



Willa Schneberg



Amidst global mental health crisis, poetic psychotherapist writes

Last year, the World Health Organization reported that during the first year of the Covid pandemic, the global prevalence of anxiety and depression increased by a massive 25%.

In the midst of this global mental health crisis, Portland poet and psychotherapist Willa Schneberg has written a collection of poems relating to mental health. *The Naked Room* will be released Jan. 15 by Broadstone Books. A local book launch party is scheduled for 6 pm, Feb. 7, at Broadway Books, 1714 NE Broadway, Portland.

"*The Naked Room* is a true synthesis of my life as a psychotherapist (one not exempt from angst), and my life as a poet," says Schneberg. "These are poems of the unconscious, the dreamscape, the despondent, the unmoored and the mortal. The collection not only goes inside the inner workings of a clinician's practice, but has a larger scope, which includes the history of psychiatric treatment with its dangerous 'cures' and embedded prejudices, and treatment today and lack thereof for the houseless and insolvent, for whom entering the realm of the 'therapeutic hour' is a luxury beyond reach."

Schneberg is a ceramic sculptor, interdisciplinary artist, essayist, curator, poet and Licensed Clinical Social Worker in private practice. Her [prior collections](#) include *In the Margins of the World*, *Storytelling in Cambodia*, *Rending the Garment*, *Box Poems* and the letterpress chapbook (small collection) *The Books of Esther*, which was included in an exhibit at the Oregon Jewish Museum and Center for Holocaust Education.

Since 1999, Schneberg has organized Oregon Jewish Voices, an annual event at OJMCHE featuring readings by prominent Oregon Jewish poets and writers. She has been awarded an Oregon Book Award in Poetry; the Barbara Deming Memorial Fund Award; second place in the Allen Ginsberg Poetry Awards; two fellowships from Oregon's Literary Arts; and residencies at Yaddo, MacDowell and in Kathmandu, Nepal.

The book can be ordered from the publisher, Broadstone Books, for \$18.50 at broadstonebooks.com/shop/p/the-naked-room-poetry-by-willa-schneberg. The cost will be \$24 in bookstores.