Trauma & The Performing Artist
with Peter A Levine & Betsy Polatin

You are invited to a unique 2 day class for performing artists - actors, directors, writers, musicians, dancers, as well as the teachers and therapists who work with these artists.

Do you feel like you could achieve more potency as an artist, delve deeper into your talent; or are you frustrated by certain blocks that you seem to have no control over? Do you feel overwhelmed and vulnerable to the emotional whirlwinds of others, including your own? These issues are frequently the result of trauma, of events that were once perceived to be overwhelming or immobilizing. Trauma, when accessed at the level of body sensations, can open us up to an incredible, yet subtle, array of feelings, fostering a deeper connection to ourselves and with the audience.

In this workshop, we will explore in depth just what makes a performance seem authentic and real? What is it that prevents an actor from conveying the subtle facial and posture changes and gestures that make a performance become alive and therefore believable? You will learn how to safely and actively utilize your unique emotional and trauma history, along with an enhanced body awareness and easier breathing, to become better performers, able to convey a wider spectrum of feeling and inner sensations.

Taught by internationally renowned trauma expert, Peter A Levine, PhD and movement, breathing and Alexander Technique master lecturer Betsy Polatin. These two longtime colleagues will review your performances* and help you to uncover clues to where you have become limited or stuck through unconscious (habitual) gestures, limited facial expressions and fixed postures; all of which can be echoes of past trauma and conflicting emotions. Peter and Betsy will guide you in moving from fixity to opening into flow and greater authenticity. In this way we can transform the difficult events of our lives into something useful, creative and powerful, embodied in our chosen craft. In other words, we will learn how to use the trauma and not be used by the trauma.

Presented in collaboration with Healing TREE.
*We will be recording your performances. These videos will be used only for the purpose of the class.