

The North American Drama Therapy Association Western Region Presents: California Love: Embracing Care in an Era of Dramatic Change Western Region Symposium

Location: The Broadwater (6322 Santa Monica Blvd, Los Angeles, CA 90038)

Date: Saturday-Sunday, July 12th-13th, 10 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 approaches in their practice
- Participants will be able to gain knowledge and confidence to widen the diversity of populations with which they can practice drama therapy
- 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 skills and areas in need of further growth
- Participants will learn strategies for providing effective care to their clients/patients and also to themselves (self-care) in times of strife.

Saturday, July 12th (Day 1)

Session Times	Workshop	Presenter(s)	Room	CE Credits
9:45-10:15 AM	Registration and Networking Attendees can check in to the symposium, claim their materials, have their questions answered, socialize with fellow attendees, and enjoy complimentary breakfast items.		Second Stage	
10:15 AM-6 PM (Lunch 12-12:45)	Make It, Break It, Stage It: Devised Therapeutic Theatre Workshop Participants will learn techniques for devising therapeutic theatre through collaboration and exploration. Participants will learn about and engage in experiential exercises on the leading approaches to devising therapeutic theatre in the drama therapy field. A specific focus will be given to creating theatre in response to societal and personal strifes, and how therapeutic theatre provides a voice, empowerment, and language to help people process, heal, and take action in the face of distress. Through this workshop, the participants will create a short devised theatre piece that will be performed the following day, Sunday. Participants will build their skills and confidence to utilize therapeutic theatre practices in their clinical practices.	Ryan Lisman, MA, LPCC, RDT, PsyD Candidate	Second Stage	7 CE Hours-RDT, NBCC

Sunday, July 13th (Day 2)

9:45-10 AM	Registration and Networking Attendees can check in to the symposium, claim their materials, have their questions answered, socialize with fellow attendees, and enjoy complimentary breakfast items.		Second Stage	
10 AM-10:45 AM	Devised Theatre Performance and Introduction to the Space The participants of the Devised Theatre Workshop on Saturday will be invited to perform their short theatre piece to all attendees. Attendees witnessing will be invited to ask questions and engage in a reflective dialogue about what they observed. Group exercises will then be offered to welcome everyone into the Symposium space, help everyone feel grounded, and introduce all attendees to each other. This will be implemented through warm-up and community-based drama therapy exercises.		Second Stage	

Workshop Selection Group #1 (10:45 AM-12:15 PM):

10:45 AM-12:15 PM	<p>Restorative Research: Re-storying Methods for Self-Identity with Personal Public Service Announcements (PPSAs)</p> <p>This session is founded on empirical, participatory research Myriam Savage conducted using drama therapy with marginalized young women by implementing an intervention I devised called the Personal Public Service Announcement (PPSA)--a trademarked intervention using a digital app and iPad. The purpose of the PPSA was to generate data in an equitable and liberatory manner. Additional arts-based narrative approaches used for generating data during research will be discussed. This is primarily a presentation addressing the peer-reviewed, published research that was done with adopted adolescent girls that can be adapted or implemented with diverse populations in or out of research assignments. Arts-based interventions that can be facilitated in liberatory ways for generating qualitative data when researching children and marginalized individuals will be covered and experienced by participants during the workshop. The methods and premise reviewed are essential at a time when past and recent stories of individuals from targeted communities who have been harmed are at the forefront of global socio-political situations. Social sciences and drama therapy research will have the responsibility of carefully and equitably delving into narrative data-generating research with such individuals and communities in democratic and sensitive ways, and this presentation will offer some methods toward this objective.</p>	Myriam Savage, PhD, RDT/BCT	Second Stage	1.5 CE Hours- RDT CHED, NBCC
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10:45 AM-12:15 PM	An Experience Of Inquiry Based Stress Reduction/ IBSR/ The Work Of Byron Katie Participants will be introduced to the Inquiry Based Stress Reduction method. IBSR is a method of questioning, identifying and freeing oneself from stressful, difficult, painful thoughts and beliefs. Mindfulness meditation techniques will be taught, with strategies provided for how to integrate drama therapy approaches with IBSR. Participants will learn how to use the technique of The Four Questions and The Turnarounds with a stressful thought/ feeling. What is needed is a pen, paper, a willingness to see a deeper truth, and an open mind.	Elizabeth Mann, MA, RDT	Studio	1.5 CE Hours- RDT
12:15- 12:45 PM	Lunch			

Workshop Selection Group #2 (12:45-3:15 PM):

12:45-3:15 PM	<p>VUCA, BANI, TUNA, RUPT: How the Polycrisis and Metacrisis Speaks to Us in Acronyms</p> <p>This workshop begins with several frameworks for understanding the overlapping collapse of social, ecological, and political systems of our current time—what is increasingly referred to as the polycrisis and metacrisis. Grounded in the theory and practice of Developmental Transformations (DvT), we will then rehearse engaging with the polycrisis through embodied play. Designed for those who crave human contact, not just content, this experiential workshop offers a space for us to rehearse relational resilience together.</p>	Jaq Victor, MA, LMFT, RDT	Second Stage	2.5 CE Hours-RDT, CHED, NBCC
12:45-3:15 PM	<p>Beyond Shame: A Dramatic Embrace of Radical Empowerment</p> <p>Shame has been well-studied as a significant inhibitor of growth and development. Shame often becomes internalized into one's core concept, taking hold of our self-narratives, at times convincing us that we are unworthy of change and joy and deserve to be punished for our past actions. Using the Radical Empowerment model, Ryan Lisman, a Shame-Informed Treatment Specialist, will provide participants with dramatic tools for externalizing deep-rooted feelings and narratives of shame and cultivating radical mindset shifts from past faults to current feelings of redemption, forgiveness, and empowerment. Participants will be provided with an array of interventions designed to meet their clients at various stages of their journey through shame, with common shame experiences and</p>	Ryan Lisman, MA, LPCC, RDT, PsyD Candidate	Studio	2.5 CE Hours-RDT, NBCC

	narratives being explored as examples. Specific focus will be provided on approaches to working with shame derived from being ostracized, othered, and discriminated against for clients of non-dominant identities. Participants will leave with the inspiration and confidence to incorporate radical empowerment principles into their clinical work.			
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Workshop Selection Group #3 (3:15 PM-5:45 PM):

3:15-5:45 PM	<p>Theater of the Oppressed to Build and Sustain Community in Los Angeles</p> <p>This experiential workshop combines Drama Therapy with Augusto Boal's Theater of the Oppressed to support care workers in L.A. who may be experiencing overwhelm or burnout in the work of liberation. A drama therapist and Theater of the Oppressed practitioner join forces to co-lead embodied storytelling, creative reflection, and collective action. Centering the practice of Image Theater, a vital method within Boal's framework, participants create and analyze physical images that reflect the realities of caregiving, community dynamics, and systemic challenges. The images depict the contexts in which our struggles exist. Members respond, interact, and alter these images. As more images are surfaced, more perspectives are revealed, generating powerful material for dialogue and insight. Crucially, Image Theater moves participants beyond awareness into action. Through improvisation and critical questioning, the group explores what change might look like, rehearses interventions, and identifies practical steps toward collective transformation. These embodied dialogues help translate insight into strategy, where the stories held in our bodies become blueprints for community organizing, advocacy, and healing. Open to all experience levels, this space honors the wisdom of care workers and seeks to build creative resilience, solidarity, and momentum for systemic change.</p>	Amanda Rothman, MA, RDT, LCAT Noelle Dominique Rodriguez, MFA	Second Stage	2.5 Hours-RDT CHED, NBCC
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3:15-5:45 PM	<p>Playing Through Transitions: Using Role Theory to Explore the Space Between Who I Am and Who I Want To Be</p> <p>Through pair and group experiential work, we will create, explore, and share stories of existing in the spaces in between “Who I Am” and “Who I Want To Be.” Participants will use Landy’s Role Theory and Method to process and engage with moments of transition from their personal or professional lives. Led by drama therapist Danielle Levanas, we will use narrative, embodied, and creative forms to explore the concept of what self-actualization looks like, and then consider what fears might come up along the journey toward being fulfilled.</p>	Danielle Levanas, MA, LCAT, RDT/BCT	Studio	2.5 CE Hours-RDT, NBCC
6-7:45 PM	<p>Post-Symposium Processing Dinner</p> <p>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.</p>		IndiMex Eats Indian Restaurant (1106 N Cahuenga Blvd, Los Angeles, CA 90038)	