



NEWSLETTER 009 · JUNE/JULY 2010

## ACT OUT NEWS

**Youth Forum Theatre @ PCYC, Hilton** – Act Out will be auditioning and recruiting a total of 15 young people to take part in a theatre project starting in September.

**Creativity Booster** - Break through creative blocks and reignite your passion to create – lots of fun and high energy!  
**Sun August 22**      **Time: 9AM – 5PM**      **Register by Aug 13**  
**Cost: \$98**      **Venue: Victoria Park Centre for the Arts**

**BENT OUT OF SHAPE** - Examine and expand your ability and agility to respond assertively and constructively to triggers and challenging people and situations.  
**Sat 11 Sept**      **Time: 9:30AM - 5PM**      **Venue: TBA**  
**Cost: \$98 (max 16 people)**      **Closing date AUG 20**

Erika is now lecturing in the Innovation and Creativity course at Murdoch!!

## We hold these truths to be self-evident...

... I cannot do it, I am too old, I don't know enough, I don't have a creative bone in my body, the man is the head of the family, drug addicts are weak, we must fight for democracy, I must own my home, this organisation does not value its workers, indigenous people are violent, nothing ever changes, to get on in life you have to be realistic and work hard...

Some of these 'truths' may make us cringe, but how many of them do we hold? Or should I say, how many have a hold on us?

The effectiveness of using Boal theatre techniques to transform organisations, communities and individuals lies in three key components:



Brazilian master theatre practitioner Barbara Santos leads a 3-day workshop in Austin, Texas, June 2010.

1. **The ability to involve the collective in exposing the 'truths' that hold us back.**  
 When working on issues that affect a group of people someone's individual story is the springboard for the collective examination of what is holding people back and what is blocking a desired action. (Santos, 2010) It allows a group to understand an individual story in relation to the rest.

'We do not interpret, we explain nothing, we only offer multiple points of reference.' (Boal, 1995)  
 This is what makes the work therapeutic but not therapy!!

2. **Aesthetics** - the use of a creative medium such as theatre but also other media such as painting, writing and sculptures, to shift the brain from a survival, left-brain, linear pattern to a more imaginative, metaphoric, right-brain pattern that allows a **playful yet deep** examination of that which may be painful or unpleasant.
3. **The reconnection of the whole body** – working with the whole person, their senses, their minds, their emotions. When a challenge is examined using the whole of our bodies there is greater clarity and honesty. Similarly, when alternatives are rehearsed in this empowered state this rehearsal leaves a profound imprint which is the beginning of transformation.



Social theatre practitioners from around the world at the June 2010 workshop in Texas with Barbara Santos

# Reconnecting with our inner 12-year-old

At the 2010 **Creative Problem Solving Institute (CPSI) Conference** in Buffalo, NY there were scores of occasions to remember and many inspiring individuals, among them Dr Bernice McCarthy [www.aboutlearning.com](http://www.aboutlearning.com) and Bob Eckert [www.newandimproved.com](http://www.newandimproved.com). (Check them out!)

A most memorable and influential moment, however, was the keynote by Tony Baxter, vice-president of Disney Imagineering who recounted his magical memories of being twelve years old.

I sat and listened and recalled being twelve. I remembered dressing up in leotards and leg-warmers and imitating the dancers from Fame and Solid Gold in front of the TV. I remembered building tents using old sheets and furniture and pretending to be in exotic destinations.

And then, as Baxter spoke of Jules Verne's visionary genius and the Space Mountain at Disney; and of the 'maestro' qualities behind designing 'controlled insanity' on the Hollywood Tower of Terror, I remembered that when I was twelve **we actually went to Disneyland!!**

After the conference I went to northern California, to stay with my sister and her family for a couple of weeks. On the first evening I subtly asked: so, how far is Disneyland from here?

You guessed it! I just HAD to go. And here we are! It was worth every single one of those seven hours' drive, including the hour locked in L.A. traffic!



I am not trying to promote Disneyland. Yes, there were hordes of people; yes there were long lines for some rides.



But did I feel twelve years old again? YES!!

And that is **magic** because when we are in touch with that childlike quality we are more open, more receptive and **more creative**.

Here are some things to do to rekindle that 12-year-old feeling:

- Watch 'Big', the Tom Hanks movie
- Eat ice-cream, Twisties, Milo by the spoonfuls
- Browse through a comic book store
- Take out a ball and shoot hoops
- Go camping... in your backyard
- Be around children, really BE with them
- Go roller-skating
- Play with Lego
- Go to an amusement park and ride a rollercoaster or bumper cars or both!



Falling about 15 storeys in a spooky elevator – part of the 'controlled insanity' of the Tower of Terror. I am still on that high!

**The creation of something new is not accomplished by the intellect but by the play instinct acting from inner necessity. The creative mind plays with the objects it loves.**  
**Carl G Jung**

One last brilliant person to listen to on creativity and the future is Sir Ken Robinson – enjoy!

<http://www.youtube.com/watch?v=iG9CE55wbtY>

**Act Out – Theatre for Transformation**

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