

The North American Drama Therapy Association Western Region Presents: Seas of Change: The Tides of Innovation in Drama Therapy Bay Area Symposium

Location: California State University, East Bay, 25800 Carlos Bee Blvd, Hayward, CA 94542

Date: Friday-Sunday, July 26th-28th

Continuing Education Units: Registration and attendance are required to obtain CEs and will be recorded. Please note the type of CEs offered with each workshop (RDT, RDT CHED, NBCC). North American Drama Therapy Association (NADTA) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6819.



Learning Objectives

- Participants will be able to learn about trends and current approaches in drama therapy theory and practice
- Participants will be able to expand the diversity of drama therapy approaches in their practice
- Participants will be able to gain knowledge and confidence to widen the diversity of populations that they can practice drama therapy with
- Participants will be able to incorporate a social justice lens in their drama therapy approach
- Participants will be able to strengthen their understanding of their current skills and areas in need of further growth

Friday, July 26th (Pre-Symposium Day)

| Session Times | Workshop | Presenter(s) | Room | CE Credits |
|---------------|--|------------------------|--------------------|------------|
| 5:30-6:30 PM | <p>Registration and Networking</p> <p>Attendees can check in to the symposium, claim their symposium materials, have their questions answered, and socialize with their fellow attendees.</p> | | Dance Studio Lobby | |
| 6:30-8:30 PM | <p>Wandering in Circles (On Purpose)</p> <p>In this performance, witnesses and performers can intermingle and blur the lines between artists and observers. Existing somewhere in the intersections between performance, dance jam, hootenanny, healing ritual, and inclusive performance experiments, <i>Wandering in Circles</i> will be co-created by the artists and everyone else present. The Wandering Ensemble will bring songs, dances, stories, and open-ended improvisation scores. Audience members can observe or participate based on their comfort levels and desires in the moment. We will explore the theme of post-pandemic cultural evolution (as opposed to going "back to normal.") Please feel free to bring creative writing, poetry, movement, music, or any other offerings to share in the circle!</p> | The Wandering Ensemble | Dance Studio | |

Saturday, July 27th (Symposium Day 1)

| Session Times | Workshop | Presenter(s) | Room | CE Credits |
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| 8-9 AM | Registration Attendees can check in to the symposium, claim their symposium materials, have their questions answered, socialize with their fellow attendees, and get complimentary breakfast items. | | Dance Studio Lobby | |
| 9-9:45 AM | Opening Ceremony This opening ceremony will provide a community welcome and introduction to the Bay Area symposium. Community building opening rituals will be offered to cultivate connectivity and comradery amongst all symposium attendees. Attendees will work collaboratively to identify exploratory goals and themes for the symposium. Information will be provided on navigating the workshop locations and the flow of the symposium. | | Dance Studio (All Conference Event) | |

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| <p>10 AM- 1 PM</p> | <p>Drama Therapy as Embodied Intervention for Internalized Oppression & Queerphobia in LGBTQ+ Community</p> <p>Grace Walcott will show her film, <i>River of Life LGBTQ+</i>, and invite members of the audience to join her in engaging in some of the embodied techniques shown in the film. <i>River of Life LGBTQ+</i> documents a drama therapy workshop with 13 diverse participants, unpacking queerphobia and celebrating LGBTQ+ evolution. These drama therapy techniques are useful for any group that is experiencing systemic oppression. Clinicians will learn ways to create a safe container that allows for vulnerability, the chance to alleviate pain, and creatively express rage outwards instead of internalizing it. A Q and A will also be offered. All identities welcome.</p> | <p>Grace Walcott, MA, P-RDT, AMFT</p> | <p>Studio Theater</p> | <p>3 CE Hours-RDT CHED, NBCC</p> |
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| <p>10 AM- 1 PM</p> | <p>Beyond Shame: A Dramatic Movement to Radical Empowerment</p> <p>Shame has been well-studied as a significant inhibitor of growth. Shame often becomes internalized into one's core concept, taking hold of our self-narratives, at times convincing us that we are unworthy of change and joy and deserve to be punished for our past actions. Using the Radical Empowerment model, Ryan Lisman, a Shame-Informed Treatment Specialist, will provide participants with dramatic tools for externalizing deep-rooted feelings and narratives of shame and cultivating radical mindset shifts from past faults to current feelings of redemption, forgiveness, and empowerment. Participants will be provided with an array of interventions designed to meet their clients at various stages of their journey through shame, with frequent shame experiences and narratives being explored as examples. Specific focus will be provided on approaches to working with shame derived from being ostracized, othered,</p> | <p>Ryan Lisman, MA, RDT, LPCC, PsyD Candidate</p> | <p>Dance Studio</p> | <p>3 CE Hours-RDT, NBCC</p> |
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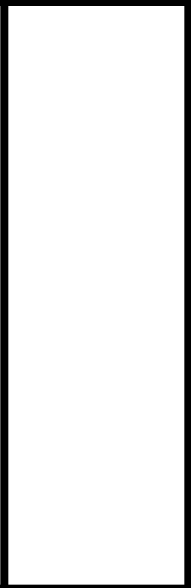
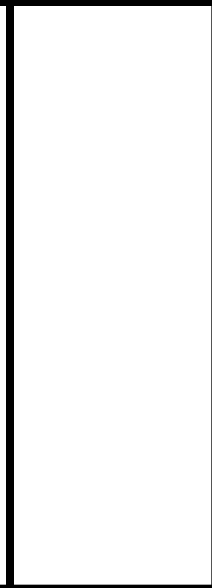
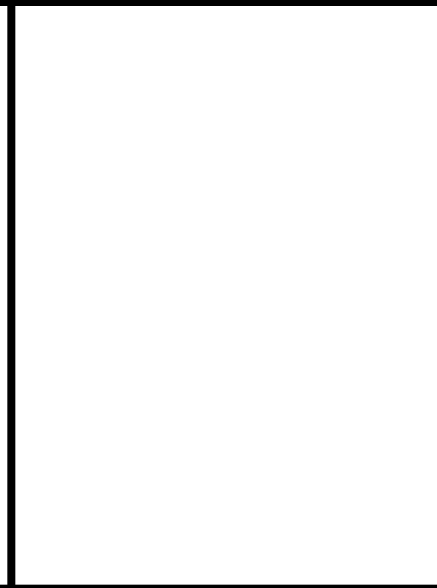
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| | and discriminated against for clients of marginalized identities. Participants will hopefully leave with inspiration and confidence to incorporate radical empowerment principles into their clinical work. | | | |
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| 1-2 PM | Lunch | | | |
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| 2-5 PM | <p>Drama Therapy in Healing Historical Trauma and Peacebuilding</p> <p>Using their own personal experience and narratives, participants will identify and deconstruct ancestral, historical, and collective trauma as it presents in individuals, families, groups, and societies. Drama therapy, psychodrama, sociodrama, Playback Theatre, and creative ritual process techniques in this workshop will help participants develop new tools to integrate into their practice.</p> <p>The Healing the Wounds of History approach was developed by Armand Volkas, a psychotherapist and drama therapist from Berkeley, California. Volkas is the son of Auschwitz survivors and resistance fighters. He was moved by his struggle with this legacy to address the issues that arose from it: issues around identity, victimization and perpetration, meaning, and grief.</p> <p>Through experiential exercises integrated with didactic explanations of the approach, Armand Volkas will guide participants through an embodied exploration of the following questions: How do cultures emotionally integrate a legacy of</p> | Armand Volkas, MFA, MA, MFT, RDT/BCT | Dance Studio | 3 CE Hours- RDT CHED, NBCC |
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perpetration or victimization? How do we prevent the rage, guilt, and shame of one generation from haunting a people for generations to come? The experiential portion of the workshop will focus on the application of Healing the Wounds of History as a tool in working with individuals and groups, as well as impacting societies.

The didactic portion of the workshop will offer a theoretical basis and rationale for the use of Healing the Wounds of History in working through personal and collective trauma in multiple cultural and clinical contexts. Drama Therapy can provide a bridge between personal and collective experience, help people digest complex feelings, heal deep wounds, and put ghosts of history to rest.



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| <p>2-5 PM</p> | <p>Shame the Magic Emotion from The Book- Embracing Shame</p> <p>Unhealed shame is under depression, eating disorders, suicide, school shootings, and family violence. Learning to work with the inner critic and the imposter complex to find the somatic clues shame gives off in clients. Knowing how to work with shame and the reactions to shame can help show the importance of healthy shame. Learning to counter shame is vital. When someone says the word shame, everyone goes into shame. We teach ways to counter the shame, talk to it, and find new ways to heal. Healthy shame can be a vital idea for deep healing, boundaries, and access to the life force and to getting to the act hunger that may be hidden.</p> <p>Sheila will share a portion of her self-revelatory performance, a story of healing from a mystery she has been studying about her family and the world as a shy child for a long time. Turns out it was shame!</p> <p>This workshop will feature self-rev performance, lecture, and movement, and partner exercises. We gently witness what was shame and we restore the interpersonal bridge that was broken by shame. As we repair it and get direction in life, our creativity comes alive again. This workshop will incorporate elements from Sheila's book: Embracing Shame.</p> | <p>Sheila Rubin, MA, LMFT, RDT/BCT</p> | <p>Studio Theatre</p> | <p>3 CE Hours- RDT, NBCC</p> |
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| 2-5 PM | <p>How to Fight Hermeneutical Injustice</p> <p>What exactly is hermeneutical injustice? And how do we fight it? This workshop begins with a presentation about what it takes to be given entry into the academic realm of shared meaning, especially for those who belong to marginalized communities and specifically in moments of managing crisis. Key concepts at play will be rooted in Vietnamese cultural healing traditions, feminist philosophy, liberation psychology, and disability justice. This theme of radical knowledge construction will then find its way into embodiment and some rebellious fun. Participants will have a chance to strategize different ways of fighting hermeneutical injustice. Be forewarned, during the experiential portion, there is a high risk of being confronted with very cheesy theater games or perhaps even a Developmental Transformations (DvT) group.</p> | Jaq Victor, MA, RDT | Acting Studio | 3 CE Hours-RDT CHED, NBCC |
| 5-6 PM | Dinner | | | |

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| 6-7:30 PM | <p>The Personal Public Service Announcement (PPSA): Innovative Ways to Generate Data with Marginalized Populations in Participatory Arts-based Research</p> <p>This session is founded on the empirical, participatory research Mimi conducted using drama therapy with marginalized young girls by implementing a novel intervention based on narrative ways of generating data using the Personal Public Service Announcement (PPSA)- a trademarked narrative-focused intervention using a digital app and iPad. Additional arts-based narrative approaches used for generating data will be discussed as well. This is primarily a presentation discussing the peer-reviewed published research that was done with adopted adolescent girls that can be adapted or implemented with diverse populations. Arts-based interventions that can be facilitated in liberatory ways for generating qualitative data when researching children and marginalized individuals will be covered and experienced by participants during the workshop.</p> | Myriam Savage (Mimi), PhD, RDT/ BCT | Dance Studio | 1.5 CE Hours- RDT CHED, NBCC |
| 6-7:30 PM | <p>Luna and The Glube- A Truthful and Satirical Tragic Comedy</p> <p>Unlock the power of self-discovery with this transformative workshop on utilizing parts work to create self-revelatory performances. Based on Lillian's self-revelatory performance, "Luna and the Glube," this workshop will offer the essential tools and exercises to help you craft your unique performance. Through a blend of theoretical insights, practical applications, and examples from "Luna and the Glube," including videos and live scenes, you will learn how to outline and develop your self-revelatory narrative. Participants will cultivate the skills and self-confidence needed to engage in self-revelatory performances. Additionally, you will witness and understand how to use Landy's "Role method" in therapeutic theatrical</p> | Lillian Myers, BA | Studio Theater | |

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| | performance. This experiential workshop is designed to not only help you create your compelling performances but also to equip you with the skills to support your clients in healing the persecutory voice of the inner critic. Join us! | | | |
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| 7:30-9:00 PM | <p>Networking Social Gathering</p> <p>Attendees are invited to gather with their fellow attendees and learn more about them and their practices. Attendees are encouraged to provide career guidance to one another and exchange contact information for client referrals and job opportunities to help advance the drama therapy community and profession.</p> | | Dance Studio | |
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Sunday, July 28th (Symposium Day 2)

| Session Times | Workshop | Presenter(s) | Room | CE Credits |
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| 8-9 AM | <p>Registration</p> <p>Attendees can check in to the symposium, claim their symposium materials, have their questions answered, socialize with their fellow attendees, and get complimentary breakfast items.</p> | | Dance Studio Lobby | |
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| <p>9-10:30 AM</p> | <p>Single & Searching: Drama Therapy as a tool for exploration and resource</p> <p>This workshop will explore theoretical principles and drama therapy tools for working with single clients who are seeking a partnership. Participants will have the opportunity to explore how oppression and internalized oppression show up in dating and romantic relationships. This workshop will include presentations, discussions, and experiential work.</p> | <p>Pella Weisman, MA, RDT/BCT, LMFT</p> | <p>Studio Theater</p> | <p>1.5 CE Hours-RDT, NBCC</p> |
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| <p>9-10:30 AM</p> | <p>The Townspeople and the Tree: A Flexible Fable for All Populations</p> <p>This versatile and thought-provoking story has a relatable theme that is appropriate for almost all ages and populations.</p> <p>Emphasis will be placed in this workshop on how to read a story or have a story read in a group-facilitated setting, regardless of cognitive function. Then there is the opportunity to travel in various directions in reaction to the story, according to the population, cognitive stage, or background of that population. The group will explore projections through art, creative drama, and re-storying (Narradrama) that match individual obstacles (Theater of the Oppressed) according to the reaction of the group (DBT). Regardless of the direction the attendees head, Stephen will touch on all of the above as options and reactions to the fable.</p> | <p>Stephen Breithaupt MS, RDT/BCT</p> | <p>Dance Studio</p> | <p>1.5 CE Hours-RDT, NBCC</p> |
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| <p>10:45 AM-12 PM</p> | <p>Western Region Meeting</p> <p>All attendees are invited to engage in this community dialogue</p> | <p>Ryan Lisman, MA, RDT, LPCC, PsyD Candidate</p> | <p>Dance Studio (All</p> | |
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| | and information session on the current state of the NADTA western region and what's on the horizon for the community. Attendees are encouraged to prepare questions and recommendations to share in the open dialogue portion of the meeting. | | Conference Event) | |
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| 12-1 PM | Lunch | | | |
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| 1-4 PM | <p>Black Psychology Approaches for Consideration in Drama Therapy</p> <p>This session will introduce the fundamental concepts and approaches of Black Psychology with suggested applications in Drama Therapy for all practitioners working with people of the African Diaspora and other marginalized groups. The presentation will introduce the African worldview, Afrocentric positionality, and the NTU™ Psychotherapy Approach (Phillips; Gregory, and Harper). Participants will discuss the differences between Western and African worldviews, as well as how Spirit is incorporated and utilized in DT, and will apply parts of NTU™ to Drama Therapy activities. The workshop will explore relational possibilities allowing participants to better facilitate their work with a more informed level of cultural competence and cultural humility.</p> | <p>Ahsabi-Monique Burris, MA, AMFT Jennifer Larsh, MA, AMFT</p> | Studio Theater | 3 CE Hours-RDT CHED, NBCC |
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| T1-4 PM | <p>Playwriting for Therapists</p> <p>In the world of drama therapy where spontaneity is the name of the game, how can you incorporate role expansion through different writing exercises into your practice and self-exploration? We will explore tools for synthesizing playwriting techniques with the healing and growth process of therapy. In this workshop, participants will do writing and experiential exercises that they will be able to take into their clinical and self-care practices. Participants of all comfortabilities with playwriting are welcome.</p> | <p>Erin Stacey Visslailli, BA (Primary Facilitator) Ryan Lisman, MA, RDT, PsyD Candidate (Secondary Facilitator)</p> | <p>Studio Theater</p> | <p>3 CE Hours- RDT, NBCC</p> |
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| 4:15-5:30 PM | <p>Charting your Drama Therapy Course</p> <p>In this all-conference community experience, frequently occurring challenges in navigating the complex waters of the Drama Therapy profession will be processed and explored with dramatic action. Scenarios will be presented by participants and those witnessing will be able to provide recommendations through embodied role-playing, sharing “what they wish they had done in the past” and “what they would like to do in the future”. This workshop hopes to provide a creative and innovative educational tool to help prepare drama therapists at all levels for traversing the rigors, roadblocks, and joys of being a Drama Therapist.</p> | <p>Symposium Planning Committee</p> | <p>Dance Studio (All Conference Event)</p> | <p>1.25 Hours- RDT, NBCC</p> |
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| 5:30-6 PM | Closing Ceremony Celebrate the conclusion of the Bay Area symposium with reflective dramatic exercises. The ceremony will end with a closing ritual to provide serenity and closure to the symposium experience. | | Dance Studio (All Conference Event) | |
| 6:15-7:30 PM | Post-Symposium Processing Dinner An optional offering for those who want to gather for a meal and engage in a group processing of their symposium experience and provide recommendations for future western region events. | | TBD | |