



## Southern Arizona Friends of Jung



### ***Lecture: Hoof Prints Full of Rainwater: Poetry and the Analytic Tradition***

## Hoof Prints Full of Rainwater: Poetry and the Analytic Tradition

Charles Gillispie, MFA, LISAC

Sat, Nov 12, 2016

#### **Lecture**

**9:00-11:00 am**

**Bloom Room**

Members: \$15

Non-Members: \$20

#### **Workshop**

**12:00-3:00 pm**

**Bloom Room**

Members: \$50

Non-Members: \$65

#### **NEW Location:**

Grace St Paul's  
Episcopal Church  
2331 E Adams St  
Tucson, AZ

**Pre-register at [www.safj.org](http://www.safj.org)**

Carl Jung believed that dreams compensate our limited, one-sided view of the world and provide us with essential information for our journey toward wholeness. In addition, he believed that the work of artists and writers also compensates our conscious position. What the dream can provide for the individual, the poem or the painting can provide for entire societies.

The presenter will share some of his experiences as a professional counselor using poems and dreams to help people explore and resolve suffering. After presenting the similarities and differences between poems and dreams, he will discuss poems including one by a woman in a day-treatment program and demonstrate how they facilitate healing.

### ***Workshop: Explorations in Poetry Therapy***

The presenter will discuss the difference between directed and non-directed thinking. The former is ego-driven; the latter comes to us from the unconscious via dreams and fantasies. Poetry seeks to strike a balance between these two types of thinking. The presenter will present poems by clients and demonstrate how the unconscious comes in as a resource for both client and therapist. The workshop will be experiential as we court the Muse together and create our own body of work, trying three methods of writing. The group will then have the opportunity to process its experiences.

**Charles Gillispie** is a licensed independent substance abuse counselor with a Master's Degree in Fine Arts. He is an active member of the National Association of Poetry Therapy and has published articles in the *Journal of Poetry Therapy*, *Therapeutic Recreation Journal* and others. He has received two professional development grants to pursue this work in Donegal, Ireland and Zurich. His first book of poems, *The Way We Go On*, was published in 2010.

