

The seminars will begin on **Wednesday, 7<sup>th</sup> November 2012** with a talk by **Don Schofield** (Dean of Special Programs, Perrotis College, American Farm School) entitled **“Writing As a Way of Healing.”**

The talk will take place in **Room 308** (School of English Library, New Philosophy Building) at **7:15 pm.**

Below you can find the speaker’s short bio and paper abstract.

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### **“Writing As a Way of Healing”**

Extensive research has shown that the act of writing, of simply putting down our deepest thoughts, feelings and recollections on paper, can have considerable physical and mental healing power. And, as researchers tell us, the benefits are even greater when what we write, whether poetry or prose, is put into narrative form. Reading from his recent poetry collection *Before Kodachrome*, Don Schofield will discuss the scientific basis for this approach to writing and show how he uses it in his own creative process.

#### **Short Bio**

Don Schofield’s poems, essays and translations have appeared in numerous American journals, including *Minnesota Review*, *New England Review* and *Poets & Writers*, as well as in journals in Greece and elsewhere in Europe. A recipient of 2010 John D. Criticos Prize (UK), and the 2005 Allen Ginsberg Award (US), he has also received honors from, among others, the State University of New York, University of Southern California and Princeton University, where he was a Stanley J. Seeger Writer-in-Residence. His poetry volumes include *Of Dust* (March Street Press, 1991), *Approximately Paradise* (University Press of Florida, 2002), *Kindled Terraces: American Poets in Greece* (Truman State University Press, 2004), *The Known: Selected Poems* (of Nikos Fokas), 1981 – 2000 (Ypsilon Press, 2010) and *Before Kodachrome* (FutureCycle Press, 2012). A resident of Greece for many years, he is currently the Dean of Special Programs at Perrotis College, the higher education division of the American Farm School.

**About *Before Kodachrome*:** Set in Fresno, the Sierra Nevadas and Greece, the poems in *Before Kodachrome* look back unflinchingly at a fractured California childhood in the 1950s and '60s. In the process they lay out in stark contrast the dimensions of a life where parents, real and surrogate, are at once loving and violent, attentive and neglectful, righteous and morally bankrupt. From his adopted homeland in Greece, the poet weaves stories from classical mythology, the Old Testament, fairy tales and popular American culture that show how a balanced adult self can be formed, not by avoiding childhood trauma and insistently “moving on,” but by using narrative to delve deep into one's past and bring back artifacts that provide meaning, stability and, at times, transcendence.