POEM AS A TOOL FOR SELF COGNITION AND SELF-CREATION

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Abstract
Author of this article explains, how to use poem ("Two suns", written by Vincas Mykolaitis-Putinas) for Self Cognition and Self Creation, presents creative poetry therapy method (techniques), and evaluates therapeutic impact on emotional, cognitive, social and personal growth. Clients' responses to poem's reading are explored in the beginning and in the end of poetry therapy session, changes are evaluated, personally important meanings of creative activities were disclosed during session, benefit of dialog, based on clients' personal meanings, and its impact on Self Cognition and Self Creation was evaluated in therapeutic session. Author emphasizes, that, deep reading has benefit on self creation, reduces emotional tension and promotes positive thinking, liberates from low Self evaluation; advocates for poetry therapy techniques to promote deep reading.

KEY WORDS: Poetry therapy. Self cognition, self-creation, adults, reading.

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Introduction
Poem’s therapy is one of poetry therapy forms. Poetry therapy is understood like the process of interactions. Facilitator (or therapist), client or clients’ group and the text (poetry, a piece of prose) interact. Facilitator is the group leader and guide to more healthy life. Goal of therapeutic interactions – to improve client’s mental and general health. The usage of language arts is a specific criterion of poetry therapy. Artistic language makes more impact on emotions and imagination and has more power to awaken reminiscences, which disclose personal meanings (Sucylaite, 2011).

Self – creation needs courage to look at existential truth, recognize and acknowledge own feelings as valid, to reflect. For reflection personal facts are crucial. People can be psychologically resistant to poetry, and lower emotional engagement may play a role for its appearance. Connections between emotions and reflection are interesting and important, and not always literary with intricate style makes us to be more emotional, on the other hand, it is thought that more intricate style leads to more intricate emotions (Koopman, 2015). Reflection on reading, on personal reminiscences is a way to begin deep conversation and to develop better self – cognition. Facilitator works with disclosed material, keeps a dialog with the client about personally important meanings, and helps the client to grow in cognitive, emotional and social levels. Metaphoric language and fiction not only intrigue, but tell existential truth delicately, indirectly, so protects individual’s self evaluation and self identity, helps the person to escape traumatic experiences.

Fiction invites us to experience being different kinds of character in different situations that we usually encounter in day-to-day life. For change of selfhood, the artistic quality of what is read seams critical: literary art contains an element that enables us to change, not as the result of persuasion, but in our own way (Oatley, Olson, 2010). Literary arts and its power are not overestimated things, but reading quality is tied with reader’s reflective skills. These skills can be developed in poetry therapy sessions (Mazza, Hayton, 2013). Practice model for poetry therapy developed by N. Mazza (2003) is composed of receptive/prescriptive, expressive/creative, and symbolic/ ceremonial modes. N. Mazza (2003) and A. Hynes and M. Hynes-Berry (1994) illustrate models for poetry therapy those are useful for considering how to structure a class around a therapeutic approach to poetry. These models are designed to increase empathy, validate emotional experience, increase self-awareness, and develop and encourage creative capacities—essentially, to bring about renewal and reparation in response to a poetic text. A. Hynes and M. Hynes-Berry (1994) present 4 steps of bibliotherapy process: recognition (something that engage), examination (specifying the different facets of the initial recognition), juxtaposition (two impressions of an object or experience) and application to Self. G. Chavis (2013) emphasizes on exploration of juxtapositions, its meaning for self- awareness and empathy. Poetry therapy can be used as a tool for insight and behavior change (Goldstein, 2012). Poetry therapy involves many activities: reading, writing, discussion, performing. The benefit of writing and performing is delivered in Alvarez and Meams (2014) works.
According A. Adler theoretical standpoints, in this article we emphasize on the importance of verbal symbols to construct social relationship; evaluate a fiction as an inner expression, its dependence on the personal goals’ perception and human relationship; and as a fantasy helpful to deal with the tension between reality and dreams. Man’s unconscioness is not separated from social context. Individual puts efforts to subordinate inner experiences to social interest, so successful therapy has demand to understand an individual within social context (Adler, 2009)

According psychoanalytic standpoint (Knox, 2008), new conceiving can be reached by insight: archetypes and relationship act on unconsciousness and have an impact on the insight. In this article we focus on the poem „Two sons“, written by Vincas Mykolaitis –Putinas and its benefit in poetry therapy to promote self-cognition and self-creation. Archetype „the sun“ and relationship act on unconsciousness.

By Gestalt psychology standpoint, learning to express poetically is viewed as a possibility to integrate vision and reality into one view of wholeness – here is a way to confirm personal meanings and identity. According E. Tisdell (2000), story telling and listening to other people stories help to find new approaches to the phenomena of life, and by discovering new meanings person’s abilities to perceive human being problems are developed. Learners move to spiritual wholeness by this way.

M. Nussbaum (2001) tells that literary reading helps examine ourselves thinking about how to relate to others, to ethical issues and to life general. Literature helps people to realise how others feel – this fact is known since Aristotle times and didn’t lose meaning in different literary discussions.

Writing this article, we relied on poetry therapy (interactive bibliotherapy) theoretical tradition, which connect psychoanalytic, individual psychology (Adler), Gestalt psychology and spiritual standpoints to human being. Poetry therapy techniques were used having goal to disclose personally important meanings, and therapeutic dialog, based on personally important meanings, was crucial in healing process. Healing process and its results can be explained theoretically. Theoretical point of view is based on narrative and dialog theories.

In this article poetry therapy process is presented through one poem therapy. „Two sons“, written by Vincas Mykolaitis –Putinas (translated by Lionginas Pažūsis) was used. In this project developing Self cognition, we tried to strengthen recognition of emotions, to explore and correct client’s relations with other people and with the text, client’s personal values. In research of Self- cognition we evaluated cognition of emotions, cognition of personal relations, personal goals and values. Self creation was understood like enlargement of consciousness, finding new understandings (relations, values, goals, and spiritual wholeness).

Qualitative research method was used.

**Aim of this research:** to explore and explain poem’s “Two sons”, written by Vincas Mykolaitis –Putinas, therapeutic impact on clients’ Self – Cognition and Self- Creation

**Methods and methodologies**

Qualitative research method was used, because we have a goal to understand better complex phenomenon: how poetry therapy techniques act on Self- cognition and Self – creation, how this process is tied with emotions, with important meanings of personal experience, with poetic thinking, what depends on therapist, what depends on the literary text and the client. Material for this research was collected during full session. Semi-structural interview was conducted in the beginning and in the end of the session, and after creative exercises. During the session phenomenological observation was made. Phenomenological tradition focuses on experience, on the essence of experience: we catch it through sensory perceptions in the moment of understanding. Clients’ behavior, somatic reactions, intensity of voice was observed. Researcher has two roles: she was an observer of therapeutic session and therapist. All material of phenomenological observation and interview was written as the text and analyzed. 6 poetry therapy sessions (where poem “Two sons”, written by Vincas Mykolaitis – Putinas, was used) were observed. 6 participants took part in every session. Participants were adults, depressed people. Strategy of grounded theory was used for data generalization.
Results of the research

First interview was conducted after reading poem „Two suns“, written by Vincas Mykolaitis – Putinas. Interview’s phenomenological analysis was made.

We focused on emotional and cognitive responses to poem. Informants haven’t difficulties in understanding the text. Their responses to poem were divided into three themes. Part of our informants responded to poem with surprise (theme surprise), other part of them acknowledged poem’s ideas as truth of life (theme acknowledgment), the third small part interpreted poem’s words as confirmation of his (her) life theory (theme confirmation bias).

![Table 1](image_url)

During interview behavior’s observation was made. Body reactions and quality of communication was explored. Body reactions were noticed with help of 3 indicators (voice, gaze, face color). Analyzing communication we focused on community feeling and wanted to answer: has our informant community feeling? Is our informant able to recognize personal community feeling? What relations with other people have our informants, and how body reactions and qualities of communication are linked to first cognitive emotional response to poem? Unusually loud speech and redness of the face during verbal communication was understood as big emotional tension. It was observed when response to poem was interpreted as confirmation bias. Most big emotional tension was linked to egocentrism in communication, when other opinion it does not matter.

![Table 2](image_url)

Relationship with the text and with therapist was explored. Qualitative data was collected during the interview and during clients’ phenomenological observation. People, who interpreted poem’s text only as a tool to confirm their theory about life and health, hadn’t wished to communicate with the therapist.
Theme *Surprise* reveals positive experience, a will to concentrate attention on participation in poetry therapy session. Surprise is positive reaction, reduces emotional tension, enlarges field of consciousness, and enriches inner emotional experience with positive emotions.

Theme *Acknowledgment* was more tied with more rational comment of the poem, with negative feelings and low self-evaluation. Clients agreed, that poem’s main idea has similarities to their personal experience, disclosed their problems – mental disease, lost dignity and low self-evaluation.

Theme *Confirmation bias* was tied with deep negative experience and emotions, with low self-evaluation, and with the trend to go out of session.

In conclusion, personal negative experience blocks engagement in poetry

**Dialog on inner sun topic**. When diagnostic procedure (first interview, focused on first response to poem) was made, clients were invited to look for the inner sun, to explore its power. Their task was to say how the sun looks in their chest? Their answers were analyzed, main themes were found.

### Themes, found discussing on the topic about inner sun

<table>
<thead>
<tr>
<th>Theme</th>
<th>Quote</th>
</tr>
</thead>
<tbody>
<tr>
<td>lack of comfort</td>
<td>“The sun shines, not very hot sun, pale son.”</td>
</tr>
<tr>
<td></td>
<td>The sun is a little alive</td>
</tr>
<tr>
<td>Retreat/ withdrawal</td>
<td>“I don’t notice the sun”,</td>
</tr>
<tr>
<td>Parallelism</td>
<td>The sun is breakable as we”,</td>
</tr>
<tr>
<td>Worse reflection</td>
<td>Today is good, the sun shines, everything is OK”</td>
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When individual thought about inner sun and expressed idea about shortage of warmth, color, therapist gave additional questions and tried to identify the problem of client. When client told that the sun is breakable, therapist tried to explore what problems make client to suffer. When client were not able to notice the sun, we had a chance to speak about benefit of Nature observation, how it helps to reduce tension and to enlarge consciousness. Worse reflection meant a lack of ability to reflect, impoverished inner world.

Depressed clients, especially, depressed and ill with schizophrenia, often tried to escape reflection on personal life experience, and had difficulties in dealing with negative emotions. They run away from question about inner sun, spoke about the sun, which in heaven blazes: “Today is good, the sun shines, everything is OK”. This situation gave a chance to speak about existential situations in human life, when

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<table>
<thead>
<tr>
<th>Dimension</th>
<th>Indicator</th>
<th>Quality</th>
<th>Theme of first cognitive-emotional response to main idea of poem.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relationship with the text</td>
<td>Attitude to poet’s main idea and its comparison with his (her) personal life</td>
<td>Text leads to new insight: “I have never thought about this before.”</td>
<td>Surprise</td>
</tr>
<tr>
<td>Relationship with the text</td>
<td>Attitude to poet’s main idea and its comparison with his (her) personal life</td>
<td>Text is a tool for opening up, dialog: “Our souls are dead, sometimes they shine”</td>
<td>Acknowledgment</td>
</tr>
<tr>
<td>Relationship with the text</td>
<td>Attitude to poet’s main idea and its comparison with his (her) personal life</td>
<td>Text is a tool to say how clever he (she) is: “I knew this. No good to wait”</td>
<td>Confirmation bias</td>
</tr>
<tr>
<td>Relationship with therapist</td>
<td>Provision in relation to dialogue</td>
<td>Client looks for partnership. Problem solving perspective. Positive dialog on the problem, disclosed during reading. “Not all people want to understand us. We are ill”.</td>
<td>Acknowledgment</td>
</tr>
<tr>
<td>Relationship with therapist</td>
<td>Provision in relation to dialogue</td>
<td>Avoidance of dialog. Negative dialog. Anger after reading.</td>
<td>Confirmation bias</td>
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a man must deal with trauma, loss of dreams or difficult situation in his (her) working place; when it is dark in external world and it is possible to survive only when man’s inner sun is strong enough.

Clients were asked to think who gives energy to their inner sun in difficult hours; to think about people, literature, Nature and to find who helps them to survive. They used pages with the shape of the sun, and wrote into the shape and on the rays of light about their healers. Usually into the centre of the shape they wrote God, Belief, on the rays of the light Names of Relatives and Friends. After this writing exercise it is time to share feelings about relatives and friends, who helped many times. This helped to improve dignity and self-evaluation.

![Image of inner sun, created after poem “Two suns” by Vincas Mykolaitis – Putinas reading](image)

1 picture. Image of inner sun, created after poem “Two suns” by Vincas Mykolaitis – Putinas reading

After discussion on Inner sun image, after conversation about dear good people, clients were revitalized, spoke more loudly, more intonations were noticed in their speech.

Poem’s hero scorned blazing sun on high, when at heart he had sun of youth, and after many years when his heart became dark and cold, he raised his arms and prayed the sun give him again warmth and light.

Our clients were asked to imagine them in the period of youth or before 2 years, and to think about energy, power, and to write down their feelings and thoughts. One woman told that she hadn’t good reminiscences from her childhood and early youth, her inner sun went out, so she doesn’t want try writing. This situation let us to speak about possibilities to look for the light in the darkness. Facilitator (therapist) told about family, where one member was dying; about other this family members, who were able to communicate without words, to understand each other listening to breathing. Death, bereavement is darkness; feeling of Spirituality is the light in the darkness.

One client wrote about the stars in the sky, about feelings of energy, wrote, that his youth has name Joy.

Later the clients were asked to write about their energy today.

One woman told that now her inner sun is not so bright. When we looked at her life periods we found that she hasn’t such big love to the flowers, birds, trees and people as she had earlier. We found a topic about the existential need to stop, and about the necessity to try to strengthen her spiritual love. After session she experienced strong catharsis.

Young boy, who wrote that his youth had name Joy, was confused writing about emotional state in nowadays. He confessed that his youth was full of fear and pain, but he named his youth Joy, because was taught and forced to speak about youth in bright colors. He confessed that earlier nobody wanted to know what he feels, now situation changed. During conversation he began to speak easier and easier, experienced catharsis.

When clients compared their energy to live in youth and in this period of life, when remembered dear people and their help to live and to believe in Self – power, encouragement to live in difficult hours, they discussed about values: what dear people taught? Clients had opinion, that dear people were right teaching them to live, but only after some years they were more able to evaluate their teaching (An ant taught to go to the town, to go to the Park and to look at birds in the lake, when mood is very bad. Mother taught to have a room always clean).
Looking for similarities between literature hero and personal life. Poem’s hero raises arms and pray, when is difficult, when heart is dark. Clients discussed: is it difficult to say that you need help, that you feel yourself bad in these concrete conditions. Most of them told that they stay alone at home when they feel themselves bad, few of them told that they put efforts to feel good always, other told that they are depended on sunny days. If the day is sunny, they feel themselves good. This conversation is tied with creative game. Client identifies his (her) mental state (tired, confused, alone, doubtful, a lack of love and ct). Little papers with names of possible mental states are given to clients – this helps them to identify own mental state. Client applies to the river, tree, grass, flame and asks help. (River, wash my face and arms, wash fatigue. Flame, give me warmth, I feel a lack of love). This creative game, based on poetic thinking, reduced emotional tension and liberated relation with the Self. Clients found a right to say truth about their mental state, uncomfortable feelings.

<table>
<thead>
<tr>
<th>Line of poem</th>
<th>Looking for similarities between literature hero and personal life</th>
<th>Dialog (rational help emotional support)</th>
<th>Poetic thinking New context, activity</th>
<th>Benefit</th>
</tr>
</thead>
<tbody>
<tr>
<td>“When my heart is dark and cold(...) I raise my arms and pray”</td>
<td>When heart is dark and cold, most of clients feel bad and stay at home alone</td>
<td>Therapist discusses about the problem of Self isolation</td>
<td>Writing exercise. Client applies to Nature objects (the river, tree, grass, flame) for help.</td>
<td>Inspiration, More intonations in language, more loud voices</td>
</tr>
</tbody>
</table>

Poetic duel. The first lines of poem can be used to liberate power to write, to inspire writing. Therapist started collaborating writing, quoting a poem: “At one time, When at heart I bore the brightly flaming sun of youth”, and gave a pen to client, asked to write own 2-3 lines. Client “20 years old girl) continued: “Storm overtook suddenly, and cane broke involuntarily. Although I have to enjoy the sun, I want to hide in the shade. This process continues and continues, but unfortunately there is no improvement”. Therapist continued writing: “In the shade we covered from the heat, we have a table, a pen, the sheet of paper, our poems overflows, so a seagull flies over the sea, so falling water from the waterfall”, and again gave a pen to the client. In this case therapist made a thought to jump into other sphere: to leave the field of sadness and failure, to enter into the field of tranquillity and nature. Client was able to recognize, how thought has turned. Client told that writing inspired, she found a hope, because therapist changed nothing, accepted her feeling and idea, but repeated the same content in lighter manner.

<table>
<thead>
<tr>
<th>Line of poem</th>
<th>Looking for similarities between literature hero and personal life (poetic way: client’s writing)</th>
<th>Therapist writing: Confirmation of client and turning from conceptual to concrete</th>
<th>Poetic thinking New context, activity</th>
<th>Benefit</th>
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<tbody>
<tr>
<td>“At one time, when at heart I bore the brightly flaming sun of youth”</td>
<td>Client’s writing. “I want to hide in the shade... unfortunately there is no improvement”</td>
<td>“In the shade we have a table, a pen, the sheet of paper, our poems overflows”</td>
<td>Client continues writing from new perspective: “I am Soul without tranquility”</td>
<td>Inspiration, mood improvement</td>
</tr>
</tbody>
</table>

Poetic improvisation. How in all poetry therapy sessions, in this session poetry therapist improvised: asked every client to repeat one most important idea from this session and composed one poem from all
clients’ lines. Poetic improvisation meant an answer. Therapist showed a way to hope on the basis of the metaphors (the road, the light, the sun, the grass…). In poetic improvisation therapist used the last stanza of poem “Two suns” and continued telling, how own sun again got power to shine. Poetic improvisation inspired, gave joy and confirmed community feeling.

**Responses to poem and therapy in the end of the session.** Poem seems more understandable, nicer, with wisdom, which they were not able to notice in the beginning of session. Poetry therapy was useful, because:

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<tbody>
<tr>
<td>relaxation</td>
<td>“I relaxed”,</td>
</tr>
<tr>
<td>discovery of values</td>
<td>“Now I think more about people, who learnt to live in good faith. Money are not so important”,</td>
</tr>
<tr>
<td>Cognitive growth</td>
<td>“It was interesting, I got to know new things”</td>
</tr>
<tr>
<td>Community feeling</td>
<td>“It was warm here”</td>
</tr>
</tbody>
</table>

**Benefit of poetry therapy**

**Discussion**

Research was qualitative; interview was conducted in Lithuanian, clients’ sentences were translated into English, some authentic colors could be lost, so research looses the precision. Results can be explain on the basis of different theories (narrative, humanistic, psychodynamic), this advocates for validity of the research (theory triangulation)

Poem “Two suns” has benefit for clients self cognition and self creation. The study found out, that first responses to poem are very important and tied with personally important meanings. When personal meaning comes from strong emotional experience, person’s thinking is inflexible. Explaining of inflexible thinking can be tied with awaken negative emotions and feeling of low self esteem. Deep negative experience and emotions, accompanied with low self-evaluation, is coherent with the trend to go out of the session. Person feels dignity knowing own experience and its meaning, and he (she) is afraid to loose it during conversation. Surprise is positive reaction to poem: reduces emotional tension, enlarges field of consciousness, and enriches inner emotional experience with positive emotions. Group members, which responses to poem associated with surprise, shared their thoughts in a group and revitalized group members, giving them chance to be surprised for one minute and to relax. Concrete images help to concentrate attention to concrete thing – here is a way to reduce tension. Clients drew the sun and concentrated attention to concrete image, this helped them to speak up more openly. Writing into the shape of the sun could have archetypical power. After discussion on Inner sun image, after conversation about dear good people, clients were revitalized, spoke more loudly, more intonations were noticed in their speech. Lines of poem and looking for similarities in personal life gave courage to look into inner life easier. It is possible to look easier, because identification with literature hero gives emotional support, and there is a chance took at own life from different perspective (from literature subject’s perspective). Looking for similarities between literature subject’s and reader’s life, clients are empowered to disclose personally important meanings – here is source for therapeutic dialog. During poetic improvisation and poetic duel therapist confirms persons’ feelings, understandings and turns from abstract words to concrete with conceptual meaning, therapist transfers negative experience into new context, where is easy to catch the way to more light life and to find hope. Self-creation is not separated from Self – cognition, needs courage to look at negative emotions, uncomfortable conditions of life, to face reality and to find abilities to shape inner experience, to find what depends on internal, what on external world. Usually negative emotions block self cognition, freedom to face reality. Through therapy clients are empowered to express emotions, to keep dialog with therapist, to liberate own creative power. Self-creation is tied with new insights. When thought, feeling are transferred in new context, consciousness’ enlargement takes place.

**Conclusion**

Poem “Two suns” can be used for developing Self-cognition and Self-creation in therapeutic session. Poem helps to concentrate attention to inner world (“…at heart I bore the brightly flaming sun of youth”) and to find differences between inner and external world. Therapeutic dialog and creative exercises help to find similarities between poem’s subject and client’s personal life, and to disclose personally important
meanings. Painful experience is reevaluated in rational way through dialog and in poetic holistic way through transferring experience into new, hopeful existential context through poetic duel or poetic improvisation. During reading accompanied with dialog and creative exercises individual’s emotional tension reduces, understanding of personal existential situation increases, liberation from inferiority is noticed, motivation to manage own life increases, and Self-evaluation increases. Ability to understand poem increases too.

References
6. Knox
8. Nussbaum

EILĖRAŠTIS KAIP SAVĖS PAŽINIMO IR SAVIKŪROS PRIEMONĖ
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Klaipėdos universiteto Sveikatos mokslų fakultetas

Summary

Raktąžodžiai: poezijos terapija, savęs pažinimas, savikūra, suaugusieji, skaitymas.

Tyrimo tikslas: ištirti ir paaiškinti Vinco Mykolaičio- Putino eilėraščio „Dvi saulės” terapinį poveikį savęs pažinimui ir savikūrui.


Tyrimo rezultatai. Dažnai tiriamųjų į eilėraščių reagavo, išgyvendami nuostabą, dalis pripažindami poeto tęsą ir universalia, dar kiti jautė, kad eilėraštyje sakoma tarsi tyla absoliuciai tik patvirtina jų turimą nuomonę apie gyvenimą ir save. Nuostabos išgyvenimas buvo susijęs su emocinės įtampos nebuvinu, noru dalyvauti poezijos terapijos sesijoje, skatino sukaupinti dėmesį; klientai, kurie poeto skelbiamą tą išgyventą poeto tęsą teisinga ir universalia, rationaliai reagavo į tekstą įvairiai daugiau neįgalių jautės, jų savęs vertinimas buvo logiškas. Tiriame jautė, kuriems eilėraščio teksta buvo tik priemone, paaiškino jų turimą nuomonę pavergtų dalyvauti terapijoje, jie buvo susijaudinę į gyvenimą ir turiu nuomonę apie gyvenimą įgyvendinti patirtį. Klientai, kurie poeto poezijos susitikime dalyvavo 6 suaugusieji, kuriems būdingas didesnis ar mažesnis depresiškumas,

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Tyrimo metu įžvelgiama, kad savikūra neatsiejama nuo savęs pažinimo, reikalauja drąsos matyti neigiamas emocijas, nepalankias gyvenimo sąlygas, brėžti patirtis kontūrus, kas priklauso nuo vidinės, kas nuo išorinės realybės. Dažnai neigiama jauts blokuoja savęs pažinimą ir laisvę matyti realybę. Terapijos metu klientai įgaliami reikšti emocijas, vystyti dialogą su terapeutu, išlasivinti kūrybinės galios. Savikūra neatsiejama nuo naują jį žvalgų. Kai mintys, jauts yra perkeliamos į naują kontekstą, sąmonės laukas išsiplečia, padidėja savęs ir gyvenimo pažinimas.

**Apibendrinimas.** Eilėraštis „Dvi saulės“ gali būti naudojamas savęs pažinimo ir savikūros tikslais. Eilėraščio leidžia sutelkti dėmesį į vidinį pasaulį („Kai saulė – jaunystės skaidrią, karšto saulė, nešiojau savo širdyje“) ir įžvelgti skirtumus tarp vidinio ir išorinio pasaulio. Terapinis dialogas ir kūrybiškos užduotys padeda rasti literatūros kūrinio subjekto ir kliento asmeninio gyvenimo gyvenimo patirties ir įgalina klientą atskleisti asmeniškai reikšmingas patirties prasmes. Skaidri patirtis racionali iš naujo įvertinama, kalbant su terapeutu, ir perkainojama holistinio poetinio būdu, perkeltą ją į naują, vilties pilną egzistencijos kontekstą, taikant poetinės dvikovos ar poetinės improvizacijos metodus. Skaitymas, lydimas dialogo ir kūrybiškų užduočių atlikimo, mažina emocinę įtampą, didina savos egzistencių situacijos suvokimą, menkavertiškumo išgyvenimą, didina atsakomybę už savo gyvenimą ir savęs vertinimą. Sugebėjimai suvokti eilėraštį taip pat didėja.