

Acim. (2021). Lockdown poetry, healing and the COVID-19 pandemic. *Journal of Poetry Therapy*, 34(2), 67–76. <https://doi.org/10.1080/08893675.2021.1899629>

Poetry has been used as a form of healing and expression during the COVID-19 pandemic and subsequent lockdowns. The author discusses how poets have turned to writing as a means of coping with the trauma and anxiety caused by the pandemic and how poetry has helped to create a sense of community and connection during a time of isolation. The article also highlights the role of poetry in providing a space for reflection and introspection, as well as a means of resistance against societal injustices exacerbated by the pandemic.

Petteway, R. J. (2021). Poetry as praxis+“illumination”: Toward an epistemically just health promotion for resistance, healing, and (re) imagination. *Health Promotion Practice*, 22(1\_suppl), 20S-26S.

The article explores the use of poetry as a tool for health promotion, resistance, healing, and (re)imagination, with a focus on achieving epistemically just practices. It argues that poetry can provide a way for people to express their experiences of illness, suffering, and oppression, and can help to shift dominant paradigms of health promotion towards more inclusive and empowering approaches. The authors also introduce the concept of "illumination," which involves using poetry to illuminate and challenge dominant narratives and power structures.

Sharma. (2023). Poetry writing as a hope-building tool during the COVID-19 pandemic. *Journal of Poetry Therapy*, ahead-of-print(ahead-of-print), 1–15. <https://doi.org/10.1080/08893675.2023.2188769>

Petry has the potential to provide comfort and optimism to individuals, as well as to heal them from psychological issues and restore balance to their inner selves. Its intricate style and attention to detail can energize and transform individuals' negative mindsets. The poems recommended above exhibit a strong sense of collectivity and serve not only as a remedy for people's anxieties during times of isolation and quarantine, but also act as a remedy for their fears and panic. Love and kindness are prominent themes in these poems, reflecting the communal spirit that arose during the COVID-19 pandemic. Poets and their readers have sought to make sense of the chaos and uncertainty of their new social environments, finding solace and healing through words and verse. In this way, poets can be considered invisible therapists, playing a significant role in helping individuals understand and overcome their challenges, alongside doctors and nurses.

Holmes. (2017). Group healing through sharing poetry, songs, and stories: learning through participant observation in rural Victoria. *Journal of Poetry Therapy*, 30(1), 3–16.  
<https://doi.org/10.1080/08893675.2016.1256464>

The Sephirah poetry and song-writing circle provided a space for participants to share highly personal original works, co-constructing an intimate health-support and social-network group. Major themes emerged from shared poetry and songs, including mothering, illness, gender identity, sexuality, stigma, spirituality, loss, fear, grief, and the desire for love, belonging, nurturing, and friendship. Participants' works focused on three thematic strands: mothering, sexual identity and desire for love and belonging, and overcoming grief and loss. The group included women who espoused alternative worldviews and a non-medical schema of wellbeing, emphasizing the centrality and meaning of mothering for women's social identity and its intrinsic value for people and the world as a whole. The group's beliefs emphasized the role of human beings in universal and natural cycles, reflecting their alternative political values. The poetry and song-sharing circle provided a space for participants to express themselves creatively and find support in a community that shared their beliefs and experiences.

Furman, R., Riddoch, R., & Collins, K. (2004). Poetry, Writing, and Community Practice. *Human Service Education*, 24(1).

This article examines the underexplored practice of community work within the helping professions and explores the potential uses of poetry in this context. The article discusses the strengths perspective and its relevance to community practice, and presents various examples of poetry being used for community development and change. The authors also provide a case example drawn from their own experience. Ultimately, the authors hope that this article will encourage human service workers to think more creatively about alternative approaches to community practice.

Rangel. (2016). An Examination of Poetry for the People: A Decolonizing Holistic Approach to Arts Education. *Educational Studies (Ames)*, 52(6), 536–551.  
<https://doi.org/10.1080/00131946.2016.1231680>

This article discusses the importance of understanding the root causes of social issues and structural oppression in order to heal and create a more just society. The authors argue that a decolonial framework is necessary for healing, as it exposes the damaging effects of colonization and centers alternative ways of being and interacting. Education that recognizes non-Eurocentric epistemologies and narratives is also important for restoring a sense of wholeness and connecting with one's ancestors. Love is described as the will to nurture life-affirming growth and connection, and a decolonizing pedagogy centers authentic dialogue and a willingness to love.

Jen's notes:

Language justice, translanguaging, and poetry have significant cultural and linguistic significance in discussions around healing from loss, particularly in the context of COVID-19 in poor communities of color. Some key points to consider in my personal journey toward understanding include:

1. Language justice is essential for equitable access to resources and services, particularly in poor communities of color where language barriers can prevent people from accessing critical information and support. Language justice prioritizes the right to language access, including interpretation and translation services, and recognizes the importance of diverse language practices and cultures.
2. Translanguaging is a process that enables people to use all their linguistic and cultural resources to communicate and understand, rather than forcing them to separate or prioritize one language over another. Translanguaging can be particularly important for people who are multilingual or who have experienced language loss due to colonialism, migration, or other factors.
3. Poetry can be a powerful tool for healing and resilience, particularly in the face of loss and trauma. Poetry allows people to express their emotions and experiences in creative and nuanced ways, and can provide a space for collective mourning, reflection, and resistance.
4. In the context of COVID-19, poor communities of color have experienced disproportionate levels of loss, grief, and trauma. Language justice, translanguaging, and poetry can play important roles in addressing these experiences by creating spaces for multilingual and culturally diverse expressions of grief, healing, and resistance. These practices can also challenge dominant narratives and structures that perpetuate systemic inequalities and injustices.

Articles Reviewed by Jen Yáñez-Alaniz for Listening to Long Covid Session 4/7/2023

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[Jen Yáñez-Alaniz – cultural activist — educator — poet \(wordpress.com\)](https://www.wordpress.com)

Disclaimer: This is in no way a complete list of resources.

[Main - Gemini Ink](#)

[Voices de la Luna: A Quarterly Literature & Arts Magazine](#)

[Guadalupe Community Center \(cgcc.org\)](https://www.cgcc.org)

[Esperanza Center | Esperanza Peace and Justice Center](#)

[The Center For Expressive Therapies - The Ecumenical Center \(ecrh.org\)](https://www.echr.org)

[Poetry for Adults - Poetry - LibGuides at San Antonio Public Library \(mysapl.org\)](https://www.mysapl.org)

[National Poetry Month San Antonio \(NPMSA\) \(getcreativesanantonio.com\)](https://www.getcreativesanantonio.com)

[Local Poets and Resources - San Antonio Poetry Archive at Palo Alto College - Library Guides at Palo Alto College \(libguides.com\)](https://www.libguides.com)

[Poetry for Adults - Poetry - LibGuides at San Antonio Public Library \(mysapl.org\)](https://www.mysapl.org)

[San Antonio, TX Poetry Events | Eventbrite](#)