



**The Canadian Chapter of the National Association for Drama Therapy is
Proud to Present**

Creative Arts Therapies Week: March 19 – 28, 2010

Drama Therapy Workshops

***Workshops for creative arts therapists, students, other healthcare
professionals, and those interested in the use of drama and creativity
to promote growth and change***

Programme – Montreal

canadianchapter@nadt.org

Saturday, March 13, and Sunday, March 14
9:30am – 4:30pm
CATS Week Preview Workshop
Drama Therapy, Trauma, and Social Change
(12 Continuing Education units, NADT)

We often seek to restore a sense of power to those we work with. Sometimes the power our clients seek is internal and is called confidence, self-esteem, or relief from depression, isolation, and loneliness. Sometimes it is relational such as the freedom to speak one's truth while in relationship, about past relationships, or to be able to tolerate being in relationship at all! Sometimes, the power those we work with seek is systemic in nature and involves facilitating an understanding of the relationship between larger social, economic, and political realities and their own experiences as a means of better contextualizing the stories we hear and tell about those with whom we work. Most of the time, the stories we hear in the context of our clinical practice involve relationships with power in all three of these areas.

In this intensive, we will review a model for understanding trauma and its effects as occurring upon a continuum of internalized, relational, and systemic harm. We will also review current process and performance oriented approaches within and related to Drama Therapy including practices drawn from the Theatre of the Oppressed, Playback Theatre, and Developmental Transformations that attempt to address trauma and work towards the change that our individual clients, families, groups, and communities seek. Readings will be provided. (Break each day will be from 12:00-1:30)

Day One: Drama Therapy and Trauma

Day Two: Power to the People: Theatre of the Oppressed and Drama Therapy

Selected References

Sajnani, N. (2010) Mind the Gap: Facilitating Transformative Witnessing Amongst Audiences, in P. Jones (ed.), *Drama As Therapy: Theatre as Living* (volume 2), UK: Routledge

Sajnani, N. (2009) Theatre of the Oppressed: Drama Therapy as Cultural Dialogue, in D.R. Johnson and R. Emunah (eds.), *Current Approaches in Drama Therapy* (2nd. Edition): Charles C. Thomas

Johnson, D.R., and Lubin, H. *Trauma Centered Group Psychotherapy*

Winn, L. *TSD and Drama Therapy*

Presenter:

Nisha Sajnani, Ph.D., RDT is the President-Elect of the National Association for Drama Therapy (USA). She works with and supervises a team of drama therapists at the Post Traumatic Stress Center in New Haven, CT where she also co-ordinates an innovative school-based, trauma-informed, drama therapy program (ALIVE). Nisha is on faculty at the Institute for the Arts in Psychotherapy (NYC) and in the Humanities department at Yale University where she teaches a course on Applied Theatre, Trauma, and Cultural Intervention. She divides her time between New Haven and Montreal where she continues to work with a multi-year, multidisciplinary, community-university research alliance entitled: Life Stories of Montrealers displaced by genocide, war, and other human rights violations. Nisha is currently co-editing, along with Frances Kaplan (ATR), a special edition of the Arts in Psychotherapy journal on the Creative Arts Therapies and Social Change.

Sunday, March 21
10:00am-3:30pm
Healing the Wounds of History

Healing the Wounds of History is a dramatherapeutic model in which experiential techniques are used to work with a group of participants who share a common legacy of historical trauma. The process was developed by Armand Volkas, a psychotherapist and drama therapist from Berkeley, California. Volkas is the son of Auschwitz survivors and resistance fighters from World War II. He was moved by his personal struggle with this legacy of historical trauma to address the issues that arose from it: identity, victimization and perpetration, meaning and grief.

Healing the Wounds of History has received international recognition for its work in bringing together descendants of Holocaust survivors and The Third Reich, Palestinians and Israelis, Chinese and Japanese on their legacies of World War II, Armenians and Turks, and other cultural groups struggling with a heritage of victimization, perpetration, grief, and meaning. Healing the Wounds of History helps participants work through the burden of such legacies by transforming their pain into understanding and constructive action.

Join us in a 1 day intensive facilitated by Ali Kirstein, a Montreal based Drama Therapist and Marriage and Family Therapist who has studied with Armand Volkas in San Francisco and assisted him in several of his workshops. We will be exploring the HTWH model, outlining its inception and theoretical foundations as well as engaging in exercises and 'play', with a focus on Culture and Identity (A one-hour break will be provided).

Presenter:

Ali Kirstein, M.A., M.F.T., C.C.C., is a Drama Therapist as well as a Marriage & Family Therapist specializing in children, adolescents, adults and couples in both individual and family therapy. A graduate of Concordia's Creative Arts Therapy Program (2004) and the Argyle Institute of Human Relations (2008), Ali has worked extensively in schools throughout the greater Montreal area and currently works predominantly in Private Practice. Ali also acts as a consultant for Agence Ometz and teaches third-year trainees at the Argyle Institute. Ali has studied with Armand Volkas and has been trained in the Healing the Wounds of History Model, documenting its theory and principles in addition to assisting Armand in presentations and workshops in both Canada and the United States.

Saturday, March 27

9:30am – 12:30pm

Metaphors of Home in Drama Therapy with Children and Adolescents

This experiential workshop and discussion will explore metaphors of home using drama therapy. The presenters will share their work in four settings; a school for special needs children, an elementary school, an outpatient child psychiatry unit, and a private practice. Participants will gain an understanding of different methods of exploring the meaning of home. In our work with children, the metaphor of the home has emerged as an important theme. This theme has enabled us to explore, through story, embodiment, and role, the following concepts:

- Home as a metaphor for one's sense of self
- Home as a secure base from which one can begin one's journey
- Home as a place to establish and explore social relationships
- The redefinition of home as one experiences life's changes.

The workshop will proceed in the following manner:

Introduction:

Each presenter will describe the population with whom she works and the setting in which the drama therapy occurs.

Experiential Demonstration:

With the help of workshop participants, each presenter will facilitate a specific drama therapy intervention followed by discussion. These interventions will focus on; home as self, home as a secure base, home creation as a means of fostering social relationships, and home through periods of change.

Summary, Questions and Closure

Presenters:

Susan Ward, MA, RDT is a registered drama therapist working at the CSSS de la Montagne. She is a member of the youth mental health team and consults with families and young people about a variety of difficulties. Susan also teaches in the Creative Arts Therapies Faculty at Concordia University. She maintains a private practice where she works with couples, families and children. Susan is interested in trauma and its aftermath and ways that drama therapy can contribute to healing.

Leigh Bulmer, BEd, MA graduated from the Concordia University Creative Arts Therapy Programme. Currently works as a Special Education Teacher (Riverside School Board) and runs her private practice "The Caring Tree / L'Arbre Bienveillant" as a drama therapist in Greenfield Park. Her clinical work has included people with special needs, out-patient child psychiatry and special education settings.

Zeeva Benathen Weisz, MA is a graduate of the Drama Therapy Masters Program at Concordia University. For the last nine years Zeeva's labour of love has been developing a drama therapy program for developmentally disabled children at Summit School. Zeeva has also worked as a drama therapist in in-patient psychiatry at the Montreal Children's Hospital, at Batshaw Youth and Family Services, and in private practice.

Saturday, March 27
1:30pm – 3:30pm
Using Drama Therapy in Family Therapy

This presentation will focus on current family therapy techniques and Drama therapy techniques and how they can be used together in clinical work to heal and stabilize families. Bonnie Harnden, drama therapist and psychoanalytic candidate, and psychologist Syd Apel will present the value of teaching parents how to use play/drama therapy with their children to help them learn cognitive flexibility and to avoid explosions and flooding. How to use drama therapy and family therapy with children and families who have experienced trauma will also be highlighted. Through verbal reflection, imagination, transformation, and play, parents can acknowledge, contain, and reflect the inner world of the child while maintaining limits. Drama therapy techniques can be taught to parents to help children switch cognitive sets, transition from one activity to the next, gain control of their emotional language, and achieve mastery. This presentation will also highlight how difficult and potentially explosive moments between parents and children can become moments of joy and transformation. Clinical examples illustrating how to use Drama therapy in families with children with ADHD, OCD and PTSD will be presented. How this technique can strength attachment patterns will be discussed.

Presenters:

Bonnie Harnden, MA, RDT is an Assistant Professor at Concordia University in the Creative Arts Therapy department. Previously, she worked for 12 years in child psychiatry at the Montreal Children's Hospital on the Emergency Follow-up Team with children and families in crisis. Bonnie specializes in building resiliency with children and high risk youth, and working with parents to build and strengthen attachment patterns and family communication. Bonnie is currently involved with research concerning adolescents diagnosed with borderline personality disorder. In addition, Bonnie is also a psychoanalytic candidate and in private practice with individuals, couples, and families.

S. Syd Apel, MEd is a psychologist in private practice in Montreal, working with individuals, families and couples. He is also a school psychologist working with students and their families. Syd focuses on establishing a secure and open therapeutic environment where meaning can be made and struggles can be approached with both acceptance and hope for change. Syd employs techniques from various disciplines to help families struggling with trauma, ADHD, and other challenges to establish healthy boundaries, connect, and enjoy each other.

**Sunday, March 28
10:00am - 1:00pm**

Playing with Fire and Not Getting Burned: How Principles of Developmental Transformations Can Enhance Your Practice

Are you someone who has never heard of Developmental Transformations? Does the name fill you with wonder and curiosity? Are you interested in learning how to transform developmentally?

Or

Are you a creative arts therapist that has had a negative experience with Developmental Transformations? Are you scared of it? Are you sceptical of its therapeutic potential? Have you heard horror stories? Do you have nightmares of embodied encounters in the playspace?

Or

Are you someone who has fallen in love with Developmental Transformations? Do you find yourself longing for the playspace? Do you wish you could live your life in a constant state of play? Do you dream of David Read Johnson?

This workshop is for all the above and anyone in between!

In this three hour workshop we will explore the Developmental Transformations (DvT) approach to drama therapy. Through both experiential and didactic portions, participants will explore their own relationship to play as well as the application of DvT principles to psychotherapy. We will break down the basic elements of DvT and uncover concrete ways to apply the DvT ideas to various settings and populations. This workshop will not train you to be a DvT therapist, but it will explore new tools that you can use immediately in your own practice. Not only that, it will be a heckuvalotta fun! Join us for a playful, entertaining and enlightening afternoon.

Presenter:

Jason D. Butler, RDT/BCT is an Assistant Professor at Concordia University in the Department of Creative Arts Therapies. Before moving to Montreal, he was the director of a psychosocial club for individuals who were homeless and struggling with mental illness in New York City. In New York he was also on faculty at New York University in the Drama Therapy Program. Jason is a graduate of the Institute for Developmental Transformations and has presented on the method in numerous settings. He is also a closeted play addict.

Details

Location for all workshops:

VA Building, Concordia University
1395 René Lévesque W (Corner Crescent)

Costs:

Drama Therapy, Trauma, and Social Change (March 13 & 14)

Both Days:

\$100 for students/underemployed, \$125 for chapter members, \$150 for non-members

One Day:

\$60 for students/underemployed, \$75 for chapter members, \$90 for non-members

Healing the Wounds of History (March 21)

60\$ for Chapter members, 65\$ for non-members

Metaphors of Home in Drama Therapy with Children and Adolescents (March 21)

40\$ for Chapter members, 45\$ for non-members

Using Drama Therapy in Family Therapy (March 27)

40\$ for Chapter members, 45\$ for non-members

Playing with Fire and Not Getting Burned: How Principles of Developmental Transformations Can Enhance Your Practice (March 28)

Cost: 40\$ for Chapter members, 45\$ for non-members

How to register:

Please complete and return the attached registration form to the address provided
To request additional registration forms: canadianchapter@nadt.org

Register early! Space is limited!



National Association for Drama Therapy - Canadian Chapter
Workshop Registration Form – CATS Week, 2010
Please print all information with the exception of your signature

Name: _____ Date: _____
Last First

Function/Job Title: _____ Telephone: _____

Email: _____

NADT Canadian Chapter Member: yes no

Please select the workshop(s) for which you would like to register:

CATS Week Preview Event: Drama Therapy, Trauma, and Social Change (March 13 & 14)

Check here		Student/ Underemployed	Chapter Member	Non- Member
	Both Days	\$100	\$125	\$150
	Day One Only , March 13	\$60	\$75	\$90
	Day Two Only, March 14	\$60	\$75	\$90

CATS Week Workshops

Check here	Workshop Title	Member	Non- Member
	Healing the Wounds of History (March 21)	\$60	\$65
	Metaphors of Home in Drama Therapy with Children and Adolescents (March 27)	\$40	\$45
	Using Drama Therapy in Family Therapy (March 27)	\$40	\$45
	Playing with Fire and not Getting Burned (March 28)	\$40	\$45

Signature: _____ Total Registration Fees Due: _____

Please send registration form along with a cheque or money order made out to “NADT Canadian Chapter” to:

NADT Canadian Chapter
c/o Bonnie Harnden, Assistant Professor, Creative Arts Therapies Department
Concordia University
1455, blvd. Maisonneuve West, S-VA 264
Montreal, QC H3G IM8

Please do not include CASH with your mailed registration requests
Receipts will be provided at the workshops