

Body Part Monologues: Dramatic role extension as a path through complex trauma

Workshop

Integrating the therapeutic intersections of neurodiversity and trauma recovery, this 90-minute workshop, offers a creative methodology for processing somatic experiences. Originally developed to support neurodivergent clients navigating the complexities of trauma, the workshop introduces participants to the creation of Body Part Monologues as a form of role extension. Jennings's Embodiment, Projection, Role theory is re-sequenced to create an accessible pathway for participants to externalise and dialogue with physical sensations or "parts" of the self that may feel fragmented or inaccessible. By providing a structured creative framework incorporating projective play, creative writing and dramatic embodiment, the session fosters a contained means to safely explore and have witnessed previously lost or unheard aspects of self. Participants will engage with dramatic techniques to translate somatic "noise" into narrative, facilitating a deeper creative healing journey that respects individual neuro-sensory profiles, diverse modes of expression and means of making a life connection with creative/dramatic material. Time will be given to reflecting on further adaptations to support specific lived experiences, strengths and needs.

In this workshop, participants will have the opportunity to:

- Learn to apply dramatic monologue techniques as a tool for role extension
- Facilitate Narrative Integration
- Establish a 'safe enough' space for dramatic exploration
- Enhance skill versatility for diverse participants

Presenter: Dr Amanda Musicka-Williams



Dr Amanda Musicka Williams is a Lecturer at IKON Institute in the School of Creative Arts Therapies and Counselling. She has practiced Dramatherapy for over twenty years after completing her Masters at the Central School of Speech and Drama in London and later a PhD at the University of Melbourne. Amanda has a special interest in co-creative practice with neurodivergent individuals, an area in which she has conducted research and published in. She currently works in private practice and undertakes project work in educational and mental health

contexts. Amanda is currently collaborating with Australian colleagues to produce a book about contemporary Australian dramatherapy practice.

Presenter's Professional Affiliations

Lecturer at IKON Institute of Australia

Dramatherapist at Chrysalis dramatherapy private practice

Dramatherapist with Hester Hornbrook Academy, City Misson, Melbourne.

