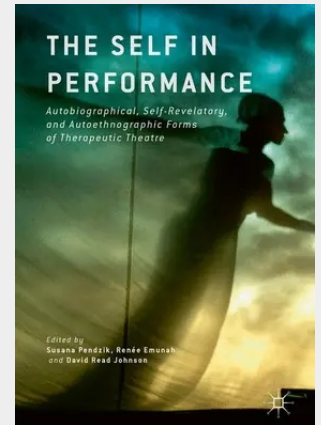


The Self in Performance

Autobiographical, Self-Revelatory, and Autoethnographic Forms of Therapeutic Theatre

This book is the first to examine the performance of autobiographical material as a theatrical form, a research subject, and a therapeutic method. Contextualizing personal performance within psychological and theatrical paradigms, the book identifies and explores core concepts, such as the function of the director/therapist throughout the creative process, the role of the audience, and the dramaturgy involved in constructing such performances. It thus provides insights into a range of Autobiographic Therapeutic Performance forms, including Self-Revelatory and Autoethnographic Performance. Addressing issues of identity, memory, authenticity, self-reflection, self-indulgence, and embodied self-representation, the book presents, with both breadth and depth, a look at this fascinating field, gathering contributions by notable professionals around the world. Methods and approaches are illustrated with case examples that range from clients in private practice in California, through students in drama therapy training in the UK, to inmates in Lebanese prisons.

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