Shakespeare and Trauma Treatment
*Using Science and Theater in Healing-Centered Practices*

Therapists understand the profound healing that can occur when we “speak what we feel, not what we ought to say,” as Shakespeare writes in *King Lear*. But how can Shakespeare help us do this? Experience how classical actor training methods using body, breath, play, and awareness can help treat trauma across a range of populations. Drawing on psychological, social, and neurological science, the DE-CRUIT method encourages trauma survivors to use Shakespeare’s characters and spoken verse to awaken self-awareness, discover a new physical presence, observe inner thoughts and behaviors without judgment, and exchange limiting habits for new positive patterns of growth and reflection. *No previous experience or acting training necessary.* You’ll explore:

- Identify and eliminate anxiety activation points through somatic movement, breath, and sound
- Access emotion and self-connection through a body-centered approach "crown to the toe" check-in
- Observe inner thoughts and behaviors without judgment or shame - function not fault
- Use Shakespeare’s text to access and examine charged memories
- Ignite confidence, creativity, and the capacity for self-regulation through play and communalization of trauma

**Stephan Wolfert, MFA, US ARMY VETERAN, RYT-200**

Stephan received his Master of Fine Arts degree from Trinity Rep Conservatory in Providence, RI. On Broadway, Stephan helped to create the military segments for Twyla Tharp and Billy Joel’s Tony Award-winning *Movin’ Out*. Stephan is the founder of DE-CRUIT: a non-profit treating trauma through Shakespeare & science. DE-CRUIT received the 2020 Aaron Stein award from American Group Psychotherapy Association (AGPA) given to an organization that utilizes creative applications of group therapy to benefit the community, especially in non-psychiatric settings and the 2019 Max Gabriel Award from National Alliance for Mental Illness (NAMI). Stephan is a playwright and actor who continues to perform his award winning, critically acclaimed show, *Cry Havoc*, in the US and Europe.