

Testimonials

“Her workshop is expertly designed. She combines an artist’s ascetic with a counselor’s sensibilities, guiding each participant to reach deep and move forward through poetic self expression. It represents an empowering grass-roots feminist activist intervention.”

~ Dr. Lauri Hyers
Professor of Psychology and Women’s Studies
Westchester University

“The workshop helped me to see that I can find beauty even in the darkest of my moments. It was a safe space to explore a part of myself that doesn’t often see the light of day.”

~ Nazy Pakpour, Participant

“It’s not porn, it’s not therapy, it’s not activism, and it’s not exactly a Writing Class either (for instance, there’s no criticism at all). It’s some kind of body-love-spa where the most scared parts of yourself get to try on leather gear or do a strip-tease (only on the page of course, and only when and if you want to). It’s about how the most heroic parts of yourself can be those you’re most ashamed of. And it’s a lot about listening to other people, and showing up for what they’ve been through and what they decide to put into words today.”

~ S.B., Participant

WORKSHOP OFFERINGS

A THREE HOUR WORKSHOP

Can be coupled with performance
and speak out with attendees

-or-

TWO HOUR WORKSHOPS

once a week for 6-10 weeks

**Speaking engagements and
performances also available.**

For prices contact
poet@samanthabarow.com

SOUND/BODY/LOVE/POEM

gently erotic writing workshops
for survivors of sexual abuse

**Facilitated by
SAMANTHA BARROW**

**www.SamanthaBarrow.com
myspace.com/SamanthaBarrow**

“IN TOUCH WITH THE EROTIC, I BECOME LESS WILLING TO ACCEPT POWERLESSNESS, OR THOSE SUPPLIED STATES OF BEING WHICH ARE NOT NATIVE TO ME, SUCH AS RESIGNATION, DESPAIR, SELF-EFFACEMENT, DEPRESSION, SELF-DENIAL.” AUDRE LORDE

Frequently Asked Questions

✿ *Do you have to be a poet or writer?*

No. People with all levels of writing experience are welcome.

✿ *Will we be forced to share our writings?*

No. There will be time allotted to do so, but no one will have to read anything they don't want to.

✿ *Can you define “survivor of sexual abuse?”*

Language around these issues is always tricky. The most important thing is for people to find the terms they are most comfortable identifying with. For the purpose of this workshop, anyone that has experienced sexual assault, abuse, or trauma on any level, including the broad range of second hand violence, is welcome. The focus is on counteracting its influence. While it is important to recognize that sexual violence has varying degrees of impact on our lives, we are not interested in comparing pain.

✿ *Is this workshop for women only?*

This workshop is open to people of all genders unless specified otherwise. Most of the people who attend are women.

✿ *How you define “erotic?”*

I think of erotic as encompassing the wide arc of experience and imagination that is linked to our bodies and pleasure. It is anything creative or sensual, from writing a poem or sinking toes in the sand, to snuggling or heating up the naked naughty bits. Participants are invited to define erotic on their own terms.

✿ *Do we need to bring anything to the workshop?*

Yes, bring the phone number of a supportive friend who knows you'll be attending the workshop and a pen and paper for your writings.

Mission Statement

I seek to create a safe space where our imaginations may come out and play again. I address erotic and abuse in the same workshop to honor all the messy, confusing ways our histories and body memories may manifest as we are healing, as we are reclaiming our revolutionary capacity for joy. Together, we shed some of the shame and fear that block the powerful celebration of our creativity and desire.

How We Do This

We begin by going through a series of introductions. I talk about how I came do to this work as a survivor, poet and educator and explain our ground rules and safety nets. Then we do a series of writing exercises designed to; a) create a feeling of safety in our own bodies and among the group b) honor whatever we bring with us in relation to our body memory and desire and c) celebrate and explore our erotic imaginations in all their complexities. There will be time to share parts of our writings after each segment, but no one will be forced to. Participants are always invited to ignore the exercises at hand to write directly about painful experiences and / or revel in writing about pleasure.



Photo JJ Tiziou www.jtizou.net

Bio

SAMANTHA BARROW is an award winning, nationally recognized poet, activist, and educator who earned her BA in Writing from The New School. She combines her skills as a writer with her experience as a sexual abuse and assault survivor to speak frankly and freshly about issues of trauma and eroticism in her own work. She has received multiple grants from the Leeway Foundation to facilitate Sound/Body/Love/Poem and to tour this country on her motorcycle performing her poetry. The clients of her workshops and performances include UPenn, Bryn Mawr, Temple University, Westchester University and the Broad Street Ministry with Sonia Sanchez.

Her poetry, prose, reviews and interviews have been widely published in places such as Off Our Backs, The Philadelphia Inquirer, The Philadelphia City Paper, Lesbian Nation and Feminist Review. Her first book, GRIT and *tender membrane*, is published by Plan B Press.



“Her voice is that of a woman who has the ability to make the intangible become tangible right before our very eyes. Barrow's book maintains the idea of hope despite painful memories, a kind of hope that can vanquish former tribulations and make way for a new, bright future. Truly inspiring.”

-Feminist Review

“AS I HEALED, IT DAWNED ON ME THAT SEXUAL ENERGY WAS A POSITIVE AND POWERFUL FORCE IN MY OWN RECOVERY.” STACI HAINES