

The Application of Poetry Therapy in Psychotherapy and Medicine

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Abstract: Poetry therapy has the advantages of both reading therapy and expressive writing. It has the advantages of low cost, easy implementation, and freedom from spatial and geographical restrictions. Domestic poetry therapy research is still limited to the introduction of its history and principles, and the research object is relatively single. To realize the whole process of health service and protection from the fetus to the end of life, doctors should design treatment plans according to the psychological status of group members, selectively plan treatment modes, and adjust the treatment plans in the process. This paper studies the application of poetry therapy in the psychological field, the reality and the past of psychotherapy, the implementation methods of poetry therapy, and the improvement of physical and mental health of medical practitioners by poetry therapy. Four aspects, such as the research on poetry therapy helping to cultivate "people-oriented" medical culture, reflect the application and significance of poetry therapy in the fields of psychology and medicine, so as to promote the localization development of poetry therapy in the field of palliative medicine in China.

1. Introduction

It has been said that poets are just some hidden psychological barriers. Today, most of us know the fallacy of this statement and realize that the fundamental difference between them lies in whether they are productive or not. First of all, poetry is a complex spiritual work and a creative existence, which provides products for the world in the form of image symbol system. Secondly, poetry is the strongest and closest experience of life. It is a group of leaping images that express the conflict, transformation and integration of the poet's mind. Poetry is one of the oldest literary forms, and is known as "literature in literature" [1]. Compared with the traditional literary function, the therapeutic effect of poetry has existed since ancient times at home and abroad. For the convenience of research, the method of psychotherapy with poetry should be called poetry therapy for short [2]. The concept of literature has existed since ancient times, and the medical function of poetry as "literature in literature" has been systematically studied since the middle of last century [3].

Poetry therapy is also used in group therapy as a designated, expressive and creative, symbolic and ritual mode of acceptance, and the above modes also have different combinations due to the changes of the treatment group [4]. As a multidisciplinary practice field, palliative medicine aims to improve the quality of life of patients and their families. Its core idea is to treat people as a whole and alleviate physical and mental pain through empathy [5]. Poetry therapy, as a means of mental health care, has important application value in the field of psychological support and personality shaping, especially for art students in higher vocational colleges. In addition, the practice with the help of higher vocational art students with better basic conditions as the object is conducive to the optimization of the effect of Poetry Therapy [6]. Some related phenomena in the process of creative writing therapy have been recorded in an early report. Liener found that when poetry is introduced into group discussion, it can act as a catalyst for the progress of group therapy. At present, there have been active attempts and explorations abroad to organically integrate poetry into palliative care [7].

2. Poetry therapy in the field of psychotherapy application analysis

2.1. Psychotherapy reality and past

I always feel that poetry writing is a therapeutic process between reality and the past. It is a kind of relationship that tries to connect with everyone's experience and each individual's "past". I think poets have two pasts: one is the real past in reality; The other is actually the past that we recognize, or the "past" that we care about, care about, and need. In his own creation, the poet uses various techniques to create the latter "past". Full of our knowledge of both. Therefore, some scholars call poetry a "shelter" for emotions, which is a good description. This shelter makes poets have a sense of completion. Finally, poetry has attitude value.

There are two meanings here. First, poetry itself is an attitude towards life. It shows the poet's determination to adopt an aesthetic attitude towards life, especially the harsh life. It shows the poet's love for life and even the harsh fate. It adopts a singing attitude, even if it is a sad song, even if it is like a cuckoo crying blood. Even if it's death, it's also necessary to sing a song to die. In addition, the poet realizes his life thinking through poetry, obtains will dignity, and realizes spiritual autonomy. This makes people who appear helpless in nature and the external environment vivid, flexible and dynamic, which enables people to obtain an inalienable spiritual freedom.

In the process of analyzing the reality and past of psychology, I deeply realize that turning various emotional experiences into images contains important healing effects. Reality is the key to self liberation. Letting things behave spontaneously is the key to opening the door of unconsciousness. But this is precisely the art that few people know about reality and the past. So I think our relationship with reality and the past is actually a relationship between you and me. This process is the same as the effect of psychotherapy. In other words, writing can't completely make you forget the past, but it can make you understand the past more clearly.

2.2. Implementation methods of poetry therapy

The specific implementation methods include centralized teaching, collective reading and discussion, free creation, etc. first, we should comprehensively understand the symptoms and conditions. On this basis, we should analyze the underlying shallow causes, deep causes and primary and secondary cruxes, find out the interrelations, and then select the text materials targeted. The rich poetry accumulation at all times and in all countries provides the basis for poetry therapy, but it is also necessary to select the existing poetry according to the specific needs of the treatment object, and integrate the latest research results of poetry therapy at home and abroad. The second is to carry out the implementation method of reading or writing poetry, apply all the countermeasures that fully comply, and implement the correct method.

In addition to the conventional mental health curriculum input, there are many implementation methods, and students are organized to know and receive poetry therapy through psychological lectures, thematic class meetings and extracurricular activities. Methods: First, the classic reading method. Actively publicize Chinese and foreign poems through classroom, class meetings, campus activities, etc., including online poetry reading, poetry appreciation, collective reading, individual reading, poetry creation, and impromptu joint poetry, etc., to create a cultural and artistic atmosphere, to publicize positive and correct behavior patterns and personality concepts, and to form a resonance among students and get wide acceptance and recognition [8]. Second, the psychological counseling method is adopted, aiming at the different psychological conditions of the help-seekers, problem-oriented, training the help-seekers in poetry writing and interpretation with specific treatment goals and requirements, so that the help-seekers can give evaluation and vent their repressed psychological implementation methods by reading and writing poems. Third, through general synthesis and analysis, systematically sort out and understand all the collected relevant information, formulate and revise the existing methods, and optimize the selection of poems, the implementation of treatment and follow-up. Fourthly, the traditional literature analysis, comparative investigation, investigation and so on are adopted. The specific activity design process is as follows: theme determination → members determination → activity design → poetry

therapy → post-test implementation → specific operation.

3. Analysis of the application of Poetry Therapy in the field of Medicine

3.1. Research on Physical and Mental Health of Medical Practitioners

Poetry can help doctors influence patients' emotions through the power of language, symbol and metaphor. At the same time, doctors can also use poetry to deeply understand patients' inner feelings and construct patients' identity [9]. Through poetry, doctors can improve their negative sensibility and empathy, which help doctors to participate in the treatment process of patients with a more empathic attitude. The above research involves the positive impact of poetry on relieving medical staff, but the intervention of poetry is still patient-based.

The poetry project focuses on the role of poetry in promoting the physical and mental health of medical staff. According to the study, poetry therapy can help medical staff deal with previously suppressed emotional experiences and remember the patients and families they have served, which is conducive to maintaining the integrity of medical staff as human beings and alleviating job burnout. The study reveals the constructive significance of poetry in improving the team cooperation of palliative medical clinicians. It is a systematic review that confirms the positive contribution of poetry as an intervention means of narrative medicine to reducing the job burnout of medical practitioners [10]. This paper reports the positive effects of poetry in helping medical patients manage their breathing and relieve their dyspnea. The study pointed out that poetry reading and writing activities provide patients with a new way of communication, thus promoting patients to share their illness experiences, strengthening their connection with society and improving their quality of life. Using a case study, a patient with advanced cancer was treated with poetry therapy based on Japanese haiku. The researcher processed the collected corpus data by means of discourse analysis through the narrative variation of disease discourse displayed by the patient before and after participating in this activity. The quantitative results show that the frequency of patients' use of the first person in the final interview has decreased from 62% in the initial interview to 42%, which indicates that patients' attitude towards communication is more open and inclusive. In the final interview, patients began to use figurative language to describe their feelings, thus enhancing the depth and effect of self-expression. In addition, the qualitative analysis based on patient interviews also shows that poetry therapy can help the patient express his feelings more truly and comprehensively, and face the disease with a better attitude.

3.2. "People oriented" Medical Culture

"People-oriented" and "holistic view" of medicine are the two core concepts of soothing medicine. Poetry can be used as emotional adhesive to closely link patients, family members, doctors/nurses, medical care institutions and communities. Metaphor in poetry plays an important role in connecting patients, family members and medical staff. Based on my own experience as a community nurse and related literature, this paper makes a reflective research on the application of poetry in palliative care.

Poetry reading helps doctors and nurses to establish closer ties with patients and their families, advocates poetry therapy as an organic supplement to other holistic therapies, and is more applied to research in palliative medicine. In the form of case reports, it presents the exploration and application of personalized poetry based on patient experience and created by doctors and students in palliative medicine. For a long time, poetry has been used by doctors to treat various psychological diseases of patients and their families. The physical and mental pain that is more explicit than that of patients, but few people pay attention to the struggle and pain borne by the family members of patients as caregivers / bereaved.

Poetry therapy is helpful to improve the quality of life of patients with end-stage cancer and help them better cope with physical and mental pain caused by diseases. Poetry medicine is very helpful. Poetry is made up of images, and the fundamental way to get images is artistic intuition. Poetry contains positive imagination, or poetry is close to positive imagination, but strictly speaking, the

occurrence process of poetry is not equal to the operational positive imagination technology in analytical psychology. The number and degree of subliminal poetry are less and weaker than that of active imagination. In the process of active imagination as a therapeutic technique, due to its operating situation, various images are more fully experienced, and the possibility of image expression and transformation is greater, which has richer therapeutic significance and function in a certain level.

4. Conclusion

From the above review, it can be seen that, as a positive intervention, poetry therapy can help relieve all kinds of people involved in medical treatment to relieve their negative emotions, such as depression, loneliness and alienation of patients; Anxiety of family members; Doctors' low self-efficacy, occupational and emotional burnout, etc. In addition, hospitals or nursing institutions can create a unique humanistic medical culture through poetry, which can bring more comfort to patients and their families who receive palliative care. It should be noted that with the deepening of the concept of palliative medicine in the world, more and more social workers and volunteers have joined in the palliative medical service and started to play an important role. However, the existing research has obviously not paid enough attention to this group. In the future, we can consider further expanding the coverage of research objects, such as how this group can provide psychological counseling and emotional support for patients through poetry, provide grief counseling for family members, set up mutual-aid groups, use poetry as a sharing medium, and strengthen the social support system for soothing medical care. This will also help to build more professional and experienced social workers and volunteer groups, promote more social organizations and trade associations to actively participate in palliative care, and create a good development environment for social work of palliative care. Therefore, the future research can be further explored in the above fields, so as to make up for the shortcomings of the current research and provide support for the practical application of poetry therapy in soothing medicine.

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