

The Dramatherapy Centre

Shining the light on Trauma

by Nat Warren-White, MA, RDT (USA)

A Dramatherapy Workshop applying Jungian Dream work to the healing of traumatic experience

“Dream a Little Dream”

Carl Jung wrote: “Your vision will become clear only when you look into your own heart. Who looks outside, dreams; who looks inside, awakes!”

Workshop participants will enact their dreams using somatic and kinesthetic approaches. This individual/duet work will be followed by collaborative embodiment and interpretation of one or two collectively resonant dreams.

Through the enactment of our dreams using techniques from Gestalt training, “embodied imagination”, Playback Theatre, and other drama therapy modalities, we will explore the connection between the subconscious and the “shadow”, in Jungian terms. Participants will be asked to “walk and talk” their dreams and then support each other in the enactment of one or more dreams chosen by the group as collectively resonant. We will approach the enactment process using “embodied imagination” defined as: “a therapeutic and creative form of working with dreams and memories pioneered by Robert Bosnak and based on principles first developed by Carl Jung, especially in his work on alchemy.

The technique of “embodied imagination” takes dreaming as the paradigm for all work with images. From the point of view of the dreaming state of mind, dreams are real events in real environments. From the dreaming perspective, an image is an environment in which we find ourselves. Based on this notion, one can “re-enter” the landscape of a dream and flashback to the images, whether it is a memory from waking life or from dreaming. One enters a hypnagogic state—a state of consciousness between waking and sleeping, and then, through the process of questioning, images are explored. One can explore these from a variety of perspectives through feelings and sensations manifested in the body, enabling new awareness to develop. The body becomes the theater for a vivid complexity of states, which leads along ‘alchemical’ lines to[ward] profound transformation.”

Prior to joining this workshop process, participants are encouraged to read Robert Bosnak’s book “A Little Course in Dreams” and Robert Bly’s “A Little Book on the Human Shadow” as well as watch the video documentary “Matter of Heart” based on the life and work of Carl Jung as preparation for our work/play together.

Presenter Background:

Nat Warren-White, MA, RDT, is a drama therapist, actor, teacher, director, executive coach, and management trainer. He currently designs and facilitates programs for the Ariel Group (www.arielgroup.com) in areas such as leadership, presence, teambuilding and coaching for corporate and not-for-profit clients around the world. Nat has taught with the Senior Executive Programs at Harvard, Columbia, Northwestern, and Duke Universities. He helped Ariel develop and expand their non-profit wing, “Ariel Outreach”, beginning in 2001, with an initiative to support prison inmates in their efforts to transition successfully back to mainstream society. This work led to the creation of a theater company comprised of ex-prisoners, their family members and loved ones (www.andstillwerise.org). Based in the Boston area, AndStillWeRise is currently in their 9th cycle of workshops and performances reaching-out to the community through schools, churches, community, health, and rehabilitation centers across the northeast US. Also in the non-profit arena, Nat has created drama therapy programs for the Suffolk County House of Correction in Boston, at the Hebrew Rehabilitation Center in Jamaica Plain, MA, and the Acre Family Daycare Program in Lowell. In his extensive experience as a teacher, Nat has guided students in acting, movement, improvisation, and drama therapy techniques at Emerson College, College of the Atlantic, Lesley University, the Boston & New England Conservatories and with the Babson College MBA Creativity Stream. Nat is an eight-year veteran of Boston’s long-running “Shear Madness” and served as a company member with the McCarter Theater in Princeton, NJ and the Actors’ Theatre of Louisville, KY. He served as Artistic Director of the Poets’ Theater in Cambridge, MA where he spearheaded a unique program of politically focused plays including new works by Arab, Israeli, and So African writers.

Nat holds a BA in theater from Wesleyan University and an MA in drama therapy from Lesley University. He has been an active member of AEA, SAG, AFTRA, and the NADTA and he is currently a Registered Drama Therapist. While visiting New Zealand and Australia in 2009 during a five year circumnavigation aboard his 43’ cutter BAHATI (www.voyageofthebahati.com), Nat joined ANZATA and presented at the 2009 “Embodied Sensation” arts therapy symposium in Auckland.



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This workshop aims to give participants the tools to:

- Engage in their dream-memories to access the here-and-now
- Through somatic dramatherapy, to find an entrée to their body wisdom
- Practise embodied imagination
- Explore the alchemical realm of the 'theatre of the body'

Participants will gain tools for the purpose of:

- Assisting clients with gentle healing work for flashbacks
- Promoting self-awareness without re-traumatisation
- Working with Jungian transformative processes
- Encouraging others in the development of a rich relationship with the world and lived environment

Preparatory reading and viewing:

- Bosnak, R. (1988). A little course in Dreams. Boston, MA: Shambhala Publications, Inc.
- Bly, R. (1988). A little book on the human shadow. New York: Harper Collins.
- Jung, C. G. A Matter of the Heart.
<http://www.youtube.com/watch?v=wCpWyn4NjEc>

2 Days:

Saturday 19, July 2014

9 am – 5 pm

Sunday 20, July 2014

9am – 4pm

Course venue:

Meeting Room

Balmain Town Hall,

370 Darling Street

Balmain, NSW 2041

Payment method

Send **cheque** or make a **deposit** to our account:

Acc. Name:

The Dramatherapy Centre

Acc. No.:

153946964

BSB No.:

112-879

St. George Bank,

Leichhardt Branch.

Course fee:

\$350.00 for the two days

\$200.00 for one day.

\$50 deposit before

Friday 20th June

Costs are non refundable.

**Cheques payable to
"The Dramatherapy
Centre"**

APPLICATION FORM

Name _____

Address _____

Post Code _____

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Fax _____

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Email _____

Occupation _____

For more information visit www.dramatherapy.com.au