

# Words That Heal:

## A Healing Poetry Series for People with Parkinson's Disease and/or Their Care Partners with Tara Broderick, PPM

This poetry series is comprised of eight 90-minute Zoom sessions that will meet twice a month from January to May 2024.

The overall goal of the series is for each participant to experience poem-making as a healing art. We will explore feelings about living with Parkinson's Disease by reading, writing and sharing poems in a safe and supportive environment.

Each session explores an emotional component of coping and living with Parkinson's. The order of the sessions loosely tracks the phases of meaning-making following the diagnosis of a chronic and progressive disease. The premise is that discovering meaning enables us to better endure difficulties and find strength. Examples of topics to be explored include:

- **A Just Anger** and other emotions experienced upon learning we or a loved one has been diagnosed with Parkinson's.
- **Gallop Into Crying** about the grief over physical, cognitive, activity, relationship and other losses associated with Parkinson's.
- **When Despair Grows In Me** when we are worried and anxious about our futures.
- **Cutting Loose** from thoughts, feelings, relationships we need to let go.
- **Our Stories of Survival** tap our inner strength and resilience.
- **Lifting the Sorrow** by adopting fresh perspectives about thriving.
- **Building Community** to support and inspire each other on our journeys.

No prior experience with poetry is necessary.

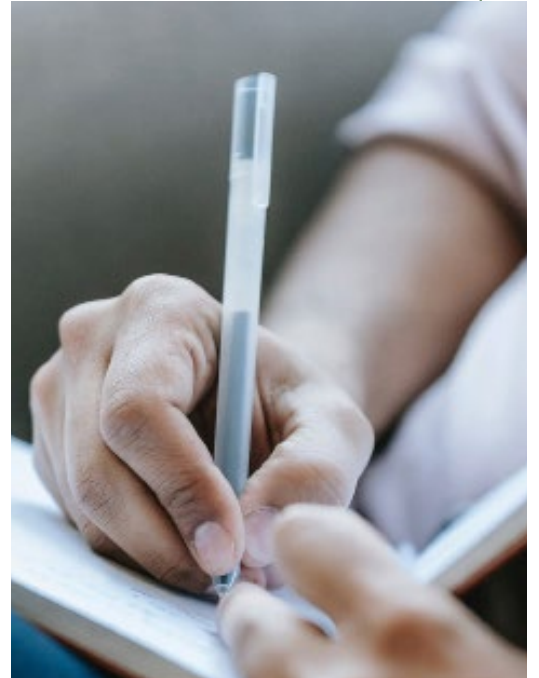
From former participants:

*"This is the first time in my 20-year journey with PD that I have felt so seen and heard. These workshops became the highlight of my week."*

*"Tara set a positive encouraging tone allowing each member to feel understood. The series gave me the opportunity to share honest feelings about Parkinson's and gain a sense of accomplishment."*



**Tara Broderick** was certified as a Practitioner of Poetic Medicine in 2018 after completing a 3-year training program sponsored by The Institute for Poetic Medicine (IPM). In 2014, she was diagnosed with Parkinson's Disease. During her IPM training, Tara experienced firsthand the healing power of poem-making to make sense of her diagnosis. To this day, she believes that reading and writing poetry has not only helped her gain perspective but has also contributed to stress reduction and slower progression of her disease. Tara has offered this program several times since Fall 2022. She lives in Cleveland, Ohio where she has facilitated a variety of healing poetry circles since 2017.



Hope has put a pen in our hands  
for us to find our song.

from *There Are Words In Us*  
by Stephen Levine

**Zoom sessions will meet on  
Tuesdays at 1:00pm EST, on the following dates:  
February 13 and 27, March 12 and 26,  
April 2 and 16, May 7 and 21.**

**There is no cost for the program.**

**Register by emailing Tara Broderick at  
[broderickt@gmail.com](mailto:broderickt@gmail.com)**

**Space is limited.**

**Please register by February 5, 2024.**

**Special thanks to Ohio Parkinson Foundation  
Northeast Region for their support.**