



Abstract Nr: 199
Internet ID: 485

Type of Presentation: Festival

Restoring human connection through poetry

Mica Gray

N/A, BIRMINGHAM, United Kingdom

Learning Goal:

- 1) To understand how writing poetry can be a therapeutic reflective practise for people with lived experience of psychosis, professionals or community members
- 2) To understand how poetry can help us to reduce alienation by restoring human connection that reaches beyond labels through authentic self-expression

Abstract Text:

Creative writing is a therapeutic narrative approach which allows you to explore, identify and express your emotions. Through poetry events in local communities based on the experience of psychosis, I have found that poetic expression has formed a bridge to understanding by inviting people into the psychosis experience to meet it with their own similar experiences. Alienation occurs where an exchange of response and validation does not happen and instead of finding connection, expression meets a barrier that serves to separate one person as 'ill'.

This workshop will provide a model that can be used in groupwork to break down barriers between communities, professionals and those experiencing psychosis through a poetic narrative exercise that does not focus on one narrative, but is inclusive of the collective. It will encourage each person to connect to the shared humanity that lies beneath the labels we wear and move into a perspective where we are not seen as 'psychotic' or 'therapist' but where we can be 'human' in our shared experiences of isolation, fear, rejection, love and joy.

Attendees will hear feedback from poetry events based around psychosis that have been held in local communities. They will then be grouped (group 1 = lived experience, group 2 = professionals and 3 = family and community members) and invited to listen to a selection of poetry readings based on the experience of psychosis. They will then be asked to respond to what they have heard by writing a short reflective poem and selected participants will share what has been written. Following this, the groups will create another reflective piece in response to has been shared. Selected people will be asked to share their responses and a short discussion will follow.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**