

The SoCal Chapter of the North American Drama Therapy Association (NADTA)  
Invites You to Attend:

***Exploring the Mask Within:  
Externalizing Shame Through Drama Therapy***

Sunday, May 5, 2019, 1:00 - 4:00 pm, ARC (A Room to Create) Pasadena  
1158 East Colorado Blvd, Pasadena, CA 91106 (Free parking available on street or behind the facility)

Cost: \$25, or \$20 for students with valid ID (ticket sales final)

3 CE hours—approved by The National Board for Certified Counselors (NBCC)

Register and Pay today:

<http://www.nadta.org/events/socal-chapter-may-2019-workshop.html>

Questions or Inquiries: [socalchapter@nadta.org](mailto:socalchapter@nadta.org)

Shame is a pervasive feeling and negative perception that one is defective or unworthy of love. It is often developed in insecure attachment relationships, and it can impair self-esteem, mood, self-expression, interpersonal functioning, personal agency, and psychological health. Through compassionate playfulness and projective techniques, drama therapy and mask work can support clients in externalizing and exploring their shame and in expanding inner resources and resilient parts of the self. In this experiential workshop, presenters will guide participants through drama therapy processes, Jungian shadow work, and mask making for application with children and adults in clinical settings. This workshop is designed for psychotherapists, healthcare providers, educators, students, artists, and activists.

**Learning Objectives:**

- Participants will be able to identify one biopsychosocial factor related to the development of shame.
- Participants will be able to describe one theoretical concept in support of the application of drama therapy and projective techniques in working with shame.
- Participants will be able to identify one drama therapy intervention for use in developing internal resources for clients.
- Participants will be able to describe one drama therapy intervention for use in externalizing shame.

**DOUGLAS GREEN**, MFT, LPCC, RDT, has a private practice in West Los Angeles and Woodland Hills, where he specializes in helping kids and teens build lives they can be proud of. He is an adjunct professor at Phillips Graduate University and the Chicago School of Professional Psychology. A frequent presenter at CAMFT and other networking events, he is the author of the internationally-acclaimed book *The Teachings of Shirelle: Life Lessons from a Divine Knucklehead*, and created and runs the advice website [AskShirelle.com](http://AskShirelle.com).

**DANIELLE LEVANAS**, MA, LCAT, RDT, is a Licensed Creative Arts Therapist in New York State and a Registered Drama Therapist. She received her master's degree from NYU and has worked in a number of clinical settings, including forensic psychiatry, addiction treatment, and within educational systems. She holds an advanced certification from the International Trauma Studies Program and has studied with the DvT Institute East. Danielle was a member of the Big Apple Playback Theatre Company for 9 years, and she has presented and led workshops with the NADTA, the Expressive Therapies Summit Los Angeles, and the International Playback Theatre Network. She currently runs a private practice in Los Angeles focusing on Addiction and Recovery and teaches at the Drama Therapy Institute of Los Angeles and the SoCal Drama Therapy Centre. For more information, visit [www.daniellelevanas.com](http://www.daniellelevanas.com).

**SoCal Chapter NADTA**

The SoCal Chapter of the North American Drama Therapy Association (NADTA) is a collaboration of professionals and students committed to empowering individuals and our community through therapeutic use of the creative arts.



We aim to increase awareness of the benefits of drama therapy through education, sharing research, creating outreach, and experiential opportunities.

Contact: [SoCalChapter@nadta.org](mailto:SoCalChapter@nadta.org)

Facebook: [SoCal Chapter of NADTA](https://www.facebook.com/SoCalChapterofNADTA)

Healthy and empowered communities through the creative arts.

North American Drama Therapy Association (NADTA) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6819. Programs that do not qualify for NBCC credit are clearly identified. NADTA is solely responsible for all aspects of the programs.

For more information, please visit [www.nadta.org](http://www.nadta.org).

