

Humanistic Alchemy Prospectus

Expressive Arts Workshops 2014-2016

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Authentic Movement

Guy Gladstone

Authentic movement, a discipline that grew out of dance movement therapy and Jungian studies, offers a self-directed contemplative pathway between the conscious and the unconscious, within the containment of a group. The mover, entering the space of a circle with eyes closed, 'listens' for the impulse to move. The witness, who empathically observes the mover, attends to her own thoughts, emotions, sensations and images arising in response to the mover, and, if requested, then provides non-judgemental feedback. We will work with dyads, triads, the Prism and the Breath Circle.



Playback Theatre

Veronica Needa

This workshop is themed: Waking up our natural spontaneity & creativity. It will introduce you to the basic principles and practice of Playback Theatre. Created in 1975, Playback is an original form of improvisational theatre inviting personal stories from the audience for immediate re-enactment. We will engage with the free child within us all, and also with our mature adult sensibility, to liberate our natural creativity, playfulness, and deeper listening in order to exchange personal stories and perform them for each other.

Veronica has been a playback theatre practitioner for over 20 years. An international trainer, she travels regularly to Europe and Asia mentoring groups and leading workshops. She is a Hong Kong-born Eurasian and has been a Londoner for over half her life. Artistic Director of True Heart Theatre, and founder-member of London Playback Theatre, she is also the Coordinator of the School of Playback Theatre (UK), and a Board member of the Centre for Playback Theatre (NY, USA).



Writing The Self

Rosie Jackson

Our day's workshop will use poetry, memoir, journal and fiction to discover images, metaphors and stories that are uniquely ours yet which also link in with interpersonal and transpersonal themes: the expression of these different levels can reveal unexpected insights, with 'the words to say it' triggering compassion, truth, humour, deep healing and change. We will also explore how writing can help record and stimulate your process and progress on this course.

Rosie Jackson is a writer and workshop facilitator specialising for over twenty years in using creative writing as a transformative and therapeutic tool. She has a background in teaching as well as psychotherapy and has run courses in many educational and community venues world-wide, including the University of East Anglia, Bethesda Writers' Centre Washington DC, Skyros Writers' Lab and the Open College of the Arts.



Dance Movement

Tim Brown

Awareness in Motion: A weekend focusing on the implicit wisdom of the moving body. What do I notice about myself as I bring awareness to my body and follow its impulses, and what do I witness in others as they move? We will use the Dance of Awareness cycle (sensing, grounding, expressing, releasing, connecting and completing) as a framework to explore gesture, shape and expressive movement.

Tim Brown has a bodywork practice in Hove, and runs movement-focused groups in the UK and abroad. He has trained in Neo-Reichian Bodywork, Postural Integration, Authentic Movement, and a range of approaches furthering his curiosity about breath, body and awareness.



Five Rhythms

Emma Leech

The 5 Rhythms is an experiential investigation, using free-style improvised movement and dance. In this course we will explore the 5 rhythms as an art form and enter further together into its creative process. We will also look at how it may be used to facilitate disadvantaged groups.

Emma has been an apprentice to Gabrielle Roth for 20 years and trained with her to teach in 2001. Since then she has travelled internationally, taking the dance to a wide audience of disadvantaged communities. Her style and approach is that of an artist/healer focusing on marginalized groups. This includes working in a prison, with youth at risk, with children in deprived neighbourhoods, and with an addiction recovery program.



Psychodrama

Guy Gladstone

A creative form of groupwork where the approach is 'show us' as a way to 'tell us'. Actual or imaginary scenes from your past, present or future are improvised by the director, yourself and the group. It is action-based yet no acting skills are needed. In 'As You Like It' Shakespeare wrote:
« All the world's a stage and all the men and women merely players »

This truth finds its therapeutic expression in Psychodrama. Here people may experiment without fear of punishment or failure, developing skills of communication and learning in action new responses better suited to their lives.



Selbstdarstellung

Guy Gladstone

This liberating practice evolved in the European AAO free sexuality communes in the 1970s. It is a discipline for daring to present yourself, both solo and interactively, in the centre of a circle. Humorous, ironic, freed from literality and democratising all accessible artforms in a mode of electric roleplay (that reverses psychodramatic therapeutics) SD takes off towards social ecstasy. Somewhere between a primal and a performance, primitive and unrehearsed, this highly charged research vehicle bursts through bourgeois taboos, nuclear family barriers and the cul-de-sac of corporatised psychologies into a new sociometry and philosophy of the social. Once experienced, unforgettable.



Voicework

Melanie Harrold

This workshop will have three components. 1) Through vocalised connection with breath, muscle and bone, we will embody our voices and experience resonance. 2) Playing with context, space and relationship offers an opportunity for self-exploration and risking spontaneity. 3) Singing together grounds our voices and provides an experience of community.

Melanie was a professional singer for thirty years, after which she initiated a decade of study, training and teaching. She works as a voice movement and creative expressive therapist, using song as the medium for personal growth and self-discovery.



Ecstatic Dance

Seth Newman

Ecstatic Dance is free-style movement meditation where we allow the body its freedom, expression and movement. During this day we will explore different movement meditation practices with the intention of bringing more awareness to our relationship with ourselves, and each other.

Seth has been exploring ecstatic dance for the last 20 years, and for the past 6 years he has been running his own regular events and workshops in London. His intention is to bring people together to express and explore themselves through the power of conscious movement.