

The North American Drama Therapy Association Western Region Presents: R&R- Resilience and Reciprocity Bay Area Symposium

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

Date: Friday-Sunday, July 21st-23rd

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 are able to 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 skillsets and areas in need of further growth

Friday, July 21st (Pre-Conference Day)

Session Times	Workshop	Presenter(s)	Room	CE Credits
5:30-9:30 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 B	

<p>6:30-8:30 PM</p>	<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>	<p>The Wandering Ensemble</p>	<p>Dance Studio A</p>	
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Saturday, July 22nd

<p>8-9 AM</p>	<p>Registration</p>		<p>Dance Studio A</p>	
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<p>9-10:15 AM</p>	<p>Opening Ceremony</p> <p>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. Information will be provided on navigating the workshop locations and the flow of the symposium.</p>		<p>Studio Theater</p>	
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<p>10:30 AM-12 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 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.</p>	<p>Grace Walcott, MA, P-RDT, APCC</p>	<p>Classroom</p>	<p>1.5 CE Hours-RDT CHED, NBCC</p>
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<p>10:30 AM-12:00 PM</p>	<p>Hybrid DvT: Playing with the Unplayability of the Screen</p> <p>We will explore an emerging form of DvT that is supporting practitioners to learn more about internal and external experiences, and to navigate intimacy across the barriers imposed by screens, surveillance, societal expectations, and even our own thoughts. By combining in-person and virtual</p>	<p>Fred Landers, Ph.D., RDT-BCT, LMHC, LCAT Fritz Bixler, MA, APCC, AMFT</p>	<p>Dance Studio A</p>	<p>1.5 CE Hours-RDT, NBCC</p>
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	<p>modes of play, we offer not only a method of doing DvT which promotes accessibility—but also a method of playing which allows for greater insight into our minds and the minds of others.</p> <p>In Hybrid DvT, in-person players play in a room together, each one hearing the voice (through a Bluetooth audio device) of a different player watching and responding vocally to their play from outside of the room. These outside players, called troublers, provide psychodramatic doubling, narrate or interrupt the action, give instructions, or even make wordless sounds. Together, we challenge one another to play with and learn from our responses to incoming information.</p> <p>Participants are encouraged to bring a smartphone with a camera and access to Signal or FaceTime. Also, bring a Bluetooth audio device if possible.</p>			
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12-1 PM	Lunch			
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1-4 PM	<p>Role Reversal: Examining Power Through Another</p> <p>This work will provide historical context and current clinical applications for the use of role reversal in Drama Therapy as informed by Ryan’s experiences using role reversal techniques with inpatient psychiatric patients. Participants will engage in a series of experiential exercises to inspire empathy for perspectives and identities other than their own. The group will</p>	Ryan Lisman, MA, RDT, LPCC, Psy.D. Candidate	Studio Theater	3 CE Hours-RDT CHED, NBCC
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	engage in a community dialogue on the ways that power structures manifest and impact the drama therapy process. Participants will then witness and experience direct applications for how role reversal can be used in a cathartic manner to appropriately address these structures. Cultural considerations for the use of role reversal interventions will also be explored.			
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1-4 PM	<p>Trauma-informed Drama Therapy for Facilitating Post-traumatic Growth</p> <p>Post-traumatic growth (PTG) refers to the human capacity to thrive after trauma, not merely bouncing back to where we were, but undergoing a positive transformation of our core belief system that has been disrupted by life-shattering events. However, gaining PTG is challenging because the transformation transcends mere cognitive changes; it necessitates a profound shift at both the somatic and emotional levels. This workshop offers participants opportunities to learn and discuss how to utilize drama therapy techniques adapted from Role Theory, Rehearsals for Growth, the Integrative FivePhase Model, and the Therapeutic Spiral Model to work with clients' Internal Family System impacted by trauma. Participants will also experience facilitating PTG through experiential exercises that exemplify the embodied work of the 8Cs, originating from the true self.</p>	Jing Zhao, MA, MPA, RDT, LMFT, Ph.D. Candidate	Dance Studio A	3 CE Hours-RDT, NBCC
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4:15-5:30 PM	<p>Western Region Meeting</p> <p>All attendees are invited to engage in this community dialogue and information session on the current state of the NADTA</p>	Ryan Lisman, MA, RDT, LPCC, Psy.D. Candidate	Studio Theater	
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	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.			
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5:30-6:30	Dinner			
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6:30-8 PM	<p>Black Psychology Approaches for Consideration in Drama Therapy</p> <p>This session will introduce approaches and theories of Black Psychology with suggested applications in Drama Therapy. The session will include introductions to Optimal Psychology (L. J. Myers), and the NTU Psychotherapy Approach (Phillips; Gregory, and Harper). Each theory will then be related to established Drama Therapy theories and techniques. This session is about Black Psychology principles, which operates from an Afrocentric positionality, rather than a Eurocentric or capitalist viewpoint. This will increase participants' awareness of this positionality, its proponents, and basic assumptions to help them better interact with people of the Afrikan Diaspora. The workshop will explore relational possibilities that allow participants to better facilitate their work with a more informed level of cultural competence and cultural humility. Practicing the models offered for consideration can promote and integrate a sense of inclusion to this traditionally underserved demographic. Some learning goals of this workshop include</p>	Ahsabi-Monique Burris, MA Jennifer Larsh, MA, AMFT	Classroom	1.5 CE Hours- RDT CHED, NBCC
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	<p>participants being able to identify key principles, assumptions, and phases of NTU, being able to identify basic differences between historical psychological frameworks and those of Optimal Psychology, and participants being able to identify DT activities where Black Psychology can be applied. This workshop is provided in the spirit of the NADTA's commitment to providing standards of professional competence in the field of drama therapy.</p>			
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6:30-8 PM	<p>Deconstructing Dating: Using Drama Therapy Tools to Explore Romantic Relationships</p> <p>This session will use drama therapy, expressive arts, and interpersonal learning to deconstruct societal myths and messages related to dating and romantic relationships. Participants will explore the relationship of their family histories, cultural legacies, and intersectional identities, and how these impact and are impacted by intimate relationships. We will address the impact of the internalized privilege and marginalization that influence our experience of being single, dating, and in relationships within the context of the systems of oppression. Our goal is for participants to leave with a deeper sense of who they are and a vision for what is possible in healthy intimacy. People of all genders, sexual orientations, and relationship statuses are welcome.</p>	<p>Pella Schafer Weisman, MA, LMFT, RDT-BCT Shreya Jeylan</p>	<p>Dance Studio A</p>	<p>1.5 CE Hours- RDT CHED, NBCC</p>
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Sunday, July 23rd

9 AM-12	<p>Ancestral Attunement and Drama Therapy: Paths to</p>	<p>Gary Raucher, MA,</p>	<p>Dance</p>	<p>3 CE</p>
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PM	<p>Healing Generational Trauma</p> <p>While we may embrace inquiry into our ancestors' identities, delving into their traumatic histories can be daunting, and society remains defensively numb to the pervasive influence of historical trauma on contemporary life. If we were able to feel deeply into ancestral roots, and compassionately assimilate those lessons, would we be better equipped to cope with current issues and build a better future? Through a blend of contemplative and action methods, this workshop proposes to answer that question by introducing participants to skills for attuning to the ancestral archives that inhabit our individual and interpersonal nervous systems (“the collective unconscious”). Co-creating a supportive holding space, we will learn to harvest insights from intuitive imagery and use drama-based methods to concretize and interrogate these impressions, initiating healing in intergenerational relationships that carry traumatic fragmentation. We will also recognize and celebrate the resilience in our ancestral inheritances. Based on studies with Thomas Hübl, founder of the Academy of Inner Science, Gary Raucher will guide our explorations into ancestral patterns and how they express themselves in our lives. We will cultivate compassion for ourselves and our forebearers, preparing the ground for ethical restoration in lineages involving perpetration or victimization.</p>	RDT-BCT, LMFT	Studio B	Hours- RDT CHED, NBCC
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9 AM- 12 PM	<p>The Journey of the Golden Ball</p> <p>Stephen Breithaupt is the Director of Rehabilitation at a large psychiatric skilled nursing facility in the bay area. He will detail and explore the recent creative drama "The Journey of the Golden Ball" created by the residents of the program.</p>	Stephen Breithaupt MS, RDT-BCT	Dance Studio A	3 CE Hours- RDT, NBCC
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	<p>Participants will understand the parameters of working with this population, which is largely geriatric, and follow the inherent message of resiliency and reciprocity active in the story. Participants will understand how the story was created and presented, in addition to exploring the reactions of the residents and the effect it had on their recovery journey.</p> <p>The second half of the workshop will give room for the group to create a similar creative drama based on the symposium theme, with room for practicing drama therapists to share some of their experiences with creative drama and their own populations.</p>			
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12-1 PM	Lunch			
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1-4 PM	<p>Intro to Developing an Embodiment Practice</p> <p>Open to therapists and non-therapists alike, this workshop will provide participants with opportunities to learn and practice embodiment exercises. In this workshop, you will begin to develop a toolkit for living and working as an embodied human. Being able to stay present and embodied during clinical work can help therapists lessen fatigue, enhance creativity, and support meaningful attunement to clients. This workshop is shaped by Dan Siegel's concepts of Presence and Attunement, as defined in The Mindful Therapist. The embodiment exercises in this workshop are drawn from trauma-informed somatic</p>	Dawn Holtan, MS, AMFT	Studio Theater	3 CE Hours-RDT, NBCC
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	<p>mindfulness practices, Judith Blackstone's Realization Process, movement improvisation, and drama therapy games. Through psychoeducation, shared practices, and peer support, participants will be able to learn from and alongside each other in this introduction to developing an individualized embodiment practice.</p>			
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<p>1-4 PM</p>	<p>Creating a Quest: Crafting a Drama Therapy LARP for Neurodiverse Teens</p> <p>This presentation highlights the therapeutic benefits of Role-Playing Games (RPGs) and Live Action Role-Playing (LARP) experiences with adolescents. The research was conducted at a week-long, half-day immersive camp, RPG Mystery Quest Field Days, that integrated Drama Therapy and Expressive Arts with LARP. Special attention will be paid to how the skillsets of Drama Therapists - embodied roles, storytelling, and metaphor - informed and enhanced the camp experience.</p> <p>The workshop will begin with a panel presentation on the formation, design, and facilitation of a collaboratively built narrative world. The basics of trauma-informed therapeutically applied RPGs will be discussed including establishing safety through Consent Agreements and Safety Mechanics. Drawing upon Gestalt and Jungian influences, the presenters will explore how centering autonomy and agency (while honoring intersectional identities) and engaging in role development, role-taking, and role-play in a LARP camp setting can foster a sense of community, self-expression, and empowerment through imagination and sensory inputs.</p> <p>The panel will be followed by an experiential demonstration of the camp experience, including using spatial scaffolding: a multi-station, multi-modal approach that allows participants to</p>	<p>Doug Ronning, MA, RDT-BCT, LMFT Fritz Bixler, MA, APCC, AMFT Adrian Gebhart, MA Champagne Hughes, MA Deliah Doolan Shreya Jalan Harman Kalcut Natalie Tommasino</p>	<p>Dance Studio A</p>	<p>3 CE Hours- RDT CHED, NBCC</p>
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	choose their level of engagement, ending with a debrief discussion.			
1-4 PM	<p>Unraveling Antisemitism: Using Drama Therapy to Explore Anti-Jewish Oppression</p> <p>What exactly is antisemitism, or anti-Jewish oppression, and how does it operate? Many of us—including many Jews—are deeply confused about how to assess and understand antisemitism as a phenomenon. Jewish history is complex and the contemporary relationship of many Jews to power and whiteness can be confusing. Antisemitism is real; it undermines, weakens, and derails all of our movements for social justice. In this workshop, we will provide a space for education, embodied processing, and inter-community conversation around antisemitism. Our two main goals are for participants to understand that antisemitism is systemic oppression and that antisemitism is antithetical to collective liberation. Using a mix of didactic materials and embodied processes, we will together begin to unravel the roots and branches of antisemitism. People of all backgrounds are welcome.</p>	Pella Schafer Weisman, MA, RDT-BCT, LMFT Adar Kamholtz-Roberts	Classroom	3 CE Hours- RDT CHED, NBCC
4:15-5:15 PM	<p>Closing Ceremony</p> <p>Celebrate the conclusion of the Bay Area symposium with community exercises and collaboration with your fellow attendees. A closing ritual will be offered to provide serenity and closure to your symposium experience.</p>		Studio Theater	

5:30- 7 PM	Post-Symposium Processing 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	
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