service agencies, addiction centers, schools, nursing homes, and correctional settings. Poetry Therapy: Interface of the Arts and Psychology is organized along three dimensions: 1) Theory and practice of poetry therapy covering individual, family and group modalities 2) Use of poetry therapy along developmental markers with specific attention to abused children, battered women, suicidal adolescents, and the elderly, and 3) Research and professional development including credentialing, building resources, and education/training.

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