



# Poetry Therapy: Theory and Practice

*Nicholas Mazza*

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

Poetry therapy has been formally recognized as a valuable form of treatment for over thirty years, and has been proven effective worldwide with many diverse clients. Written by a pioneer and consistent leader in the field, *Poetry Therapy: Theory and Practice* presents a unified model for the effective practice of poetry therapy. Based on his wealth of clinical and theoretical knowledge, Dr. Nicholas Mazza outlines a tripartite system composed of receptive, expressive, and symbolic modes of practice. This text serves as a primary resource for any serious practitioner interested in poetry therapy, bibliotherapy, writing and healing, or the broader area of creative/expressive arts therapies.

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