

## **Anna Seymour**

The political is the personal - political aesthetics changing lives

Brecht provides us with ideas and forms within which to find out new things. The ideas are neither deterministic nor the forms prescriptive. Each engages with the dialectic between individual, subjective experience and shared collective realities. The dialectic does not exclude perception, feeling or imagination and this is where the Brechtian theatre offers the opportunity to explore both concrete experience and the instability and impermanence of our time, ideas derived from Marx's observations on the dynamism and volatility of capitalism.

This paper will explore the serviceable nature of the Caucasian Chalk Circle as an aesthetic, metaphorical vehicle within which to traverse aspects of the therapeutic journey of a group of psychiatric patients in Italy. The project, based in a theatre model of Dramatherapy practice was approached through working with the play's political aesthetic principles towards therapeutic ends. This was not 'applied theatre'. This was theatre approached from the sensibilities embedded in a Dramatherapy practice derived from the fundamental principles of Brechtian theatre - aesthetic distancing, a focus on role rather than character, demonstrative acting, crafting of space and emblematic realism of staging.

The focus will be on how the process engaged with a dialectical methodology, which implies permanent critique and offers endless opportunity.

Anna Seymour PhD teaches at the University of Roehampton. With a background in professional theatre, she has taught in the drama departments of several UK universities. She is a State registered Dramatherapist and international trainer and has published on theatre and Dramatherapy.

Relationship

Presence

Projective identification