



## Witnesses to the Dark: the Absence, Emergence and Performance of Trauma

*Friday, November 2*

*8:00 AM – 8:45 AM*

### Opening Ceremony

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Hosted by the NADTA New England Chapter

*Friday, November 2, Morning Long Workshops*

*9:00 AM – 12:00 PM*

### Encounter with Wisdom and Compassion: Psychodrama Meets Dialectical Behavioral Therapy

*(A1 – Psychodrama and DBT)*

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Rebecca Walters, MS, LMHC, LCAT, TEP

DBT invites us to engage the Wise Mind. People who are traumatized often lack internal compassionate images that can self-soothe, guide and nurture. Psychodrama and Sociodrama offer opportunities to concretize fantasy in developing the Wise Mind.

### Playing the Unspeakable: Complex Trauma and Drama Therapy

*(A2 – Complex Trauma)*

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Heidi Landis, MFA, RDT/BCT, LCAT, PAT, CGP

Lucy McLellan, MA, RDT/BCT, LCAT

This workshop will explore Complex Trauma through a drama therapy lens, providing concrete tools for clinical use. Through discussion and play, participants will explore the fraught landscape of childhood abuse and neglect and how drama therapy can provide a safe place for survivors to create, connect and gradually heal.



## Witnesses to the Dark: the Absence, Emergence and Performance of Trauma

### Transforming Troubled and Traumatized States in Clients and Self

*(A3 – Troubled and Traumatized)*

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Daniel Wiener, PhD, RDT/BCT, LP, LMFT  
Saphira Linden, MA, RDT/BCT, LCAT, TEP

When our personal issues are activated by those of our clients, we become constrained in functioning as therapists. After distinguishing between troubled (temporarily off-balanced) and traumatized (recurrently imbalanced) mental states, we will demonstrate integrated drama therapy and psychodrama techniques that transform the healing encounter with clients in either state.

### Sticks and Stones... Anti-Bullying Strategies Using Dramatic Action Methods: the ACTSMART Program

*(A4 – Sticks and Stones)*

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Becca Greene-Van Horn, MA, RDT/BCT, LCAT

Trauma caused by bullying can last a lifetime. It colors not only a child's view of himself and the world, but also the adult who carries that child within. ACTSMART addresses this issue through interactive performance/workshops using dramatic action methods. After this experiential training, participants will leave with practical skills.



## Witnesses to the Dark: the Absence, Emergence and Performance of Trauma

### **Ghosts in the Spotlight: Self-Revelatory Performance and Intergenerational Trauma**

*(A5 – Self-Rev Performance & Trauma)*

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Gary Raucher, MA, RDT/BCT, LMFT

Renee Emunah, PhD, RDT/BCT

F. Antonio Ramirez-Hernandez, PsyD

Self-revelatory performance is rooted in an intention to heal. Many CIIS Drama Therapy students choose “self-rev” as a capstone to consolidate clinical skills in application to traumas that often affect families and communities as well as themselves. CIIS core faculty offer perspectives, case illustrations, and video illuminating this healing process.

### **Playing Together for the Played Out: Restoring Playfulness and Promoting Professional Resiliency**

*(A6 – Playing for the Played Out)*

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Barbara McKechnie, RDT/BCT, LPC, LCAT

Darby Moore, RDT/BCT, LCAT

This workshop will define vicarious trauma and identify its effects upon people who work with trauma survivors. One of the symptoms of ‘compassion fatigue’ is a lessening of the capacity for remaining present with our clients and ourselves. We will use story, dramatic play, visualization and ritual to explore and restore our playfulness and promote resiliency.



## Witnesses to the Dark: the Absence, Emergence and Performance of Trauma

### **ALIVE: On Location in the New Haven Schools**

*(A7 – ALIVE: On Location)*

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Kimberly Jewers-Dailley, MA, RDT  
Nisha Sajnani, PhD, RDT  
David Read Johnson, PhD, RDT/BCT  
Renée Pitre, MA, RDT  
Christine Mayor, MA, RDT  
Jason Frydman, MA  
Jodi Rabinowitz, MA

Join the Drama Therapy team from the PTSC as they take you “on location” to the New Haven Public Schools where the ALIVE model is in practice. Learn about the model, visit the schools and experience the work first hand, then join in a group reflection and question period.

### **Healing the Shame/Trauma Vortex**

*(A8 – Healing the Shame/Trauma Vortex)*

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Shelia Rubin RDT/BCT, LMFT  
Bret Lyon, PhD, SEP

Shame and Trauma both freeze the nervous system. Careful unpacking through drama therapy, somatic therapy and attachment work can restore mental health and free the life-force.



*Witnesses to the Dark: the Absence, Emergence and Performance of Trauma*

*Friday, November 2*

*12:15 PM – 2:15 PM*

**NADTA Awards Presentation**

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Nisha Sajnani, PhD, RDT  
President, NADTA

**NADTA 2012 Keynote Presentation and Luncheon – “Envisioning the Role of Drama Therapy in Trauma Treatment”**

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David Read Johnson, PhD, RDT/BCT

The concept of psychological trauma and its treatment have been rapidly developing and transforming over the past 50 years. The effects of trauma are deep and wide, in individuals and throughout society. What role can and will drama therapy have in the conversation about, and the practical applications of, the treatment of trauma? What is the state of trauma work in the field currently? Where do we need to go? What is our unique contribution, in comparison to the related fields in the creative arts therapies and body therapies? How can we better prepare the drama therapists of tomorrow to meet this challenge?

I believe that the answers to these questions are intimately linked to an understanding of the evolution of the wider trauma field, currently engaged as it is in the relationship to neuroscience, into its next iteration, which in turn will be strongly affected by developments in our society and cultural transformations as a whole. We may need to simultaneously attend to the evolution of the surrounding environment while we continue to examine in more detail the nature of our unique artistic media: the dramatic imagination.

This dual action – oh so familiar to us! – inward *and* outward – is what we will be called upon to do – again.



## Witnesses to the Dark: the Absence, Emergence and Performance of Trauma

### *Friday, November 2, Afternoon Short Workshops*

*2:30 PM – 4:00 PM*

#### **Word Play: Poetry in Trauma-Informed Drama Therapy**

*(B1 – Word Play)*

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Meredith Dean, MA, RDT, LCAT, CASAC-T

Mary Hershkowitz, MA, RDT, LCAT

This didactic and experiential workshop will explore the therapeutic use of poetry as an intervention for trauma-affected populations including survivors of domestic violence, older adults with dementia, and inner-city at-risk youth. Theoretical foundations for poetry use and guidelines for use in clinical practice will be discussed.

#### **Masking and Unmasking Trauma: The Roles We Play to Survive**

*(B2 – Masking and Unmasking Roles)*

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Maria Scaros-Mercado, RDT/BCT, LCAT

Women living in domestic violence have been disenfranchised by their abuser. Their role repertoire has shrunk and their means of self-expression silenced. This presentation will explore the repressed and terrified roles these women play and the courage it takes to unmask those roles to find their voices once more.



## Witnesses to the Dark: the Absence, Emergence and Performance of Trauma

### **ENACT's School-Based Approach to Addressing Trauma in Adolescents**

*(B3 – ENACT's Trauma Approach)*

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Emilie Ward, MA, RDT, LCAT

Diana Feldman, MA, RDT/BCT, LCAT

Kristen Brookes, MA, RDT, LCAT

Using aesthetic distance to address the underlying feelings connected to traumatic experiences, ENACT will model a signature role-play approach that creates parallel dramatic situations within a safe, contained group structure in order to explore painful feelings associated with trauma and identify and rehearse healthy coping mechanisms.

### **Exploring Shame through Playback Theatre**

*(B4 – Exploring Shame)*

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Randy Mulder, MA, RDT/BCT

One of the lasting imprints of trauma is shame. Like any reputable computer virus, it remains undetected while it moves deeper into the registers affecting its overall performance. As therapists, detecting shame and knowing how to address it will help decrease the impact of trauma for the client.



## Witnesses to the Dark: the Absence, Emergence and Performance of Trauma

### Developmental Transformations (DvT) Art Therapy with Trauma Survivors

*(B5 – DvT Art Therapy)*

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Marni Rosen, PsyD, MAT

David Read Johnson, PhD, RDT/BCT

Renée Pitre, MA, RDT

The embodied, free associative practice of Developmental Transformations offers the Creative Arts Therapies a unique understanding and entrance into the therapeutic work with trauma survivors. This presentation will focus on the implementation of DvT using art media, relational collaborative art making, and the theoretical convergence between DvT and Art Therapy.

### Arts in Action: Creative Arts Therapy, Community and Trauma-Informed Care

*(B6 – Arts in Action)*

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Jennifer Johnson, MA, RDT, LCAT

Talia Galowitch Smigielski, MA, RDT

Arts in Action is a non-profit pairing creative arts therapists and community artists in trauma-informed arts experiences and education. We honor the role of the artist as healer in communities experiencing individual, interpersonal, community, and systemic trauma. Arts in Action seeks to make Drama Therapy – and all arts experience – integral to the well-being of communities.





## Witnesses to the Dark: the Absence, Emergence and Performance of Trauma

### **PTSD, Humor and Resilience**

*(B7 – PTSD, Humor and Resilience)*

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Mary Lou Lauricella, MA, RDT

Bobbi Blake, MT-BC

This workshop will explore the journey of Veterans with chronic PTSD as they create an original musical comedy about the VA. It will explore the role of humor and resilience in working with Veterans with chronic PTSD.

### **Into and Out of the Zone: Experiential Trauma Treatment with Offenders**

*(B8 – Into and Out of a Trauma Zone)*

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John Bergman, MA, RDT/BCT, MT

A didactic/experiential exploration of treatment strategies for severe trauma for offenders on probation where the program is delivered in very short periods of an hour to an hour and a half, and in group format. Considered and taught: neurological treatment, intersubjective experiential change techniques, safety, closure, and contagion.



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*4:15 PM – 5:45 PM*

**Body of Knowledge: Trauma and Practice**

*(BK1 – Trauma and Practice)*

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Gary Raucher, MA, RDT/BCT, LMFT, **Host**  
Laura Wood, MA, RDT, PLPC, CCLS  
Robert James Miller, PhD  
Heidi Landis, MFA, RDT-BCT, LCAT, PAT, CGP  
Sally Bailey, MFA, MSW, RDT/BCT  
Bonnie Harnden, MA, RDT

This year's inaugural Body of Knowledge launches the community-inspired dialogue surrounding drama therapy and trauma. We ask the question: "How is trauma understood by drama therapists through various lenses of therapeutic conceptualization?" By exploring contrasting, complementary and overarching paradigms, this panel examines the distinctions and commonalities between approaches to trauma within our practice.



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*6:00 PM – 7:30 PM*

**5th Annual Diversity Forum: Healing Trauma Within the NADTA**

*(M1 – Diversity Forum)*

Daniela Bustamante, MA  
Amber N. Smith, MA, MEd  
Diversity Committee Co-Chairs

Are we unintentionally perpetrating sociocultural traumas against our colleagues? This forum invites members to explore “diversity”-related encounters within the NADTA through experiential activities and group discussion. Together, participants will work toward expanding cultural competency and awareness of interpersonal dynamics while disrupting potentially traumatic modes of encounter with each other.

**Newcomer Dinner**

*(Newcomer Dinner)*

Nadya Trytan, MA, RDT/BCT  
President-Elect

For people attending their first NADTA conference or who are new to the drama therapy community. We will gather and divide into groups to walk to dinner nearby. Several options will be available, and all will pay for their own dinners. NADTA members will answer questions and welcome you to the community.



*Witnesses to the Dark: the Absence, Emergence and Performance of Trauma*

*Friday, November 2, Early Evening Performances*

*7:45 PM – 9:15 PM*

**From the Playground to the Battlefield: Race as Performance**

*(PER1A – Race as Performance)*

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Ashley L. Kleinman, MA

Lizzie McAdam, MS

Dana Trottier, MA

Amber N. Smith, MA, MEd

Britton Williams, MA

Nisha Sajjani, PhD, RDT

As individuals, we have been involved in many conversations about race that have been all but playable. Using our own stories and experiences, this performance is one exploration into the ways in which we can engage in critical, thoughtful dialogue about race and trauma without losing our creativity and spontaneity.



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### **From Surviving to Thriving after Trauma: Our Stories**

*(PER1B – From Surviving to Thriving)*

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Hadar Lubin, MD

Present and former clients of the Post Traumatic Stress Center in New Haven, Connecticut will perform this theater piece about their journeys out from childhood physical and sexual abuse, attempted murder, and 9/11.

*Friday, November 2, 2012, Late Evening Performances*

*9:30 PM – 11:00 PM*

### **Black in the Box: Living in the Contradiction of Being Black and “Acting White”**

*(PER2A – Black in the Box)*

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Charisse Brown, MA Candidate

Refiloe Lepere, MA Candidate

As artists and drama therapists in training, we attempted, through a research-based performance, to put a face and voice to the psychological trauma of African Americans who play down their cultural and racial identity to ‘fit in’ (also known as “covering”), and to investigate its lasting negative effects.



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### Love Songs for My Perpetrator: A Trauma Story with Music

*(PER2B – Love Songs for My Perpetrator)*

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Adam Reynolds, MFA, RDT, LMSW, CASAC

Elisabeth Davis, BFA, MA, LCAT

Cat Davis, MA

Liz Rubino, MA, AEA

Our relationship to trauma is complex and paradoxical. We struggle to love ourselves: wounds, scars, and all. Four queer drama therapists explore how music and song have helped us negotiate our perverse romantic détente with the people, objects, and past selves that have marked us forever.

### You Arrive: Sexuality, Trauma, Individuation. A FILM

*(PER2C – Film – You Arrive: Trauma-Sexuality)*

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Bonnie Harnden, MA, RDT

YOU ARRIVE: Trauma-Sexuality. A film of one trauma survivor's journey in therapy and how the therapy process heals trauma. Four actresses play different parts of the same patient. This film was made possible by the Canadian Institute of Health Research to train physicians/therapists in trauma and trauma treatment.

North American Drama Therapy  
Association (NADTA)

33rd Annual Conference

November 2-5, 2012  
New Haven, Connecticut



**DAY 1**  
**FRIDAY**  
**NOVEMBER 2, 2012**

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Friend of NADTA,  
always available...

## Penn Rhodeen

Attorney at Law

2 Lincoln Street  
New Haven CT 06510  
Phone: 203-776-0230  
Email: pennrhodeen@yahoo.com

Practice focus: family and child law, medical  
malpractice, personal injury



### American Society of Group Psychotherapy and Psychodrama

## 71st ANNUAL CONFERENCE

April 11 - 15, 2013

Crystal Gateway Marriott, Arlington, VA

#### SATURDAY KEYNOTE SPEAKER:

*True Refuge – Awakening from the Trance of Separation and Unworthiness*

**TARA BRACH, PhD**

Tara Brach, PhD, is founder and senior teacher of the Insight Meditation Community of Washington, and a co-founder and guiding teacher of the Meditation Teacher Training Institute. She offers Buddhist meditation workshops and retreats at centers throughout the United States. A clinical psychologist, she teaches extensively on the use of meditation practices in promoting emotional healing and spiritual awakening. Dr. Brach is the author of *Radical Acceptance – Embracing Your Life with the Heart of a Buddha* (Bantam, 2003,) and *True Refuge – Finding Peace and Freedom in Your Own Awakened Heart* (Bantam, 2013.)

#### FRIDAY OPENING PLENARY SPEAKERS:

*Beyond Psychotherapy: The Global Reach of Moreno's Ideas,  
and How They Merge with Other Trends*

**ADAM BLATNER, MD, TEP and ALLEE BLATNER**

Adam Blatner, MD, TEP, is a board certified adult and child psychiatrist, an internationally-known psychodramatist, a Life Fellow of the American Psychiatric Association, and the author of four books on psychodrama and associated methods, along with innumerable chapters in books and journal articles.

#### Pre & Post Conference Training Institutes / Workshops

In Group Psychotherapy, Psychodrama, Sociometry, Sociodrama and Creative Arts Therapies; the use of action methods in a wide variety of applications.

#### Credit Hours / CEUs

CEUs for Psychologists (APA); Social Workers (ASWB); Counselors (NBCC); Addiction Professionals (NAADAC); Florida, California and Texas Board Approvals: NYS (OASAS); National Registry of Certified Group Psychotherapists.

**FOR MORE INFORMATION,  
or to register on-line, go to  
[www.ASGPP.org](http://www.ASGPP.org)**



American Society  
of Group Psychotherapy & Psychodrama  
(609) 737-8500 / Fax: (609) 737-8510  
asgpp@ASGPP.org / [www.ASGPP.org](http://www.ASGPP.org)