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## SEATTLE WELCOMES POETRY THERAPIST JOHN FOX

SEATTLE, WA --Seattle welcomes John Fox, nationally known poetry therapist, to the area in July. Fox will be conducting a poetry and healing workshop entitled Poetic Medicine: The Healing Art of Poem Making Friday, July 25th- - Saturday, July 26th. There is a charge for these events. You can learn more about the workshop by going to the website [www.poeticmedicine.com](http://www.poeticmedicine.com). or by contacting Marisis Nelson at 206-322-3898.

Whether you are new to poetry or have had some training, you will find value in attending a poetry and healing workshop. Fox is the president of the National Association for Poetry Therapy and the author of two books on the subject Finding What You Didn't Lose; Expressing Your Truth Through Poem-Making and Poetic Medicine; The Healing Art of Poem-Making. He encourages participants to use poetry to unlock emotions. Drawing on his work in poetry therapy, he offers techniques and experiential exercises that allow us to engage poetry as both a healing and spiritual practice. The workshops are intended to rekindle the inner life and provide inspiration for putting spirit into action. "Poetry opens hearts and speaks truths. The kind of listening and the attention we bring to each other as we make poems and read them is healing. Poetry asks us to just stop, slow down and hear each other." Poetry offers us the opportunity to hear our own voice as we make sense of what life offers us both in difficult and joyful times.

Fox has conducted workshops at such places as The Mind/Body Institute at Harvard Medical School, Omega Institute, Naropa University and other retreat and wellness centers. He also teaches at the California Institute of Integral Studies, John F. Kennedy University, and the Institute for Transpersonal Psychology.

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