

The North American Drama Therapy Association Western Region Presents: Metamorphosis Los Angeles Symposium

Location: Greater Los Angeles Agency on Deafness (2222 Laverna Ave, Los Angeles, CA 90041)

Date: Saturday, August 12th, 2023

Time: 8 AM-6 PM

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 and intermodal 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

Session Times	Workshop	Presenter(s)	Room	CE Credits
8-9 AM	Registration		Auditorium	

9-9:55 AM	<p>Opening Ceremony</p> <p>This opening ceremony will provide a community welcome and introduction to the Los Angeles symposium. A Drum Circle Performance will kick off the symposium with a joyful, noisy, and fun musical experience that will allow you to open your heart, celebrate life and connect with the entire community while expressing yourself and sharing your unique spirit!</p>	<p>Diana Wallace Lauren Saint, MA, LMFT Stacie Aamon Yedell, MA, MT-BC, AVPT</p>	Auditorium	
10 AM-1 PM	<p>Elemental Rhythm and Flow</p> <p>Do you ever find yourself feeling out of sync? Unable to find a sense of calm, connection, and belonging? We are innately social creatures of rhythm and movement, first learning about ourselves and the world around us through sensory experiences. Yet in our fast-paced world, we can lose touch with the simple, but profound healing power of these elements. Join us in this immersive and intermodal workshop as we explore the benefits of group drumming and creative movement in a community setting. Participants will be led through a revitalizing journey of individual and collaborative expression, learning skills to support self and community resilience.</p>	<p>Diana Wallace Lauren Saint, MA, LMFT</p>	Auditorium	3 CE Hours- RDT, NBCC

<p>10-11:30 AM</p>	<p>Songs of the Self: Hip Hop in Social Emotional Learning</p> <p>Utilizing music therapy-informed techniques of songwriting, vocalization, musical improvisation, as well as spoken word and hip-hop techniques, you will learn ways to activate the innate creativity and self-awareness of your clients, as well as your own. In addition, you will be able to offer pathways for enhancing attention and listening skills, emotional self-expression, and social connection. You will learn how to implement these creative tools with populations of all ages and varying needs, from all walks of life.</p>	<p>Stacie Aamon Yedell, MA, MT-BC, AVPT</p>	<p>Dining Room</p>	<p>1.5 CE Hours- RDT CHED, NBCC</p>
<p>11:30AM-1 PM</p>	<p>In the Pupa of It</p> <p>This is about a metamorphosis that occurred in my workshop working with high school students. The discussion and activities focus on a transformation from what I originally was led to believe the teens needed to what they really needed. Coping with constant changes and different cultures kept me asking new questions. Creativity became a survival technique and wearing multiple hats was the norm. Inside the vulnerable and not-so-pretty stage of a needed transformation (the pupa), there were a million reasons to quit but one reason to stay: commitment.</p> <p>How can we get through such an experience? I will share some tools and techniques that can result in both the students and drama therapist emerging as butterflies.</p>	<p>Pamela Modeste, MS, RDT</p>	<p>Dining Room</p>	<p>1.5 CE Hours- RDT CHED, NBCC</p>
<p>1-2 PM</p>	<p>Lunch</p>			

2-5 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 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.</p>	Ryan Lisman, MA, RDT, LPCC, Psy.D. Candidate	Auditorium	3 CE Hours- RDT CHED, NBCC
2-5 PM	<p>Unleashing Personal Potential for Positive Change. Embracing Your Leader Identity and Empowering Supporting Roles</p> <p>This workshop supports individuals towards vulnerable and compassionate leadership. Experiential acting and performance-based activities that encourage self-exploration within a leadership context. Activities such as reflective writing, role play, improvisation, storytelling, and embodiment will help you understand your leadership commitments, aspirations, and roles inside your community. Working in pairs and small groups, you will tap into your unique leadership identities and discover ways to deepen empathy in order to support others.</p>	Cynthia Holloway Kelvin, Psy.D., RDT/BCT, CPT	Dining Room	3 CE Hours- RDT, NBCC
5-5:45 PM	<p>Closing Ceremony</p> <p>Celebrate the conclusion of the Los Angeles 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>		Auditorium	

6-7:30 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	
-----------	---	--	-----	--