

# 2<sup>nd</sup> European Biblio-Poetry therapy Conference

## Programme

### THURSDAY, 2 October

16.00-21.00 University of Jyväskylä, Agora (Ag), Mattilanniemi Campus (📍 Mattilanniemi 2, Jyväskylä)

<b>Location</b>	<b>Agora (Ag): Agora Lobby</b> , Auditorium 1 (Martti Ahtisaari-Sali), Restaurant Piato			
<b>14.00 - 16.00</b>	<b>Registration and coffee</b> , Agora Lobby			
<b>16.00 – 16.30</b>	<b>Welcoming speech, Ruamjai choir</b> , Auditorium 1 (Martti Ahtisaari -Sali)			
<b>16.30 – 17.30</b>	<b>KEYNOTE: Narratives in biblio/poetry therapy. Exploring the self and the world in the shelter of stories</b> by Päivi Kosonen, PhD, senior researcher (SELMA, University of Turku), bibliotherapist. Auditorium 1 (Martti Ahtisaari -Sali)			
<b>Location</b>	<b>Ag Room C132.1</b>	<b>Ag, Room D121.1 (Pertti Kettusen Sali)</b>	<b>Ag Auditorium 1 (Martti Ahtisaari-Sali)</b>	<b>Ag Room C133.1</b>
<b>17.45 - 19.15</b>	<b>Workshops</b>			
	Narrative possibilities of experimental texts in bibliotherapy  <i>Mariana Casale</i>	The stories we carry everywhere: our digital companion as a source for inspiration and discovery  <i>Eyal Ivnitsky</i>	Reflective movement and poetry  <i>Foteini Dimitriou, Vicky Prokopi</i>	AI as a Bridge: Emotion-Centered Bibliotherapy for Every Child  <i>Céline Mas</i>
<b>19.15 - 21.00</b>	<b>Welcome reception</b> , Agora lobby			

## FRIDAY 3 October

9.00-17.00 University of Jyväskylä, Main Building (C) and Educa (D), Seminaarinmäki Campus

(📍 Seminaarinkatu 15, Jyväskylä)

19-21.30 Conference dinner in Vesilinna (📍 Ihantolantie 5, Jyväskylä)

Location	Main building (C1)	Main building (C4)	Main building (C5)		
8.30 –	Registration and Info desk, Main building (C) Lobby				
9.00 – 10.30	<b>Where poem meets psyche</b> (Chair: Karoliina Maanmieli)	<b>In the mirror of the text: autoethnographic reflections</b> (Chair: Merja Kauppinen)	<b>Sounding the soul: music in poetry therapy</b> (Chair: Dome Bulfaro)		
	A poem is a mother: message, translation, and the unconscious in poetry therapy <i>Jose Maanmieli</i>	Autoethnography as a method for the cultural and literary therapeutic interpretation of Turkish literature. An autoethnographic analysis of Orhan Pamuk's novel <i>Istanbul</i> <i>Ildikó Szuper</i>	From collective memory to therapeutic tool: poetry therapy with anonymous Anatolian folk songs <i>Mehlika Karagozoglu Asliyukse, Zeynep Gozde Sen</i>		
	The great poetic rebalancing act: poetry, psyche and Jung's	The death of the father, or, autoethnography for literary researchers	Music as a powerful form of biblio/poetry therapy: the case of Nil Karaibrahimgil's songs		

	theory of the tension of opposites  <i>Jon Sayers</i>	<i>Mika Hallila</i>	<i>Deniz Duman</i>		
	What we can learn from the gap: bridging poetry, psychotherapy, and poetological epistemology  <i>Tamara Trebes</i>	Poetry therapy group as a space for dialogical encounters  <i>Merja Kauppinen</i>			
<b>10.30 – 11.00</b>	<b>Coffee break</b> , Main building (C), Lobby				
<b>11.00 – 12.00</b>	<b>KEYNOTE: Smiling Apollo – Giving voice and inspiring hope through biblio/poetry therapy</b> by Dr. Judit Beres. Main building, C1				
<b>12.00 – 12.15</b>	<b><i>Solitude, COVID 19 and other barricades</i> video artwork</b> by Emma Gold. Main building, C1				
<b>12.15 – 13.15</b>	<b>Women’s words, wounds, and wonders (C1)</b> <b>(Chair: Petra Partanen)</b>	<b>The poetic paths from trauma to resilience (C4)</b> <b>(Chair: Sari Kortesoja)</b>	<b>Rhythms of healing (C5)</b> <b>(Chair: Luca Buonaguidi)</b>		
	Loud, louder, loudest: the experience of female domestic abuse survivors, who have engaged with poetry	Looking at Virginia Woolf’s “A Sketch of the Past” with an expressive arts phenomenological framework: a blueprint for	Ambulance songs – don’t forget the songs that saved your life: how a biblio/poetry therapy case spontaneously became a		

	therapy, reading their written work at a spoken word event. <i>Mel Perry</i>	healing trauma through autobiographical writing <i>Hannah Behrens</i>	publishing phenomenon and a digital community <i>Luca Buonaguidi</i>		
	Bibliotherapy and cognitive literary studies in the light of women's trauma texts <i>Lilla Csakvari</i>	"Suddenly I reach a happy state of being" – My experiences with implementing the Spirit Walk nature writing method developed by Tina Welling <i>Elisa Ruha-Nurkkala</i>	"Chorodromena": in the flow of nature, of the universe, of the self. Combining poetry and symbolic dance movements for people's wellbeing <i>Evangelia Gkioni, Andreas Dritsas</i>		
<b>13.15 –14.15</b>	<b>Conference lunch in Tilia -restaurant (T-building)</b>				
<b>14:15 –15:30</b>	<b>Somatic stories, normative shifts (C1)</b> <b>(Chair: Fanny Torro)</b>	<b>Poetic spaces from classrooms to clinics (C4)</b> <b>(Chair: Merja Kauppinen)</b>	<b>At the bridges and intersections of poetry therapy (C5)</b> <b>(Chair: Juhani Ihanus)</b>	<b>Workshop (D119)</b>	
	Biblio/poetry therapy in combination with yoga <i>Veronika Gyarmati</i>	Applied bibliotherapy in training and education <i>Irene Monge</i>	At the intersection of creative writing and poetry therapy – the birth of six stories by six writers <i>Jaana Lamberg</i>	The Kintsugi Quatrains®. To transmute wounds into gold <i>Dome Bulfaro</i>	

	<p>Trauma-informed somatic poetry therapy and yoga as support for strengthening femininity among female inmates</p> <p><i>Mervi Nyfors, Mia Heinonen, Anne Flinkkilä</i></p>	<p>Narrative medicine meets biblio/poetry therapy</p> <p><i>Anna Ovaska, Riitta Jytilä</i></p>	<p>Bridges in bibliotherapy: navigating between languages and cultures</p> <p>Sarit Bar Zaken</p>		
	<p>Work life stop – trauma-informed biblio/poetry therapy as support for workplace wellbeing</p> <p><i>Sari Kortesoja</i></p>	<p>Literature-based methods supporting and promoting welfare in Finnish basic education</p> <p><i>Veera Kivijärvi-Lehvonon, Merja Kauppinen</i></p>	<p>Possibilities for developing empathy through the method of bibliotherapy. According to psychonarratological and bibliotherapeutic research focusing on reader responses, the experiential and self-reflective processing of literary</p> <p><i>Adrienn Pávlicz</i></p>		
<b>15.30 – 16.00</b>	<b>Coffee break</b> , Main building (C), Lobby				
<b>16.00 – 17.30</b>	<p><b>Literary reflections, therapeutic perspectives (C1)</b> (Chair: Päivi Kosonen)</p>	<p><b>Where books call home: poetry therapy goes libraries (C4)</b> (Chair: Kaisla Suvanto)</p>	<p><b>Questions of life and death (C5)</b> (Chair: Johanna Holopainen)</p>		

	<p>Parallel readings, necessary encounters based on Kjell Westö's <i>Där vi en gång gått</i> (<i>Where We Walked Once</i>)</p> <p><i>Ildikó Sóron</i></p>	<p>Bibliotherapy practices in libraries: supporting mental health and social inclusion in Türkiye</p> <p><i>Güssün Güneş</i></p>	<p>Poetry therapy in patients with advanced cancer – a mixed methods feasibility study</p> <p><i>Anna-Riikka Vehviläinen, Reino Pöyhiä, Mervi Nyfors, Annamarja Lamminmäki</i></p>		
	<p>The responsible leader. Leadership lessons through literature</p> <p><i>Krisztina Suranyi-Cseko</i></p>	<p>Bibliotherapy at the National Library of Lithuania</p> <p><i>Daiva Janavičienė</i></p>	<p>The poetry therapy group process and its development in the breast cancer survivors writing group</p> <p><i>Johanna Holopainen</i></p>		
		<p>Week in, week out, for a very long time – poetry therapy in a public library</p> <p><i>Victoria Field</i></p>	<p>Towards a framework for communal bibliotherapy in dementia care</p> <p><i>Patricia Lucha Fariña</i></p>		
<b>19.00 – 21.30</b>	<b>Conference dinner in Vesilinna (Ihantolantie 5, Jyväskylä). A guided walk to dinner location, meeting point in front of the Main building at 18.40 (optional)</b>				

## SATURDAY 4 October

University of Jyväskylä, Seminarium (S), Seminaarinmäki Campus (📍 Seminaarinkatu 15, Jyväskylä)

Location	S212	S203	S204	S303
8.30 -	<b>Registration and Info desk, Seminarium (S), 2<sup>nd</sup> floor</b>			
9.00 – 10.30	<b>Workshops</b>			
	Listen to your body, clear your mind – workplace wellbeing increases through writing  <i>Sari Kortesoja, Terhi Lavonen</i>	Appropoetry: a biblio/poetry therapy of borrowed words  <i>Eva Selin</i>	Writing with the plants – nature writing & sensed dialogue  <i>Fanny Torro</i>	Community bibliotherapy - motivating others by an Australian experience  <i>Lowen Clarke, Adrian Masterman-Smith</i>
10.30 – 11.00	<b>Coffee break, Seminarium</b>			
11.00 – 12.00	<b>The playful, the poetic, the digital</b> <b>(Chair: Juhani Ihanus)</b>	<b>Frames of meaning: reading the visual story</b> <b>(Chair: Niina Into)</b>	<b>Healing journeys through poetry</b> <b>(Chair: Fanny Torro)</b>	
	The fourth voice: the text accompanying the bibliotherapy hour on WhatsApp  Orly Vaknin	Power of familiarity and unknown – how to use movies from different cultural backgrounds and the advantages of using beloved films, TV series  <i>Zsuzsa Borbély</i>	“God Forsake Anthony”: revealing the hidden wisdom of poetry; where poetry and life meet  <i>Evangelia Gkioni, Andreas Dritsas</i>	

	Playfulness and gaming in biblio/poetry therapy <i>Juhani Ihanus</i>	The use of fiction and photography in therapy <i>Ulla Halkola</i>	Exploring the creative use of poetry in psychosynthesis therapy from different perspectives of time <i>Ann Marie Lamb</i>	
<b>12.00 – 13.30</b>	<b>Lunch</b> (restaurants nearby, not included in the conference price)			
<b>13.30 – 15.30</b>	<b>Artificial intelligence, technologies, and human encounters (S212)</b> <b>(Chair: Kaisla Suvanto)</b>	<b>Workshop (S203)</b>	<b>Workshop (S204)</b>	<b>Workshop (S303)</b>
	Bridging worlds: the synergy of film and literary therapy for youth well-being <i>Harry Choreus</i>	The poem is your co-facilitator <i>Ingrid Tegner</i>	Every story tells a picture – (re)imagining women’s lives through vignette writing <i>Maryann Henck</i>	Challenging cultural myths, rewriting parenting narratives <i>Petra Partanen, Annamari Typpö</i>
	The digital third voice: initial reflections on AI integration in bibliotherapy  Sarit Bar Zaken, orly Vaknin, Naomi Govreen, Yifat Hareven			
	AI in bibliotherapy: opportunities, challenges, and ethical perspectives			

	<i>Taru Jussila</i>			
	AI insights, VR action: metatherapy's library-scale mental-health platform  <i>Dilara Irmak Gaygusuz, Güssün Güneş</i>			
<b>15.30 –16.00</b>	<b>Coffee break</b> , Seminarium building (S)			
<b>16.00 –17.30</b>	<b>Roots and different realms: folk wisdom and spirituality in therapeutic practice (S212)</b> <b>(Chair: Katri Kluukeri)</b>	<b>Workshop (S203)</b>	<b>Workshop (S204)</b>	<b>Workshop (S303)</b>
	Grimm Team group treatment model  <i>Minna Ruhala</i>	Flesh of the poem: writing from the body  <i>Carmen F. Ionita, Adrian David</i>	Faces of motherhood – bridge between the past and the future  <i>Bettina Cseh-Lipták, Lilla Bálint</i>	The guest house within: Rumi's wisdom for emotional healing"  <i>Somayeh McKian, Hadi Azimi (Ashtiani)</i>
	Spirituality in bibliotherapy  <i>Kvetoslava Kotrbová, Zlatica Solárová, Maja Vaskova</i>			
	Bibliotherapy with folk culture: therapeutic use of The Book of			

	Dede Korkut (Ancestor Korkut) stories in Turkish culture  <i>Mizan Coskun Ozgur, Seyma Ciftci</i>			
<b>17.30 –</b>	<b>Conference closing</b> , Seminarium building (S), S212			