

Editor's Note

The process and product of creative writing/expression is central to our two feature articles in this issue. J. Bardarah McCandless, Ph.D., a Professor of Religion notes that "the creative process of formulating poetic imagery during therapy may control, integrate, and communicate emotional distress." She provides the poetry and reflections of a middle-aged woman in analytically oriented therapy to illustrate her principles and perspectives. Pamilla J. Cohen-Morales, in reporting on her work with delinquent female adolescents, suggests that the creation of poetry shared within a group context was helpful in advancing group cohesion and universality. The concern with the creative process is also addressed in "Journal File," "Dissertation Abstracts," and in a "Book Review." The role of creative writing in fostering self-understanding and helping to provide the vital human connection is critical to poetry therapy. In the art of therapy, we recognize both pain and promise. Poetic expression taps the intrapersonal, interpersonal, and intergenerational aspects of our lives. I would like to see additional manuscripts providing further perspectives and research in this area.

The poetry in Harry Chapin's songs perhaps best illustrates the importance of our *words*. In "The Last Protest Singer" we are reminded that to give up is "really not good enough." Perhaps part of Harry's legacy is the reminder of the journey in all of us, but we must keep our own log and share what we choose, for we "own the only light." We could call this poetry, poetry therapy, or simply a perspective on life. I

believe it was John Ciardi who once described the process of writing poetry as “happy hard work.” The commonality among past and current articles in the *Journal of Poetry Therapy* is a pursuit of truth and commitment. This kind of material comes slowly (much to the pain of editors and publishers), however, it’s worth the wait. Perhaps this is what also connects clients and practitioners. We wait and worry to get it right. Maybe there’s a point to be taken from the Nike commercial: “Just do it!” and then keep on doing it until you feel the connection. You’ll experience the poetry in your eyes, hands, every fiber of your being. We can go beyond ourselves to the poetic . . . and just maybe respond to the lines in Natasha Josefowitz’s poem “I am everything everyone says/ But who am I?”

Nicholas Mazza