

# Workshops & Processes



**Collective Oppressions:** Group exploration of oppressions through the use of *Theater of the Oppressed* using the body as a starting point, connecting with the individual's pain, feelings and memory, and from there connecting with others, understanding that our vulnerabilities are collective. It is a space of (self)understanding, (self)empathy, (self)compassion, connection, healing, and exploration of possible changes/solutions/coping mechanisms. This laboratory may (or may not) culminate with a *Forum* and/or *Image Theater* scene and/or an art piece that explores the *Aesthetics of the Oppressed*.

**Love Investigations:** This laboratory creatively explores the experience of romantic love through different artistic techniques and the bodies in motion. Participants are invited to question, in a caring, empathic, and creative manner, the ways in which we have been taught to love, in order to construct alternative and healthier relationships with themselves and others. Uses *Image Theater*, body and movement, and other artistic languages.



**Newspaper Theater:** Explores specific social issues and oppressions through the use of *News Paper Theater*, a *Theater of the Oppressed* technique that critically analyzes media and pop culture in order to point out the absurdities and dangers of stereotypes, judgments and some cultural mandates, through satyr and humor. Culminates with a performance and explores the *Aesthetics of the Oppressed*.

**Gender Violence and Hegemonic Masculinity:** Violence is approached not as a distant issue, but as part of the biography of each of one of the participants. This allows for them to connect with the issue personally and collectively. The process focuses on the deconstruction of hegemonic masculinity and creates a suitable environment for reflection and dialogue about the violence generated by this type of masculinity: violence of men against women, of men against other men, and of men against themselves; and it explores alternative masculinities and ways to heal. Uses games, *Theater of the Oppressed* and various artistic languages. This process/workshop is for both, men and women.



**Theater of the Oppressed:** Theoretical and practical *Theatre of the Oppressed* workshop. The participants acquire the necessary tools to adapt the methodology to specific contexts and specific needs. Can be especially catered to facilitators. Can focus on *Forum*, *Image* or *Newspaper Theater*.



**Aesthetics of the Oppressed and Community Art:** Explores new forms of expression and ways of telling personal and collective stories through the use of the *Aesthetics of the Oppressed* and *Community Art* (visual arts, puppetry, acting, improv, dance, singing and other artistic expressions already existent in the group). The stories told seek to create awareness about a particular issue and in turn, generate social change.

**Women, Feminism, and Personal Power:** Deconstructs patriarchy and gender norms, and explores the cultural barriers and internalized oppression that prevent women from finding their personal power. Appeals to personal experience and creates a space for (self)empathy, (self)compassion, connection and healing, plus it invites and encourages women to support and work together with other women as a political act.

