**AGPA Connect 2023 Presenter Information**

**Course Code:** 62

**Course Title:** "Hall of Mirrors" Revisited: Psychotherapeutic Playback Theatre as Group analytic Drama Therapy

**Course Times:** 2:00 PM - 4:30 PM

**Course Dates:** Saturday, March 11

**Instructors:** Ronen Kowalsky

**Course Description:** Psychotherapeutic Playback Theatre is an evolving form of drama therapy based on group analytic principles. During sessions of Psychotherapeutic Playback Theater group members switch between "playing the other", observing the situation from his/her perspective, and "allowing the other to play me", looking at multiple self-states using the perspective of the other. A group language of theatrical images is being created through this process. This provides the group with continuous practice in empathy, strengthens cohesion, and confronts processes of alienation, and exclusion.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎‎‎Analyses and utilize group processes in a Psychotherapeutic Playback Theater.‎
2. ‎Utilize processes of structuring and non structuring in Psychotherapeutic Playback Theater.‎
3. ‎Utilize processes of "playground" and "stage work in Psychotherapeutic Playback Theater.‎
4. ‎Utilize principles and various techniques of Psychotherapeutic Playback Theater in various group ‎therapy settings.‎

**Significant Articles:**

1. Fox, H. (2007). Playback theatre: Inciting dialogue and building community through a personal story. ‎The Drama Review, 51(4), 89-105.‎ Salas, J. (2009). Playback theatre: A frame of healing. In D. R. ‎Johnson & R. Emunah (Eds.), Current approaches in drama therapy (pp.445-460). Springfield: Charles C. ‎Thomas.‎
2. Kowalsky, R., Raz, N., & Keisari, S., (2022). An Introduction to Psychotherapeutic Playback Theater: Hall ‎of Mirrors on Stage. New York & London: Rutledge.‎
3. Keisari, S., Palgi, Y., Yaniv, D., & Gesser-Edelsburg, A. (2020). Participation in life-review playback ‎theater enhances mental health of community-dwelling older adults: A randomized controlled trial. ‎Psychology of Aesthetics, Creativity, and the Arts.‏
4. Keisari, S., Gesser-Edelsburg, A., Yaniv, D., & Palgi, Y. (2020). Playback theatre in adult day centers: A ‎creative group intervention for community-dwelling older adults. PloS one, 15(10), e0239812.‎

**Agenda**

1. Roots and principles of Playback Theater and Psychotherapeutic Playback Theater (15min. Ronen Kowalsky, Lecture, Obj. 1)
2. Practicing structured forms in small groups (30 min. Ronen Kowalsky, practice, Obj. 2 & 3)
3. Principles of structured and playground work (20 min. Ronen Kowalsky, discussion, Lecture, Obj. 2 & 3)
4. Practicing non-structured and "stage" work (45 min., Ronen Kowalsky, practice, Obj. 2& 3)
5. Principles of non-structured and stage work (20 min. Ronen Kowalsky, discussion, Lecture, Obj. 2 & 3)
6. Applications of Psychotherapeutic Playback Theatre (20 min. Ronen Kowalsky, Q&A, Lecture, Obj. 4)

**Assessment Questions:**

Question 1 (include possible answers)

Explain the way Playback Theater is rooted in 1970s Avangard east-coast American theater.

Correct Answer 1

1970s east coast American theater investigated the relations between artists and spectators in the theater and blurred the line between them. Playback theater draws on this line and develops a form of theater which is not performative, but reflective - the theatrical event is formed in a dialouge.

Question 2 (include possible answers)

Explain the way Playback Theater is rooted in Boal's theater of the oppressed.

Correct Answer 2

Playback Theater was developed from Boal's notions of theater as giving a space for oppressed and marginalized stories rather than privileged main stream voices and stories.

Question 3 (include possible answers)

Explain the influence of Structured work in Psychotherapeutic Playback Theater on the container and levels of stress.

Correct Answer 3

Structured work in Psychotherapeutic Playback Theater creates a more condensed container, thus provides more holding to the group process and lowers levels of stress.

Question 4 (include possible answers)

Explain the influence of Non-structured work in Psychotherapeutic Playback Theater on levels of stress and its advantages.

Correct Answer 4

Non-structured work in Psychotherapeutic Playback Theater created higher levels of stress since through a less compressed container, but enables a wider scope of play and new experiences.

Question 5 (include possible answers)

Explain the influence of playground work in Psychotherapeutic Playback Theater on levels of performance stress, and ability to play.

Correct Answer 5

Playground work enables lower levels of performance stress through less awareness to the presence of stage and spectators, and, thus, widens the ability to play.

Question 6 (include possible answers)

Explain the influence of stage work on processes of self-emergence.

Correct Answer 6

Stage work empowers the processes of self-emergence through heightened awareness to presence of stage and audience.

Question 7 (include possible answers)

Explain the way in which the theatrical improvisation in Psychotherapeutic Playback Theater can be seen through Foulkes' concept of the triadic matrix.

Correct Answer 7

The theatrical improvisation in Psychotherapeutic Playback Theater can be seen as interweaved from the three levels of Foulkes' triadic matrix.

Question 8 (include possible answers)

Explain and demonstrate the level of foundation matrix in the theatrical improvisation in Psychotherapeutic Playback Theater.

Correct Answer 8

The level of foundation matrix can be seen as the social and cultural level in the theatrical improvisation in Psychotherapeutic Playback Theater.

Question 9 (include possible answers)

Define the process of exchange in the group therapeutic process.

Correct Answer 9

The process of exchange is seen through the contribution of differences among people to the therapeutic process.

Question 10 (include possible answers)

Define the process of mirroring in the therapeutic process.

Correct Answer 10

The process of mirroring can be seen through the contribution of similarities among people to the therapeutic process.