

Narrative Healing: Transcending the Illness Narrative

Hope's Nest: The Unitarian Society of New Haven

Presented by Reggie Marra, MA, PCC

Saturday, April 7, 2018 | 9:45 am - 3:00 pm
700 Hartford Turnpike, Hamden CT

"It is true that the mind is restless and difficult to control, but it can be conquered... through regular practice and detachment" (6.35) – The Bhagavad Gita, c. 500-200 BCE.

Workshop Description: The power of story to heal was understood 2,000 years ago. We now have over 30 years of research that confirms this philosophical, intuitive understanding. This workshop will engage you in your own narrative healing process, introduce the salient history, philosophy and research, and prepare you to write and revise your story from a salutogenic, rather than pathogenic, perspective. Deepen your abilities to embrace your own healing and nurture that of your clients, patients, students or loved ones. Find out: do you have your story – or does your story have you?

Whether you are navigating your own personal healing, coming to terms with the ongoing cultural and societal healing that is necessary to address American violence at home and abroad, or the larger global issues of pain and suffering, story matters. Your narrative impacts what you see, how you see and what you can do next. Join us on October 15 for an experiential introduction to narrative healing.

Presenter Bio:

Reggie Marra is an award-winning poet, and author of eight books, including *And Now, Still: Grave & Goofy Poems* and *Coaching and Healing: Transcending the Illness Narrative* (co-author) which were released in 2016. His *Killing America* is forthcoming in September 2018. Reggie is an Integral Master Coach™, a Registered Mentor Coach with the International Coach Federation and Creative Director at [Teleosis Institute](http://TeleosisInstitute.com).

He has conducted hundreds of poetry, narrative healing and adult development workshops for organizations that include the National Association for Poetry Therapy, The Transformative Language Arts Network (2005-2008), the Connecticut Office of the Arts, Healing Newtown, the Arts Alliance of Northern New Hampshire, the National Wellness Institute, Iona College and in schools throughout the northeastern United States. More information: www.reggiemarra.com.

Reviews of Reggie's This Open Eye: Seeing What We Do

"Reggie Marra writes with stunning, graphic precision—brutal scenes the American news skips over, scenes of endless sorrow that politicians bury under false phrases like 'total victory.' I read these small but huge poems with a chill of recognition and gratitude—thank goodness for poets like Reggie Marra who look deeply and care even more deeply about telling the truth. These poems are tributes to the nearly-invisible wounded and the honest humanity so many of us yearn for now." – Naomi Shihab Nye, author of *You & Yours*, and National Book Award finalist for *19 Varieties of Gazelle*

"This Open Eye is a powerful, devastating, and stunningly beautiful book. Reggie Marra has unfalteringly absorbed the images and voices of the war in Iraq, pared them down to the bone, and handed them back to us

*that we, too, might bear witness to our times. Not in any of these poems, or the essay, has he taken the easy way out. Like Breyten Breytenbach, Nelly Sachs, and Antonio Machado before him, Marra reclaims the essentially human from both the brutal and the brutalized.” - Trebbe Johnson, author of **The World is a Waiting Lover: Desire and the Quest for the Beloved***