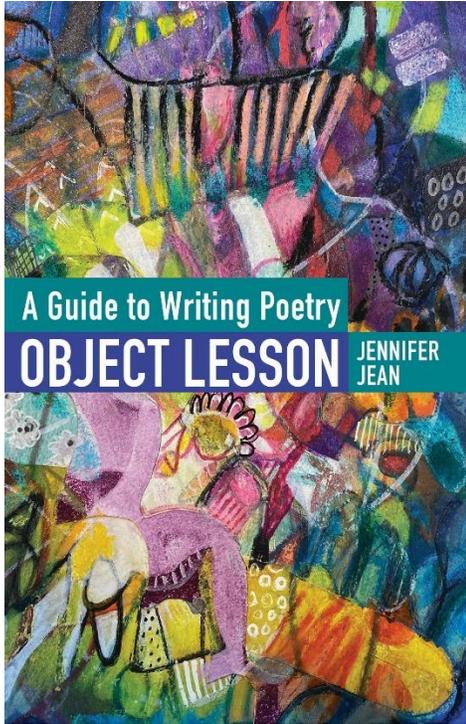


((FREE for trauma-affinity groups!  
Contact author or publisher for details.))



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Jennifer Jean (photo credit: Masao Okano)

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## A STRAIGHTFORWARD, VERSITILE GUIDE TO WRITING YOUR BEST POETRY USING POEMS FROM OBJECT LESSON BY JENNIFER JEAN

"As someone who has seen firsthand the power of poetry in releasing emotions, stories, and trauma that was buried, I am grateful for Jennifer's calming approach to something that can feel quite frightening. When you have lived through trauma, words have the power to heal and change not only the writer, but the lived experience. Something that once held weight over you is released and you are able to stand outside of it, observe it, and name it for what it truly is. You own and control your past, it no longer controls you.

I am grateful for Jennifer's willingness to share her gift with others, empowering them to step into their past and take ownership over the pain and hurt. This guide is not only a practical approach to poetry writing, but it's a wonderful help for those who are in the world of emotional trauma recovery."

-[Stephanie Clark, CEO of Amirah, Inc. and author of Letters to an Activist: Discovering Hope in the Pursuit of Social Change](#)

### WHO this guide is for:

-Teachers interested in introducing poetry reading and writing to audiences unfamiliar with the craft may use the Guide to explain craft elements as the group reads the *Object Lesson* poetry book together.

-Teachers interested in introducing poetry reading and writing may choose to only utilize the structure of the Guide; in this case, they may use the suggested "substitute poems" or their own preferred poems.

-Teachers interested in introducing the *Object Lesson* poetry book's themes regarding sex-trafficking and objectification.

-Book Clubs or other groups organized without a teacher or facilitator may choose to use the Guide as a companion to understand the *Object Lesson* poetry book and its themes.

-Workshop Groups may use the Guide (with or without the *Object Lesson* poetry book) to generate poems—and poem-sequences.

-Workshop facilitators working with trauma-affinity groups (for instance, at safe houses, women's shelters, community meetings, etc.) may use the Guide (with or without the *Object Lesson* poetry book) to explore and write their own poems regarding trauma.

### ABOUT the author: JENNIFER JEAN

Jennifer Jean is a poet, translator, editor, educator, and consummate "literary citizen." She was born in Venice, California and lived in foster-care until she was seven; and, her ancestors are from the Cape Verde Islands. Jennifer's poetry collections include [OBJECT LESSON](#) (Lily Books) and [THE FOOL](#) (Big Table). She's also released the teaching resource book [OBJECT LESSON: A GUIDE TO WRITING POETRY](#) (Lily Books). Jennifer is a co-editor and co-translator of *HER STORY IS: AN ANTHOLOGY OF CONTEMPORARY POETRY BY ARAB WOMEN* (press TBD); and, has been awarded: a [Peter Taylor Fellowship from the Kenyon Review Writers Workshop](#); a [Disquiet FLAD Fellowship](#) from Dzanc Books; and, an [Ambassador for Peace Award](#) from the Women's Federation for World Peace. Her poetry, prose, and co-translations have appeared in: [Poetry Magazine](#), [Waxwing Journal](#), [Rattle Magazine](#), [Crab Creek Review](#), [DMQ](#), [Green Mountains Review](#), [On the Seawall](#), [Salamander](#), [The Common](#), and more. She is the translations editor at [Talking Writing Magazine](#), a consulting editor at the [Kenyon Review](#), an organizer for the [Her Story Is collective](#), and the founder of Free2Write Poetry Workshops for Trauma Survivors. Jennifer lives in Massachusetts with her husband and children.