



# Using Poetry to Promote Talking and Healing

*Pooky Knightsmith*

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## **Using Poetry to Promote Talking and Healing** Pooky Knightsmith

Poetry can prove a great way into difficult conversations in therapeutic, classroom or family settings. This book is a clear and practical guide to the use of poetry as a therapeutic tool to help explore issues surrounding mental health and emotional wellbeing.

The first part of the book provides guidance on different methods of using poetry to open up discussion. The second part consists of a collection of over 100 poems written by the author, on topics such as bullying, anxiety, bereavement, depression and eating disorders, with a range of therapeutic activities that can be used alongside each poem. The third part focuses on ways to support and encourage clients to write their own poetry and includes 50 poem writing prompts and examples.

A complete resource for anyone considering using poetry to explore difficult issues, and a creative way of exploring important mental health issues in PSHE lessons, this book will be of interest to youth, school and adult counsellors, therapists, psychologists, pastoral care teams, PSHE co-ordinators and life coaches, as well as parents.

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