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The term, “poetry therapy”
encompasses interactive bibliotherapy,
journal therapy, therapeutic
storytelling, film, as well as
performance poetry. The benefits of
poetry therapy include increased self
and interpersonal awareness,
increased sense of validation in
voicing one’s truth, and enhanced
capacity to capture and reframe
significant life stories. Poetry
therapists and applied poetry
facilitators serve a variety of clients in
a broad range of settings.

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