

Workshop 23 October 4-6 p.m. Room 006 Young street therapy clinic. Anglia Ruskin University Young street campus

'That Good May Become'

A Goethean 'Nature' Approach to Dramatherapy – with reference to psychological, ritual, sexual and spiritual abuse and recovery in Dramatherapy.

This presentation was delivered at the BADth Conference on “Psychological Trauma and Resilience: *When words are not enough*” in Chester in September 2019. It focuses on the application of some aspects of the work of Johann Wolfgang von Goethe to Dramatherapy.

It is an illustrated lecture presentation that includes some experiential elements, some reference to a presentation and workshops at the 1st International Dramatherapy & Education Summit held at Beijing in June 2017 together with some reference to practice with clients in recovery from traumas resulting from Spiritual, Sexual and Ritual Abuses.

Beginning with an overview of current models of practice including some Alternative, Integrative and Jungian Psycho-Physical/Psycho-Spiritual approaches the presentation moves on to consider a few specific areas of Goethe's thinking applied to enhance Dramatherapy theory and practice. These include:

Goethe's Natural/Process Thinking compared with Object/Product Thinking;

Goethe's Metamorphoses of Plants and Plants as agents of Transformation;

Goethe's Exact Sensory Imagination and the 4 Modes of Being/Seeing – Earth(Appearance), Water(Impression); Air (Inspiration); Fire(Illumination).

Dr. Bruce Howard Bayley is an Anglo-Indian Dramatherapist and Supervisor and has been associated with a number of universities, rehabilitation centres, therapeutic communities, community and youth projects. He managed the Resource Centre for Unemployed People for Croydon Council(1993-2001) and the Camden Listening & Counselling Centre in Camden Town (2004-2012). His specialisms include sexualities, spiritualities, abuses, addictions and recoveries.

His *tribhuvan threefold dramatherapy* workshops have been held in Germany, India, Italy, China and the UK. *Tribhuvan* (Sanskrit for “three realms”) is a series of experiential-exploratory workshops where the “threefoldness” of the approach refers to the exploration within Dramatherapy of three areas: Being (Spirit); Consciousness Development (Soul) and the Renewal of the ego and persona in the Dramas of Everyday Life (Body).