

## THE POETRY OF RECOVERY AND THEN WRITING THE SOUL (POETIC REFLECTIONS ON THE DAYS OF COVID-19)

A poetry workshop led by Henry Briffa, poet and psychologist.

**WHEN:**

Sunday 30 May, 1-3pm\*

Sunday 6 June, 1-3pm\*

**WHERE:** Northcote Town Hall Arts Centre, 189 High Street, Northcote

**COST:** Free

**BOOKINGS:** Bookings are essential (Limited COVID safe places available).

**\*Please note you must be available for both workshops.**

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'There is nothing more essential to the human mind than poetry: it enables us to better understand ourselves and the world.' Omar Sakr, Poet.

In this poetry workshop participants will be encouraged to reflect on their experience of COVID times. If you wanted to kick start your poetry writing, or need a way to renew and find your way creatively after such a challenging year.

We will be using poetry as a starting point to explore healing and creativity and the links between the two. During the workshop we will ask questions:  
Where did the changes imposed during COVID leave you?  
What will your recovery (or a better world) look like?  
What did 2020/2021 mean for you? What have you learnt about yourself? What have you discovered about what you need and don't need from this period? And going forward, what type of vaccine might protect your psychological health?

The workshop's will examine a range of new poets work and use these as launching points for developing your own poems. Designed for new poets, those using poetry and the written word in their recovery process, and for experienced poets. Henry Briffa will guide participants safely and with respect through a range of exercises that lead participants to new perspectives and authentic writing. Time will be set aside for feedback and further developing your poems.

*"Poetry, like therapy, involves capturing something, perhaps a moment that speaks to you and might say something to others. Reflecting and sharing emotional experience with someone personally or on the page, can help us recover from challenging events."*

I'll begin by making some links between poetry and psychotherapy, what I believe these two practices have in common. We will be reading and discussing some poetry written during COVID. You will then choose one you enjoy and being influenced of this, you will write a first draft of your own poems. The two workshops will allow for editing time and time for feedback.

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**Henry Briffa, a Melbourne Psychologist, was highly commended in the 2018 Queensland Poetry Festival Emerging Older Poets Mentorship. *Walking Home*, his chapbook, was published by MPU in 2019. Over 40 of his poems have been published in local & overseas journals including n-SCRIBE, Unusual Works, Rabbit Poetry Journal, Golfo and Teesta & anthologized in Australian Poetry Anthology and 9000 miles.**

<https://www.henrybriffa.com.au/blog>

