



# D O N F R E A S

I am a poet, writer, artist, and craftsman, self employed since 1974. I have extensive practice in furniture design and graphic design, wood joinery, sculpture, poetry, editing, workshop and group leadership, and business management.

I've earned a BA in Art from The Evergreen State College, an MFA in Creative Writing and Literature from Bennington College and a certificate in Energetic Healing and Counseling from The School for Enlightened Healing.

As a designer/ craftsman of furniture and woodwork I've produced hundreds of unique pieces on commission in fine woods for homes and offices. I've shown my work at galleries in Washington, Oregon and San Francisco.

My sculpture pieces have been on display at several galleries and a juried exhibition in Christchurch, New Zealand.

As poet I've published three chapbooks of poetry and my poems have appeared in magazines and

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journals across the country, including The Asheville Poetry Review, Rosebud and The Sulphur River Literary Review. My poems have appeared in several anthologies. I've given poetry readings in Washington, Oregon and Mexico. I've served as poet in residence for men's gatherings.

I've conducted many writing workshops offered privately and through The Evergreen State College. These workshops have been focused both on creating poetry and on the use of writing as a tool for self exploration.

In the nineteen eighties I was instrumental in the design, construction and operation of successful spa/ therapeutic massage facility, Town Tubs Inc. I functioned as corporate president, maintenance crew, accountant, advertising designer, personnel manager, general manager and visionary.

I am currently Chairman of the Board of the International Trauma Treatment Program, headquartered in Olympia.

*Don Freas*