

SPONSORED BY UNITY OF CHARLESTON & CAROLINA HOLISTIC MEDICINE

# Poetic Medicine: The Healing Art of Poem-Making

A TALK & WRITING WORKSHOP  
PRESENTED BY JOHN FOX

Poem making and poetry when approached as a transformational process provides an opportunity for inner healing and especially when shared with others in community.

This workshop provides a generative and safe place to express yourself within the container of a poem—allowing the essential elements distilled by your writing to be felt, explored and integrated.

While not limited by any means to people in helping professions, if you are active in social work, education, mental health, pastoral care, elder care, medicine—as nurse or physician, expressive arts, community organizing—you will feel bolstered—even renewed—in this workshop and pick up a few tools and techniques that empower and connect.

Drawing from a splendid range of sources, John will encourage each participant to experiment with poetic tools of metaphor, sound, word, rhythm, imagery and symbol as remedies to speak what is true as a way to deepen into wholeness and live with greater heart.

No prior experience with poetry or poem-making is necessary and “beginner’s mind” is encouraged among all participants!

**Wednesday, March 20, 2019**

**7:00 pm - 9:30 pm**

**Unity of Charleston**

**2535 Leeds Ave., Charleston, SC**

**Contribution: \$20**

**We encourage you to register in advance.**

**Please click [HERE](#).**

**Last minute walk-in’s are welcome!**

**For more information: Yusuf (JP) Saleeby, MD at  
(843) 580-6481 or [ymsaleeby@gmail.com](mailto:ymsaleeby@gmail.com)**



**The generous space you create  
opens doors and windows for  
all of us to express in our own voice  
what is calling to be shared of  
the human story.**

Linda Alexander  
St. Petersburg, Florida

**John Fox** is a poet, educator, and author. His books include, *Finding What You Didn't Lose: Expressing Your Truth and Creativity through Poem-Making* (1995) and *Poetic Medicine: The Healing Art of Poem-Making* (1997). His work is featured in the 2008 PBS documentary *Healing Words: Poetry & Medicine*.

John has taught as associate adjunct professor in California at Institutes and Universities over the last 25 years. He is President of The Institute for Poetic Medicine, a nonprofit, which provides poetry-as-healer to marginalized communities and people across the United States.

