

# View from the Inside: Courage Journey

## Educational Opportunities

**VIEW from the Inside: Courage Journey** is an award winning puppetry-based workshop—the recipient of the 2018 ATB Healing through the Arts Award. VIEW promotes awareness and discussion of mental health and wellness. Through the creation, exhibition and performance of self-reflective mask-body puppets, participants develop community, foster resiliency and gain a voice for their stories.





### **WHY IS IT BENEFICIAL FOR STUDENTS?**

VIEW workshops include reflection, community building and discussion about mental health and wellness. Recent research on art and art therapy indicate that these activities reduce symptoms of depression and trauma, improve mood, and increase sociability and social engagement.

VIEW demonstrates that puppets have a special power as metaphors, transcending time and culture. The creative process helps diverse groups of people to better understand each other, promote diversity and inclusion, and provides a platform to express significant social issues.

### **WHO IS THIS FOR?**

VIEW is appropriate for students in grades 9 to 12 and can be adapted for staff team building, and self care workshops. We work with educators to tailor the program to fit the YOUR needs.

**WHERE IS THE VIEW PROGRAM HELD?** At your facility.

### **WHEN?**

We make every effort to tailor the timing to your scheduling needs. i.e. 7 three-hour sessions, or 50-minute sessions over 10-12 weeks.

### **COST**

Program fee is \$5,250 + GST. This includes two facilitators, all required materials, professional photos, a video of the process, and an art exhibition and film screening. We are open to discuss our fees.

We are willing to assist in fundraising. i.e. co-write grant applications or to make a presentation about VIEW to your parent council or other funding body.

### **VIEW FOR SCHOOLS**

At Forest Lawn High School the whole Fine Arts department was part of a VIEW program. WP Puppet Theatre facilitators worked with art



students to make the mask-body puppets which focused on mental health. In response to the puppets, drama students developed short plays and monologues, dance students developed dance routines, and music students composed music. The project culminated in an open house where the puppets were exhibited and the students performed their pieces.

At Springbank High School, teachers chose students who would most benefit from VIEW. After the 10 week program, students produced a short film which was screened at the puppet exhibition. Livingstone School in Lundbreck chose a condensed version of VIEW over 2 days. Students made puppets and played drama games, prompting deep conversation about mental health and wellness.

#### **PARTICIPANT TESTIMONIAL**

*"The idea was special and unique... it was the first time I enjoyed art, like that I can hide secrets... Everything was special, the whole thing. It*

*made you accept yourself, all sides... love yourself."*

#### **TEACHER TESTIMONIAL**

*"In light of the social/emotional distress we are seeing in our adolescent population, WP Puppet Theatre's VIEW from the Inside mask-making program offers a powerful medium to explore issues of concern for youth today. Rather than the talk-therapy intervention to exploring mental health concerns that is common in North American culture, this program offers an alternative, creative, and right-hemisphere based approach that helps students explore their identity, emotions, areas of challenge, and areas of strength.*

*The symbolism of the mask provides a safe container for students to deeply explore dimensions of themselves that they may otherwise not feel comfortable processing and/or sharing. Guiding students through this deeply meaningful process takes both skill and expertise, and I can say with confidence that Allan was able to effectively support students. I was both pleasantly surprised and inspired to see so many*



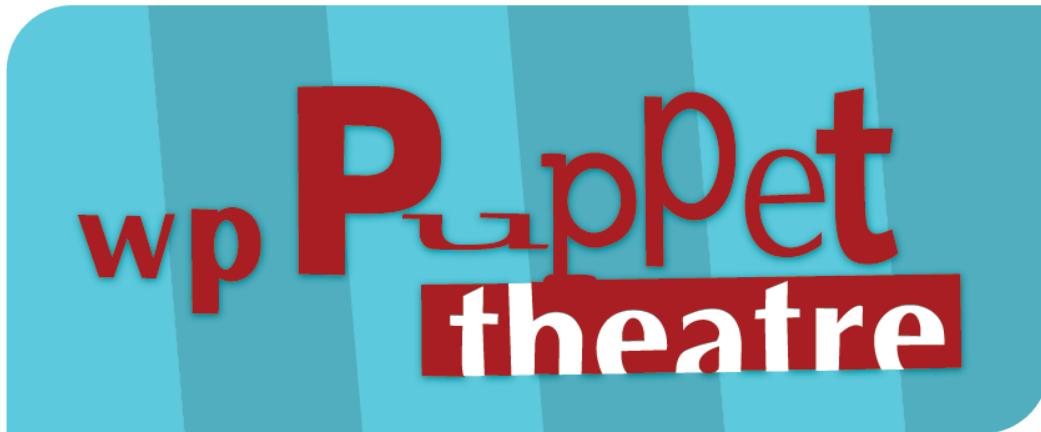
*of the students courageously embark on this process of self-discovery. The safety and comfort the students felt while creating their masks was evident; their enthusiasm each week to arrive promptly and begin work on their masks, as well as their willingness to share about their process and art making demonstrate the whole-hearted investment these students made.*

*At the end of this process, students not only shared how proud they were of their work, they also reflected on how enjoyable and meaningful the group process had been. Knowing the therapeutic benefit of engaging right-hemisphere processing in the healing process, I have long supported art-therapy interventions; however, I had not seen firsthand how adolescents would participate in the art therapy. It was a privilege to watch these students engage in the process, and I would thoroughly encourage this program to any student who would be willing to engage in this art therapy process.”*

## **FACILITATOR BIOGRAPHIES**

**Allan Rosales** has an MA in Creative Arts Therapies from Concordia University and a BFA with a minor in Psychology from the U of C. Allan is an instructor at MRU in the Faculty of Health, Community & Education. He facilitates art therapy programs with WP Puppet Theatre, the Operational Stress Clinic, Health Upwardly Mobile and Wellspring. Formerly Allan was the Manager of Child Development Services at the YWCA of Calgary and Coordinator of the Healing Arts Program in Cancer Care at Alberta Health Services.

**Wendy Passmore-Godfrey** is the Artistic Director and Founder of WP Puppet Theatre. In 1986, Wendy received her BFA from the U of C and has since exhibited and performed her work nationally and internationally. She received the ATB Financial Healing Through the Arts Award at the Mayor’s Lunch for Arts Champions, the McLaughlin Community Beacon Award, and was a CTV Inspiring Albertan. In 2015, she was the recipient of the Puppeteers of America Marjorie Batchelder McPharlin Award for Excellence in Education & Therapy.



Video links for VIEW from the Inside on WP Puppet Theatre's YouTube Channel

<https://www.youtube.com/playlist?list=PLFolKgfa4H9n71mpPUxRXMAOvcx-06wAx>

<https://youtu.be/RcHEj0LLVPs>

<https://youtu.be/mS5VueZ5tYY>

[https://youtu.be/\\_sPrZ\\_Ny9Q](https://youtu.be/_sPrZ_Ny9Q)

<https://youtu.be/NR3eEN3xDfo>

<https://youtu.be/PuZUXOkJJ5U>

And on Vimeo

<https://vimeo.com/279859734>

Video done with Carya Chinese Seniors

<https://vimeo.com/210854701>

Good overview of the VIEW Project

wp **Puppet**  
**theatre**

presents

# *View From the Inside*

COURAGE JOURNEY



[WPPUPPET.COM](http://WPPUPPET.COM)



*"Art has the ability to heal and transform. Art has the ability to soothe your soul"*



RECIPIENT OF THE 2018 ATB FINANCIAL HEALING THROUGH THE ARTS AWARD

### A PUPPETRY-BASED WORKSHOP SERIES

## View from the Inside: Courage Journey

This workshop series promotes awareness and discussion of mental health and wellness. Participants gain a voice for their stories through the creation, exhibition and performance of a mask-body puppet. The program resonates with diverse groups of people, building community, fostering resiliency and encouraging self reflection.

*"The idea was special and unique. It was the first time I enjoyed art. It made you accept yourself, love yourself."*



**Book today!**

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