



**SPOTLIGHT
RECOVERY**

Cross-Disciplinary Immersive Learning Project





Community Partner



YWCA Mission

The YWCA is dedicated to eliminating racism, empowering women, and promoting peace, justice, dignity, and freedom for all.

The YWCA of Muncie provides emergency shelter for woman and children, as well as long-term housing support for residents who qualify. They also provide programming that supports eliminating racism and empowering women

eliminating racism
empowering women

ywca

CENTRAL INDIANA

Women's Emergency Shelter

Resident challenges may include recovery from domestic violence, addiction, and/or mental health issues. Many may have struggled to gain and keep employment in the past.

Resident strengths include determination, passion, curiosity, resourcefulness, resilience, hope, humor, and caring.

HARNESSING THE POWER OF STORYTELLING AND THERAPEUTIC DRAMA IN A COMMUNITY SETTING



Therapeutic-Arts Based Project

The program was designed with and for shelter residents at the Muncie YWCA. The purpose of this course was to create a safe space for YWCA shelter residents to share their stories in a therapeutic environment using a theatre technique called Playback Theatre.

What is Playback Theatre?

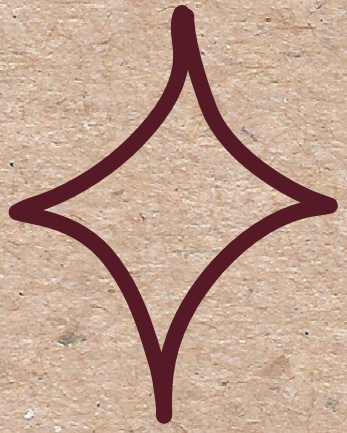
Developed in 1975 by Jonathan Fox and Jo Salas with the intention to acknowledge, affirm, and validate lived human experiences, Playback Theatre is used all over the world in community settings, schools, therapy groups, and peer support groups. The experience entails a conductor, a troupe (actors, musicians, and artists), and an audience. A person from the audience shares their story with the troupe who then reenacts the narrative in a way that honors and captures its essence. As a result of the enactment, all involved in a Playback Theatre performance may experience catharsis when witnessing a personal story take shape and come to life onstage.

The Students Explain



Spotlight Recovery taught us how to share our own stories, deeply listen to the stories of others, step outside of our comfort zone, learn about a community organization, and more!

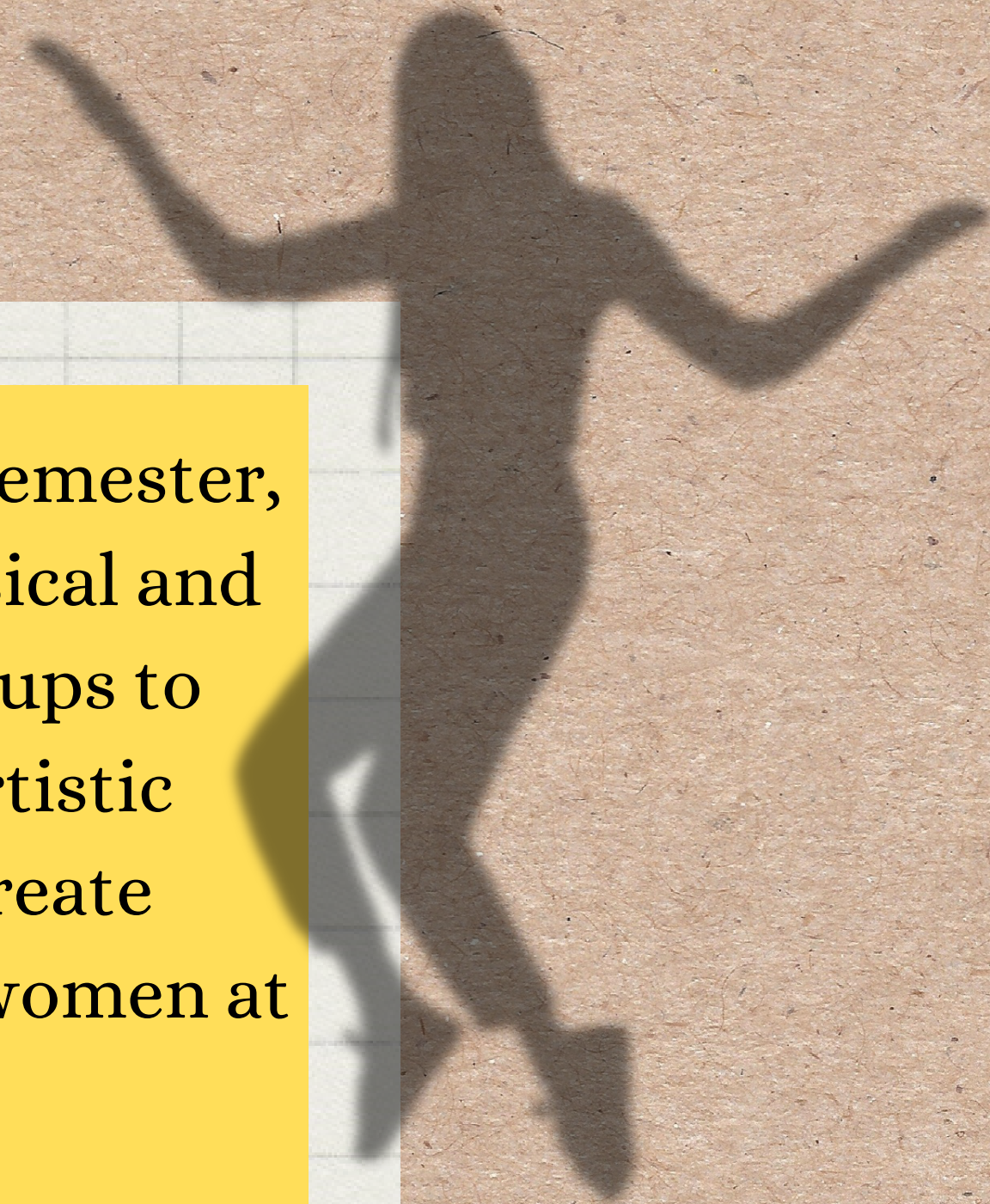
Every class period, we would warm up and connect with one another, and then jump into practicing Playback Theatre techniques to prepare us for the YWCA Emergency Women's Shelter.



WARM UPS



Throughout the semester, we explored physical and emotional warm-ups to prepare for the artistic work we would create together for the women at the YWCA.





PLAYBACK SHORT FORMS



Fluids



In this short form, students create an image one at a time, building onto the last person to create a story image.

Narrative-V



In this story form, students capture moments from the teller's story. Students take turns acting out a portion of the story in rotation until all actors have played back a moment from the story.

Pairs



In this form, students portray two things and work off of one another to show the contradiction of emotion.

PLAY. SHARE. CONNECT.



IMMERSIVE LEARNING STUDENT



Seattle Greenwell

This class explored the most intimate parts of storytelling. I will never forget everything I have learned here.

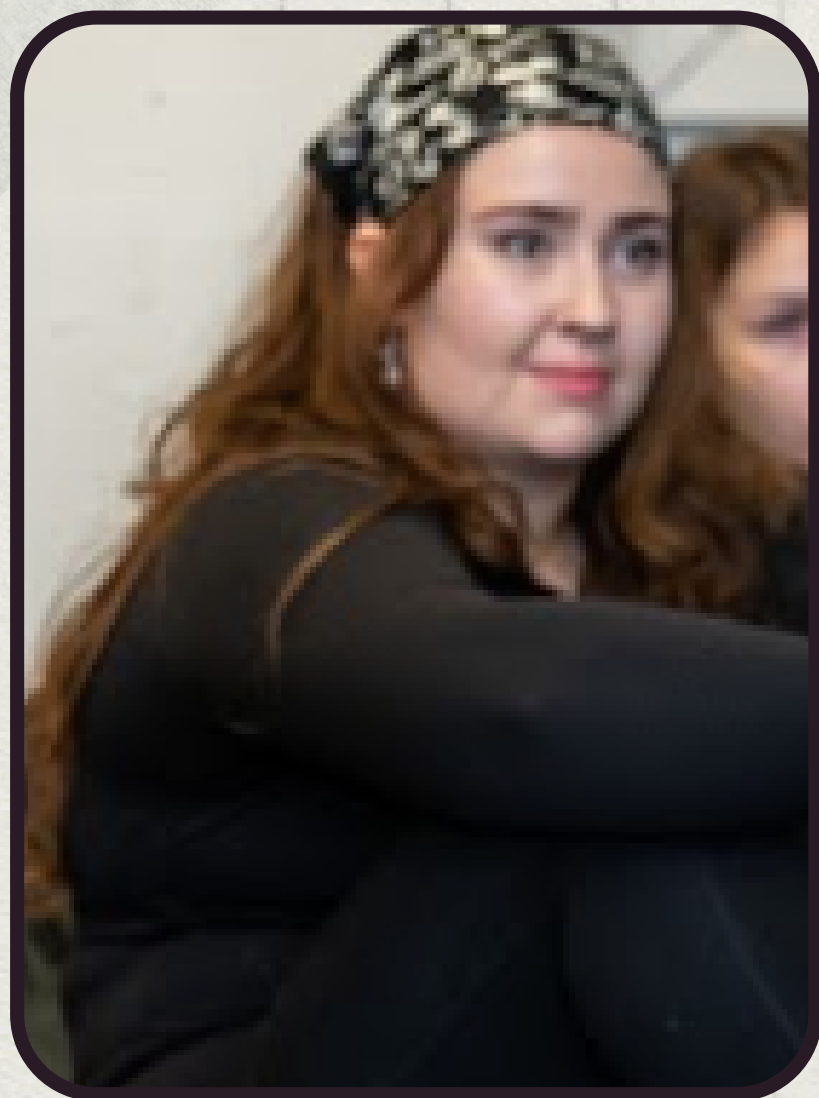
IMMERSIVE LEARNING STUDENT ✨



Nan Bailey

I think it's so significant and moving when both performers and the teller get to realize the story together. Not to say that the teller hasn't already understood their story, but I think that when we play back a story, it can feel like experiencing it again in a new or different way.

IMMERSIVE LEARNING STUDENT ✨



Natalia Latham

Hearing some of the stories that our friends have shared in class has made me realize, wow, if I can find wonder in the seemingly “mundane” aspects of some of my classmate’s stories then I can absolutely find wonder in the everyday aspects of my own life. I’m also learning that overcoming that initial fear to play is so worth it in the end because it’s FUN and stepping out of my comfort zone is something I need to do more often.

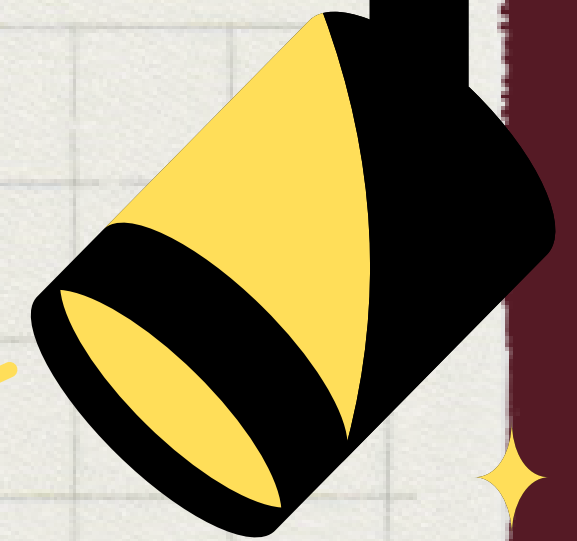
In Playback Theatre,
the stories emerge
from silence; instead
of a text delivered by
an expert, the text
comes from the
community; no one is
privileged above
anyone else; we value
listening; and we
cherish the deep
dialogue that comes
from such an empathic
exchange.

SARA WAXMAN,
PLAYBACK PRACTITIONER



YWCA STORYTELLER

"After letting my emotions out last week with you all, I found my laugh again. I haven't laughed in so long."





Any questions?

yes!

Ask us!

We'd love to answer
any questions you
may have!

Email

jthaller@bsu.edu

or

tcmarie@bsu.edu

