

# ONE YEAR CERTIFICATE COURSE IN DRAMA DANCE & VOICE THERAPY

The 1-year Certificate Course is designed as a part-time modular training, 30 days in duration, for people wishing to work in the field of self-development or individuals seeking a powerful creative method of self-exploration. The training serves as an opportunity to build the confidence and skills necessary to establish yourself as a successful workshop leader or independent practitioner depending on previous experience. The course can be used by...

1. Aspiring workshop leaders who would like to build the confidence and skills necessary to support their professional development.
2. Established practitioners and workshop leaders who would like to experience a range of exciting new processes and techniques for client work using transformational theatre.
3. Individuals seeking to creatively explore personal issues at a deep level.

The Drama, Dance and Voice Therapy (DDVT) Certificate Course includes one residential weekend a month, and two longer periods of study. The modules are as follows...

- ◆ 8 weekend modules (2 days – Jan-May/Jul/Sep/Oct)
- ◆ Self-Mastery II - Breathwork Training (9 days - March)
- ◆ The Goddess Training / The Wizard's Path (3 days - June)
- ◆ Integration and Graduation (2 days - Nov)

The DDVT Certificate Course incorporates creative self-expression, transformational breathwork, psychological therapy, Shamanic journeying, ritual, and deep exploration of the Psyche through Archetypal performance. It bridges the gap between conventional therapy and alternative healing, by teaching participants the theory behind therapeutic practices, whilst simultaneously developing innate healing skills that can be used for healing self and others. Participants free their creative potential by identifying blockages and negative thoughts that may have been holding back their progress, and healing them with dynamic breathwork and transformational theatre work.

Themes covered include...

- ❖ Drama, Dance and Voice as Therapy
- ❖ Self-Expression through Dance and Movement
- ❖ Voice Power
- ❖ Characterisation and Dramatisation
- ❖ Presentation and Teaching Practice
- ❖ Shamanism and Ritual Theatre
- ❖ Sex and Gender Issues
- ❖ Running Workshops – practical skills

There are on-going assignments and group projects throughout the year, written and practical, and students are encouraged to establish work-experience, supportive training and additional workshops where appropriate. The final project involves creating and running a short workshop, which will be developed and promoted by the student with the support of their course tutor. This opportunity allows the DDVT students to put into practice the skills and awareness gained throughout the year.

The course aims to...

- ◆ Explore how drama, dance and voice techniques can be used therapeutically within community-based projects such as school workshops and special needs support.
- ◆ Teach students the fundamentals of training in acting, singing and dancing; the focus is to develop skills as an instructor of these pursuits to support clients and innovative group work.
- ◆ Develop traditional vocal exercises that will guide students towards greater vocal freedom, power and flexibility; thus improving projection, communication, and confidence in vocal presentation techniques, essential for successful workshop leaders.
- ◆ Encourage specific breathing techniques to support the singing voice, and address emotional and physical well-being through use of transformational breathwork.
- ◆ Use ballet, modern jazz and other dance forms to develop strength, flexibility, co-ordination, freestyle expression and improvisation through music. Dance and movement will be applied in a therapeutic way to clear traumas, release stress and develop freedom of emotional expression.
- ◆ Employ techniques such as Improvisation, Characterisation, Dramatisation, Role-play and Psychodrama to develop self-awareness through physical performance.

Vocational benefits...

- ◆ Skills learned on the Certificate Course will complement the established skills of any therapist/councillor seeking to broaden their awareness and ability to respond to clients needs creatively. A number of our students are already established practitioners in their own field.
- ◆ Graduation from the Certificate Course will provide the student with a Completion Certificate. Students will be supported in developing their own vocational aspirations whilst on the course. Work experience is strongly supported where appropriate.
- ◆ Graduates will be offered the opportunity to interview for work as prospective workshop leaders for The Artemis Foundation both within Great Britain and abroad.
- ◆ Graduates with an interest in theatre production or public performance may be offered an opportunity to work within the Artemis Theatre Company, a professional outlet for Transformational Theatre. Rehearsals are open to all DDVT students during their training, the inaugural production 'Aphrodite and the Apple' is scheduled for Spring 2004.
- ◆ The Certificate Course serves as a powerful self-development process, an opportunity to focus fully and unreservedly on self-empowerment through self-awareness. This opportunity to identify and shift personal blockages and patterns in behaviour prepares the students to become capable of supporting client work responsibly.

Note: Please read the separate information on Self-Mastery II; The Goddess Training & The Wizard's Path for a fuller understanding of these modules.

### **APPLICATION PROCEDURE**

1. Write to us saying why you feel drawn to this course. Specify your goals/interests qualities/skills you can offer. (Approx. 1 x A4 in length)
2. Acceptance on the Certificate Course will be **INTERVIEW ONLY**. We will respond to your written application, and arrange an interview date.
3. Pending a successful interview we will formally offer a place on the course, secured by a deposit. A full course definition will be provided to students upon successful application to the course. Please note space is limited on the Certificate Course, as it is preferable to keep the group small. Please contact us as soon as possible if you are interested.

*"You are never given a wish without also being given the power to make it true"*

Richard Bach