



# Poetry Therapy: Theory and Practice

*Nicholas Mazza*

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## **Poetry Therapy: Theory and Practice** Nicholas Mazza

For decades, poetry therapy has been formally recognized as a valuable form of treatment, and it has been proven effective worldwide with a diverse group of clients. The second edition of *Poetry Therapy*, written by a pioneer and leader in the field, updates the only integrated poetry therapy practice model with a host of contemporary issues, including the use of social media and slam/performance poetry. It's a truly invaluable resource for any serious practitioner, educator, or researcher interested in poetry therapy, bibliotherapy, writing, and healing, or the broader area of creative/expressive arts therapies.

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