

Drama Therapy and Climate Response/Ability Resources

NYU Drama Therapy Symposium and NADTA Conference 2023: Nisha Sajnani, Alida Gersie, and Jessica Bleuer

If many little people, in many little places, do many little things, they can change the face of the earth - Proverb

Personal Resources and ideas (What motivates <u>you</u> as an individual?)	Structural Resources and Ideas (What can motivate <u>us</u> collectively towards needed changes)	Other resources that you would like to share
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<p>My toddler and all the children</p> <p>Beauty, and the embedded memories that I cherish which are associated with the environment; also, the holistic health that I always derive from nature</p> <p>My newborn, children, beauty of nature, life</p> <p>A swim in the ocean. The sense of being held by her</p> <p>Walking in a forested area.</p> <p>Growing food & eating it right off the plant :)</p> <p>Yes, the ocean! Thank you to the person who wrote this. The beautiful magnificent enormous life giving ocean.</p> <p>Deep love of the planet</p>	<p>Meetings like this one, where I learn that so many of our colleagues care, and that we may have the opportunity to work together</p> <p>COVID-19 and the harm it has done to the collective</p> <p>DTR Journal special issue</p> <p>This Drama Therapy original production from CIIS' Theatre for Change about the climate crisis: https://www.youtube.com/watch?v=M3u740VHhDI</p> <p>Alida's list of drama therapy organization commitments (see below)</p> <p>Climate Cure: Heal Yourself to Heal the Planet by Jack Adam Weber</p>	<p>Gersie, A., Nanson, A., Schieffelin, E.L. (2022) <i>Storytelling for Nature Connection</i>. Stroud: Hawthorn Press.</p> <p><i>Something happened to our planet: Kids tackle the climate crisis</i>, by Marianne Cellano and Marietta Collins</p> <p>Kulick, B. (2023) <i>Staging the End of the World. Theatre in a time of climate crisis</i>. New York. Methuen Drama.</p> <ul style="list-style-type: none"> •Climate Nexus: Database for all climate news and innovation: climatenexus.org •Global Health Climate Alliance: climateandhealthalliance.org •Lancet Countdown on Health and Climate Change •Climate Futures: What will your city feel like in 60 years? •What is COP? •Arts and Climate Initiative <p>https://www.climatepsychology.us/</p> <p>Ecopoetry Workshop: https://www.evokingstage.com/upcomingworkshops</p>
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		https://www.researchgate.net/publication/237296865_NTU_Psychotherapy_An_Afrocentric_Approach
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Alida's List: A list of commitments that professional drama therapy organizations can make

- Request that your Professional Dramatherapy Organization (hereafter PDO) declare a Climate Emergency.
- Ensure that your PDO establish a '*Sustainability and Towards Net Zero*' working-party and develop its goals and remit.
- Draft, discuss, finalize and adopt the Sustainability/Towards net zero targets for your PDO members.
- Develop and publish a 'sustainability and net zero pledge' that PDO members are asked to sign and keep.
- Produce and distribute the PDO Journal in a carbon-neutral way.
- Ensure that CPD events and Conferences meet your PDO's Sustainability/Towards Net Zero goals.
- Generate and provide PDO members with guidance regarding the acquisition and use of sustainable materials in their practice and optimum ways to reuse or recycle these.
- Ensure that PDO members/trainees avoid 'single use' plastics in their practice, including balloons, single-use plates, cutlery and cups.
- Promote the participation of PDO members/trainees in sustainability groups in Healthcare, Education and other work settings.
- Encourage PDO members to request a sustainability policy as well as a carbon calculation for any conference, CPD or other training events they attend or offer.
- Generate carbon calculations for the PDO office and the offices of other paid for services, and ask to see their *Towards Net Zero* plans.
- Request/require that training institutions teach dramatherapy students and supervisors about sustainable and net zero dramatherapy practice.
- Liaise closely with other creative arts-therapies and artist-associations as well as mental health professionals regarding their sustainable/net zero practice plans.

The awakening age

*Oh ye who travel the meridian line,
May the vision of a new world within you shine.*

*May eyes that have lived with poverty's rage,
See through to the glory of the awakening age.*

*For we are all richly linked in hope,
Woven in history, like a mountain rope.*

*Together we can ascend to a new height,
Guided by our heart's dearest light.*

*When perceptions are changed there's much to gain,
A flowering of truth instead of pain.*

*There's more to people than their poverty;
There's their work, wisdom and creativity.*

*Along the line may our lives rhyme;
To make a loving harvest of space and time.*

Ben Okri

Available for educational purposes.

See: hellopoetry.com and numerous other websites.

Books: *Nature-Based Expressive Arts Therapy Paperback* – October 19, 2017

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