

Workshops on Drama Therapy

Trainer

Armand Volkas LMFT, RDT/BCT

Associate Professor, California Institute of Integral Studies

Clinical Director, Living Arts Counseling Center

Director, Living Arts Playback Theatre Ensemble

Founder, Healing the Wounds of History: Center for Peacebuilding and the Arts

Workshop (1)

One-day Workshop on

Introduction to Drama Therapy

23 Apr 2015 (Thursday)

Participants will learn how drama therapy uses acting, improvisation and psychodrama as therapeutic tools. The didactic portion will explore the theoretical basis and rationale for the use of drama therapy in multiple clinical situations. The experiential portion of the course will focus on the application of drama therapy in counseling individuals, couples, families and groups.

A variety of drama therapy techniques will be utilized, including theatre games, improvisation, acting techniques, psychodrama, sociodrama, Playback Theatre and creative ritual. The workshop is designed for clinicians interested in integrating theory and techniques of drama therapy into their practice.

Drama therapy has been shown to be particularly effective in teaching emotional literacy, trauma resolution, grief work and intercultural conflict transformation. It is also a powerful tool in working with children and at risk adolescents by helping them turn their acting-out behavior into “acting”.

[Workshop \(2\)](#)

Two-day Workshop on Drama Therapy: Healing Through Action Innovative Techniques, Tools and Approaches for your Clinical Practice

24-25 Apr 2015 (Friday & Saturday)

Drama therapy uses acting, improvisation and psychodrama as tools for personal growth and change. It is playful yet sparks insight and promotes spontaneity, creativity and expressiveness. This three-day workshop introduces participants to powerful tools for changing self-defeating patterns and practicing new roles and desired behaviors.

In this training you will learn how to:

- Facilitate drama therapy processes with individuals, couples, families and groups;
- Enliven and enrich your practice by crafting creative and effective therapeutic interventions through the use of action methods;
- Apply new techniques in working with patients with depression, anxiety, PTSD and other disorders;
- Explore how drama therapy can be used with special populations and issues such as addiction, eating disorders, emotionally disturbed children and at-risk adolescents.

**No previous theatre experience is necessary!
Shy clinicians are welcome!**

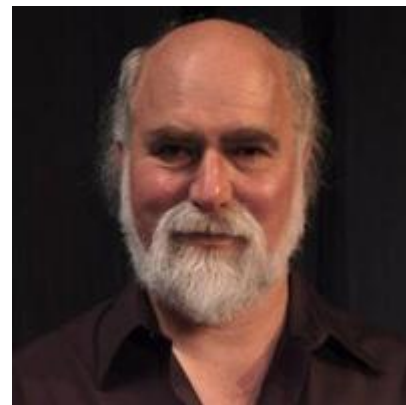
Some techniques and skills to be taught:

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|---------------|---|---|
| Role Playing | - | how to take on and use a role with a therapeutic intent |
| Doubling | - | empathize with and mirror your client in a transformative and embodied way |
| Improvisation | - | develop the spontaneity and creativity necessary to apply the tools of drama |
| Techniques | | therapy |
| Storytelling | - | use myth, fairy tales or personal story to transform self-defeating life-scripts |
| Psychodrama | - | stage a therapeutic drama with a protagonist/client in individual or group practice |

About the Trainer:

Armand Volkas MFT, RDT/BCT

Associate Professor, California Institute of Integral Studies
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Armand Volkas is a psychotherapist, theatre director and Registered Drama Therapist in private practice and Clinical Director of the Living Arts Counseling Center in San Francisco, California, where he directs a training program for students, interns and therapists who want to integrate drama therapy into their practice. He is a Board Certified Trainer in this discipline with The North American Drama Therapy Association. In addition, Armand is Associate Professor in the Counseling Psychology Program at California Institute of Integral Studies and Adjunct Professor at John F. Kennedy University. He has developed innovative programs using drama therapy and expressive arts therapies for social change, intercultural conflict transformation, and intercultural communication.

Armand Volkas directs Healing the Wounds of History, a therapeutic approach in which theatre techniques are used to work with groups of participants from cultures with a common legacy of violent conflict and historical trauma. Healing the Wounds of History has received international recognition for its work in bringing groups in conflict together: Germans and Jews; Palestinians and Israelis; Japanese, Chinese and Koreans; African-Americans and European-Americans, Tamil and Singhalese, to name a few.

Armand is also Artistic Director of The Living Arts Playback Theatre Ensemble. Playback Theatre transforms personal stories told by audience members into theatre pieces on the spot using movement, ritual, music and spoken improvisation. The ensemble is in now in its 26th year of existence.

Armand Volkas also facilitates a form of short-term therapy with clients called autobiographical therapeutic performance. In his "Acts of Witness" approach, theatre pieces are created and performed by clients as a therapeutic act before a group of supportive witnesses.

At the heart of Armand's work is a profound respect for the power of personal story to build bridges between people and cultures.

Details (Workshops on Drama Therapy) :

- Date: Workshop (1) – 23 April 2015 (Thursday)
 Workshop (2) – 24-25 April 2015 (Friday-Saturday)
- Time: 9:30am – 5:30pm (registration starts at 9:10am)
- Venue: Rm 202, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, HK
- Fee: ● Workshop (1) – HK\$1,100
 ● Workshop (2) – HK\$2,400

Limited Seats

