

2nd European Biblio-Poetry therapy Conference

Programme

THURSDAY, 2 October

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

Location	Agora (Ag): Agora Lobby , Auditorium 1 (Martti Ahtisaari-Sali), Restaurant Piato			
14.00 - 16.00	Registration and coffee , Agora Lobby			
16.00 – 16.30	Welcoming speech, Ruamjai choir , Auditorium 1 (Martti Ahtisaari -Sali)			
16.30 – 17.30	KEYNOTE: Narratives in biblio/poetry therapy. Exploring the self and the world in the shelter of stories by Päivi Kosonen, PhD, senior researcher (SELMA, University of Turku), bibliotherapist. Auditorium 1 (Martti Ahtisaari -Sali)			
Location	Ag Room C132.1	Ag, Room D121.1 (Pertti Kettusen Sali)	Ag Auditorium 1 (Martti Ahtisaari-Sali)	Ag Room C133.1
17.45 - 19.15	Workshops 1-4			
	WShop 1: Narrative possibilities of experimental texts in bibliotherapy <i>Mariana Casale</i>	WShop 2: The stories we carry everywhere: our digital companion as a source for inspiration and discovery <i>Eyal Ivnitsky</i>	WShop 3: Reflective movement and poetry <i>Foteini Dimitriou, Vicky Prokopi</i>	WShop 4: AI as a Bridge: Emotion-Centered Bibliotherapy for Every Child <i>Céline Mas</i>
19.15 - 21.00	Welcome reception , Restaurant Piato, Agora			

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 –9.00	Registration, Main building (C) Lobby				
9.00 – 10.30	Where poem meets psyche (Chair: Karoliina Maanmieli)	In the mirror of the text: autoethnographic reflections (Chair: Merja Kauppinen)	Sounding and seeing the soul: music and photographs in poetry therapy (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	The use of fiction and photography in therapy		

	theory of the tension of opposites <i>Jon Sayers</i>	<i>Mika Hallila</i>	<i>Ulla Halkola</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>			
10.30 – 11.00	Coffee break , Main building (C), Lobby				
11.00 – 12.00	KEYNOTE: Smiling Apollo – Giving voice and inspiring hope through biblio/poetry therapy by Dr. Judit Beres. Main building, C1				
12.00 – 12.15	<i>Solitude, COVID 19 and other barricades</i> video artwork by Emma Gold. Main building, C1				
12.15 – 13.15	Women’s words, wounds, and wonders (C1) (Chair: Petra Partanen)	The poetic paths from trauma to resilience (C4) (Chair: Sari Kortesoja)	Rhythms of healing (C5) (Chair: Luca Buonaguidi)		
	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>		
13.15 –14.15	Conference lunch in Tilia -restaurant (T-building)				
14:15 –15:40	Somatic stories, normative shifts (C1) (Chair: Fanny Torro)	Poetic spaces from classrooms to clinics (C4) (Chair: Merja Kauppinen)	At the bridges and intersections of poetry therapy (C5) (Chair: Juhani Ihanus)	Workshop 5 (D119)	
	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>	WShop 5: The Kintsugi Quatrains®. To transmute wounds into gold <i>Dome Bulfaro</i>	

	Trauma-informed somatic poetry therapy and yoga as support for strengthening femininity among female inmates <i>Mervi Nyfors, Mia Heinonen, Anne Flinkkilä</i>	Narrative medicine meets biblio/poetry therapy <i>Anna Ovaska, Riitta Jytilä</i>	Bridges in bibliotherapy: navigating between languages and cultures Sarit Bar Zaken		
	Work life stop – trauma-informed biblio/poetry therapy as support for workplace wellbeing <i>Sari Kortesoja</i>	Literature-based methods supporting and promoting welfare in Finnish basic education <i>Veera Kivijärvi-Lehvonen, Merja Kauppinen</i>	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 <i>Adrienn Pávlicz</i>		
15.40 – 16.00	Coffee break , Main building (C), Lobby				
16.00 – 17.30	Literary reflections, therapeutic perspectives (C1) (Chair: Päivi Kosonen)	Where books call home: poetry therapy goes libraries (C4) (Chair: Kaisla Suvanto)	Questions of life and death (C5) (Chair: Johanna Holopainen)		

	Parallel readings, necessary encounters based on Kjell Westö's <i>Där vi en gång gått</i> (<i>Where We Walked Once</i>) <i>Ildikó Sóron</i>	Bibliotherapy practices in libraries: supporting mental health and social inclusion in Türkiye <i>Güssün Güneş</i>	Poetry therapy in patients with advanced cancer – a mixed methods feasibility study <i>Anna-Riikka Vehviläinen, Reino Pöyhiä, Mervi Nyfors, Annamarja Lamminmäki</i>		
	The responsible leader. Leadership lessons through literature <i>Krisztina Suranyi-Cseko</i>	Bibliotherapy at the National Library of Lithuania <i>Daiva Janavičienė</i>	The poetry therapy group process and its development in the breast cancer survivors writing group <i>Johanna Holopainen</i>		
	“God Forsake Anthony”: revealing the hidden wisdom of poetry; where poetry and life meet <i>Evangelia Gkioni, Andreas Dritsas</i>	Week in, week out, for a very long time – poetry therapy in a public library <i>Victoria Field</i>	Towards a framework for communal bibliotherapy in dementia care <i>Patricia Lucha Fariña</i>		
19.00 – 21.30	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)				

SATURDAY 4 October

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

Location	S212	S203	S204	S303
8.30 – 9.00	Registration, Seminarium (S), second floor			
9.00 – 10.30	Workshops 6 - 9			
	WShop 6: Listen to your body, clear your mind – workplace wellbeing increases through writing <i>Sari Kortesoja, Terhi Lavonen</i>	WShop 7: Appropoetry: a biblio/poetry therapy of borrowed words <i>Eva Selin</i>	WShop 8: Writing with the plants – nature writing & sensed dialogue <i>Fanny Torro</i>	WShop 9: Community bibliotherapy - motivating others by an Australian experience <i>Lowen Clarke, Adrian Masterman-Smith</i>
10.30 – 11.00	Coffee break, Seminarium			
11.00 – 12.00	The playful, the poetic, the digital (Chair: Juhani Ihanus)	Stories We Know, Songs We Feel: Familiarity and Diversity in Biblio/Poetry Therapy (Chair: Niina Into)		
	The fourth voice: the text accompanying the bibliotherapy hour on WhatsApp <i>Orly Vaknin</i>	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>		
	Playfulness and gaming in biblio/poetry therapy <i>Juhani Ihanus</i>	Music as a powerful form of biblio/poetry therapy: the case of Nil Karaibrahimgil's songs <i>Deniz Duman</i>		
12.00 – 13.30	Lunch (restaurants nearby, not included in the conference price)			
13.30 – 15.30	Artificial intelligence, technologies, and human encounters (S212) (Chair: Kaisla Suvanto)	Workshop 10 (S203)	Workshop 11 (S204)	Workshop 12 (S303)
	Bridging worlds: the synergy of film and literary therapy for youth well-being <i>Harry Choreus</i>	WShop 10: The poem is your co-facilitator <i>Ingrid Tegner</i>	WShop 11: Every story tells a picture – (re)imagining women's lives through vignette writing <i>Maryann Henck</i>	WShop 12: 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>			
15.30 –16.00	Coffee break , Seminarium building (S)			
16.00 –17.30	Roots and different realms: folk wisdom and spirituality in therapeutic practice (S212) (Chair: Katri Kluukeri)	Workshop 13 (S203)	Workshop 14 (S204)	Workshop 15 (S303)
	Grimm Team group treatment model <i>Minna Ruhala</i>	WShop 13: Flesh of the poem: writing from the body <i>Carmen F. Ionita, Adrian David</i>	WShop 14: Faces of motherhood – bridge between the past and the future <i>Bettina Cseh-Lipták, Lilla Bálint</i>	WShop 15: Exploring Challenges and Risks in Biblio/Poetry Therapy: Sharing Insights, Wisdom, and Experiences Among Practitioners <i>Kaisla Suvanto</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>			
17.30 –	Conference closing , Seminarium building (S), S212			