

Sherry Reiter - Treat Anxiety, Trauma, Addiction and Depression Through the Wisdom & Creativity of Story and Symbol

Faculty:

Sherry Reiter

Duration:

6 Hours 34 Minutes

Format:

Audio and Video

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Description

Do your clients struggle to express their feelings? Are you tired of asking the same questions and getting the same constricted answers? Ordinary words are not always enough. Imagine having the power to create a new story with your client to activate their healing imagination and apply metaphor, story and symbol to move your client ahead.

In this recording, you'll get innovative tools and interventions based in stories, writing, journaling and other expressive therapies – also known as **Bibliotherapy**. These evidence-based techniques will empower you to creatively and effectively treat your clients facing anxiety, trauma, addiction and depression, as well as allow you to bypass resistance to therapy, overcome your toughest client's inability to express themselves, and make therapeutic progress where traditional techniques can fail.

Return to your practice with published writings, skill building activities, interactive exercises, key components of storytelling, detailed handouts and instruction on how to apply **Bibliotherapy** in treatment and inspire your clients to greater change and healing!

- Transform your difficult client into someone with whom you can make great therapeutic strides
- Guide your client through the application of simple writing exercises they can easily and naturally use
- Reinforce the concepts taught, the ability to practice what you've learned, and allow its immediate incorporation into your clinical work

- Help clients structure and frame their personal experiences

Leave the recording feeling confident and capable to integrate the power of symbol and story (**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 recording.

Handouts

Manual – Treat Anxiety, Trauma, Addiction and Depression (5.37 MB)	107 Pages	Available after Purchase
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Outline

Bibliotherapy Incorporates Three Techniques:

JOURNALING

- Create positive neural circuitry
- Shift your client's mood within seven minutes with transformative writing
- Utilize the Journal Ladder for successful intervention
- Distinguish between cathartic writing and writing for reflection, insight and problemsolving

STORIES

- Understand the importance of polyphony in expanding narratives
- Identify archetypes that are driving the life story
- Collaborate with your client to create a new narrative
- Use teaching tales for insight and new learning

POEMS

- Collect powerful poetry prescriptions for immediate clinical use
- Apply the "isoprinciple" and principle of opposites for emotional change
- Understand how metaphor is a catalyst for whole brain learning
- Share published literature and initiate dynamic, meaningful dialogue

Apply Bibliotherapy Techniques to Treat:

ANXIETY

- Transform anxiety into calmness:
 - Mental imagery
 - Rhythm and breath
 - Clusters, lists, sentence stems and pantoums
 - Haiku

- Hypnotic words and mantras

TRAUMA

- Anchor clients with emotional stability and flexibility:
 - Gentle, concrete journaling techniques for calming and centering
 - Creative visualizations to relax and focus
 - Strategic problem solving that builds on client strengths

ADDICTION

- Create new neural circuitry:
 - Replace addictive cravings with new rituals and the habit of journaling
 - Decrease isolation with “communitas”
 - Transform avoidance and numbing to connection and healthy attachment

DEPRESSION

- Improve mood and instill hope:
 - “Sunbursts” and “sparkling moments”
 - Edit the negatives into positives
 - Strengthen the injured ego with “ink transfusions” from famous writers and leaders

Faculty

Sherry Reiter, PhD, LCSW, PTR-M/S, RDT-BCT, Related seminars and products: 1

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.

Speaker Disclosures:

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.

Proof Content

	Handouts	 	5.4 MB
	1. Treat Anxiety, Trauma, Addiction and Depression Through the Wi...mp4	 	2.1 GB