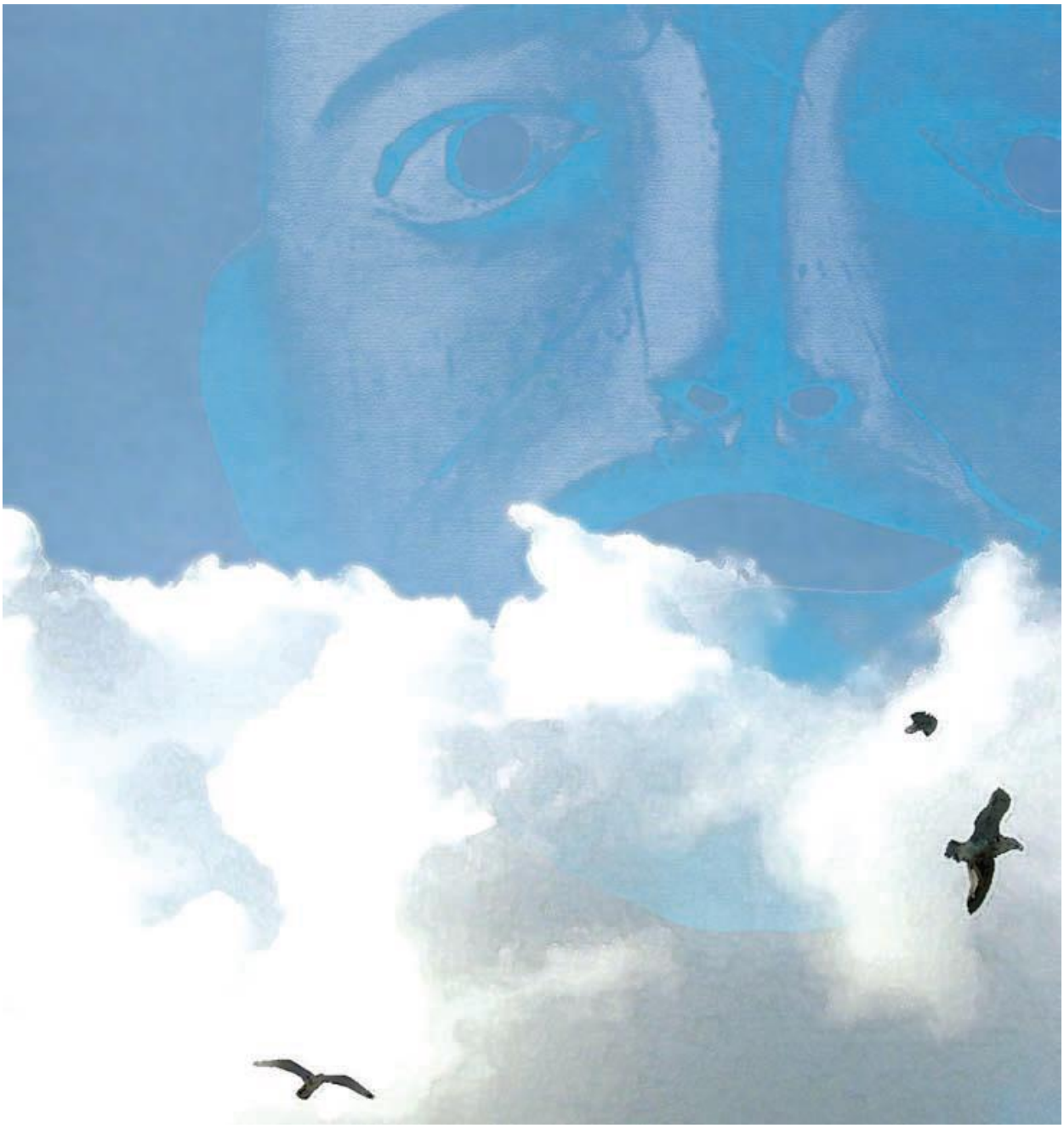
ELECTRA

MOTHERS AND DAUGHTERS
VICTIMS, VENGEFULNESS, FORGIVENESS—JUSTICE
AND THEIR DYNAMICS IN PSYCHOTHERAPY



Sophocles' Electra

Mothers and Daughters

Victims, Vengefulness, Forgiveness—Justice
and their dynamics in psychotherapy

Dallas Psychoanalytic Center and Dallas Society of Psychoanalytic Psychology

Dale C. Godby, PhD and Yaprak Harrison, MD
Co-Chairs

Friday May 5, 8:30 PM - 10:00 PM Play @ Dallas Theater Center
Saturday May 6, 9:00 AM – Noon
Remember on the evening of May 6 @ 7 PM
Special and Unique DSPP Arts Annual Soiree featuring the return of John Bayless

After watching the play on Friday evening we will convene Saturday morning. We will begin by sharing our dreams and the group's associations to them in what has been called a Social Dreaming Matrix (http://www.socialdreaming.com/matrix/). This is a unique way to explore meanings of a play like *Electra*, which has been with us for 2,500 years. After the Social Dreaming Matrix we will convene a discussion with the two women who played the mother and daughter in the play, which will be followed by small application groups. What have we learned about mother daughter relationships from the play and our interaction with its emotional meaning that can act as prompters for work in psychotherapy?

8:30-9:00—Registration

9:00-9:45—Social Dreaming Matrix

9:45-10:30—Conversation with:
Electra—Abbey Siegworth (http://abbeysiegworth.com/) &
Clytemnestra—Sally Vahle (http://www.marycollins.com/sally-vahle)

10:30-10:45—Break

10:45-11:30—Small Application Groups

11:30-12:00—Large Group Wrap-Up

Course Objectives

Many wonders many terrors, but nothing more wonderful than the human race—or more dangerous.

Sophocles—Antigone

If you have strength stab again.

Electra to her brother as he kills their mother.

1. Catharsis is a Greek word that means “purging” or “healing”. Many Greek theaters were located in or near healing shrines. Through watching the play participants will be able to identify two ways in which the intensity of feeling witnessed in Greek Drama can inform our thinking about working with trauma—our patient’s and our own.

2. Participants will experience and be able to describe the Social Dreaming Matrix and its use in processing and co-creating new meanings related to the themes of victimhood, vengefulness, forgiveness and justice.

3. Participants will be able to identify and describe two ways in which actors taking up the roles of mother and daughter can be used to formulate the dynamics of mother daughter and family relationships.

Abbreviated Learning Objectives:

1. At the conclusion of the workshop participants were able to identify two ways in which a Greek drama like Electra can be used to inform the ways in which we work with trauma in psychotherapy.

2. Attendees developed an understanding of the Social Dreaming Matrix and its use in processing and co-creating new meanings related to the themes of victimhood, vengefulness, forgiveness and justice.

3. Attendees became educated on how to apply their understanding of the mother daughter relationship in the play to their work in psychotherapy.

References

References available at:
https://drive.google.com/drive/folders/0B545J5uwQ4T4WGVIc2t4Wm1OdWc?usp=sharing

Greek Drama

Audio recording of Sophocles Electra (2014). This is a BBC recording from the Old Vic in London with Kristin Scott Thomas as Electra. https://www.youtube.com/watch?v=uFxpM4TlrOE. The play was reviewed in the Guardian https://www.theguardian.com/stage/2014/oct/01/electra-theatre-review-old-vic-kristin-scott-thomas

Lefkowitz, M. and Romm, J. (2016). *The Greek Plays: Sixteen Plays by Aeschylus, Sophocles, and Euripides.* New York: Modern Library.
This is the set of translations and commentary that Kevin Moriarty, Artistic Director of the Dallas Theater Center, will be using in a set of four lectures on *Electra* at the Dallas Institute of Humanities beginning in March. Kevin will also be directing the play. (http://dallasinstitute.org/classes-and-groups/electra/)

Meineck, P. (2005). *Greek Drama: Comedy and Tragedy.* Modern Scholar: Recorded Books. Lectures are available through www.Audible.com

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Application

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Dervin, D. (1998). The Electra Complex: A history of misrepresentations. *Gender and Psychoanalysis, 3*, 451-470

Haen, C. and Weber, A. M. (2009). Beyond retribution: Working through fantasies with traumatized young people. *The Arts in Psychotherapy, 36,* 84-93.

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Silverman, M. A. (2012). Book review essays. Psychoanalytic Quarterly, 81, 727-750.

On Myths and Myth-Making: Psychoanalytic Theorizing about Mother-daughter Relationships and the "Female Oedipus Complex": A Story of Her Own: The Female Oedipus Complex Reexamined and Renamed. By Nancy Kulish and Deanna Holtzman. Lanham, MD: Jason Aronson, 2008. 218 pp.

Electra Versus Oedipus: The Drama of the Mother-Daughter Relationship. By Hendrika C. Freud; translated by Marjolin deJager. London/New York: Routledge, 2011. 205 pp.

The Monster Within: The Hidden Side of Motherhood. By Barbara Almond. Berkeley, CA/Los Angeles: Univ. of California Press, 2010. 265 pp.

Thomas, N.K. (2015). There's always a villain to punish: Group processes contributing to violence and its remediation. *International Journal of Group Psychotherapy, 65,* 89-107.

Urlic, I. (2014). On the culture of forgiveness: On 'victimhood, vengefulness, and the culture of forgiveness' by Urlic, Berger and Berman. *Group Analysis,47,* 257-267.

***Electra* by Sophocles**

Adapted and Directed by Kevin Moriarty

Electra's mother murdered her father, and Electra just can't let it go. With the return of her brother Orestes, the siblings seek justice… or is it vengeance? Lust, murder, and fury explode in this tale of familial betrayal. Expect the unexpected in this one-of-a-kind production that will take the audience on a journey through the grounds of AT&T Performing Arts Center's Annette Strauss Artist Square. Observe intimate scenes between characters while hearing commentary about the play's meaning through individual headphones that will be provided for each audience member, creating an experience that is simultaneously both public and private. Contains violence; may not be appropriate for young people under the age of 11.

This production of Electra is an unusual performance in that it is outside and there are only 140 tickets per performance. The Dallas Theater Center has offered us 43 tickets for the Friday May 5 performance at a 15% reduced rate. The normal price is $90. We are selling the tickets for $100, which includes the 3 hour seminar on Saturday morning, which with the play that is an essential part of the experience and will offer **4.5 hours** of continuing education credit and continuing medical education.

The show runs from April 5 through May 14. If another date works better for you and you want to come to the Saturday workshop, you can buy the ticket on your own from DTC and pay $25 for the workshop on Saturday May 6. The tickets for the play may be cheaper in that they have a dynamic pricing structure in which the price changes depending on demand. **The tickets for the Tuesday April 4 @ 8:30 PM performance is pay what you can.** Those tickets go on sale March 28 at 10:00 AM on the internet: (https://tickets.attpac.org/production/40795). You may purchase 4 at one time.

Tickets for the May 5 performance are limited and are available on a first come first serve basis. Our hold on the tickets expires April 1. All other performances have limited availability so purchase your tickets early. See following page for directions.

Send Check Payable to “DSPP Arts Committee” to:
Angelica Tratter, PhD
6330 LBJ Suite 234
Dallas, TX 75240

Include your name and email with your check. Tickets will either be emailed or available at the performance. Dallas Theater Center is still figuring out how to get the reduced price tickets to us. We will let you know.

If you plan to attend the play on another night rather than May 5 please register now for the Saturday workshop so we can make the necessary room arrangements.

May 5 play and May 6 Workshop _____$100

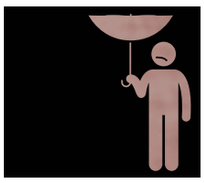
May 6 Workshop only_____$25

May 6 Workshop only: Students and Residents_____$10

May 5 8:00-8:15 PM
Ticket Pick-up @ Wyly or they will be emailed. DTC is still deciding on how to deliver the reduced rate tickets. We will let you know.—See attached performance guide as you will be standing and moving around during the outdoor performance.
Play begins promptly @ 8:30 PM no late admissions.

May 6 8:30-9:00 AM Registration 9-12 program.
UT Southwestern Medical Center—See attached map
Seay Biomedical Building,
8th Floor Conference Room (NC8.212)
2201 Inwood Road Dallas, Texas 75235

See attached Map



WHAT IF IT RAINS?

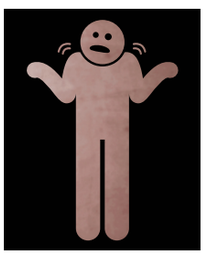
Take a page from Gene Kelly and start singing. We kid, we kid. We will treat weather the same way the Rangers do, so don't worry about an umbrella. If it's raining with no lightning, we'll gladly provide DTC ponchos. If there is lighting, or it starts to pour, we will cancel the performance and gladly work with you to exchange your tickets into another performance.

WHAT'S THE DRESS CODE?

♪ *8-6-7-5-3-oh-9* ♪. Just joshing! As we will be exploring **Annette Strauss Square**, we suggest you wear something comfortable in accordance with that day's weather. And please leave all bags and purses in the trunk of your car. The less you have to worry about walking with, the better. Also, you will be standing and walking at various moments during the show, so wear shoes that will keep your feet happy.

I CAN'T STAND FOR LONG PERIODS OF TIME

Neither can we. Especially in cowboy boots. So I'm happy to report that the longest you'll ever have to stand in a stationary position is about 10 minutes.



HOW LONG IS THE SHOW?

Shorter than *Guardians of the Galaxy, Vol. 2* but longer then *Black-ish* – it runs approximately 75 minutes.

WHERE DO I GO TO GET TICKETS?

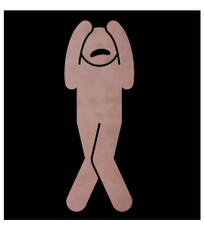
All patrons must check in at the **Mobile Box Office** located between the center café and the Winspear Opera House to pick up their tickets. There is **NO LATE seating**, so please arrive 15 minutes before curtain. And don't forget your headphones!

HEADPHONES?!

Yes! We have some exciting new tricks up our sleeves for *Electra*! And headphones is one of them. To help create a fully immersive theatre experience the way the director has intended every patron will wear over the ear headphones that will help guide you through the story and the venue. After you get your tickets and your headphones the Winspear Box Office will direct you where to go. Oh, and programs will be available after the show once you return your headphones to the Winspear Box Office. We want to create a clutter-free environment so you can focus on the incredible show that awaits you!

THIS SOUNDS EXCITING! CAN I TAKE PICTURES OR VIDEO?

Since your phone will be turned off we don't see how this is possible unless you have an actual camera… HAHAHAHAHAHAHA! Oh, you do have a camera? Then please don't take photos when actors are present. **Thank you!**



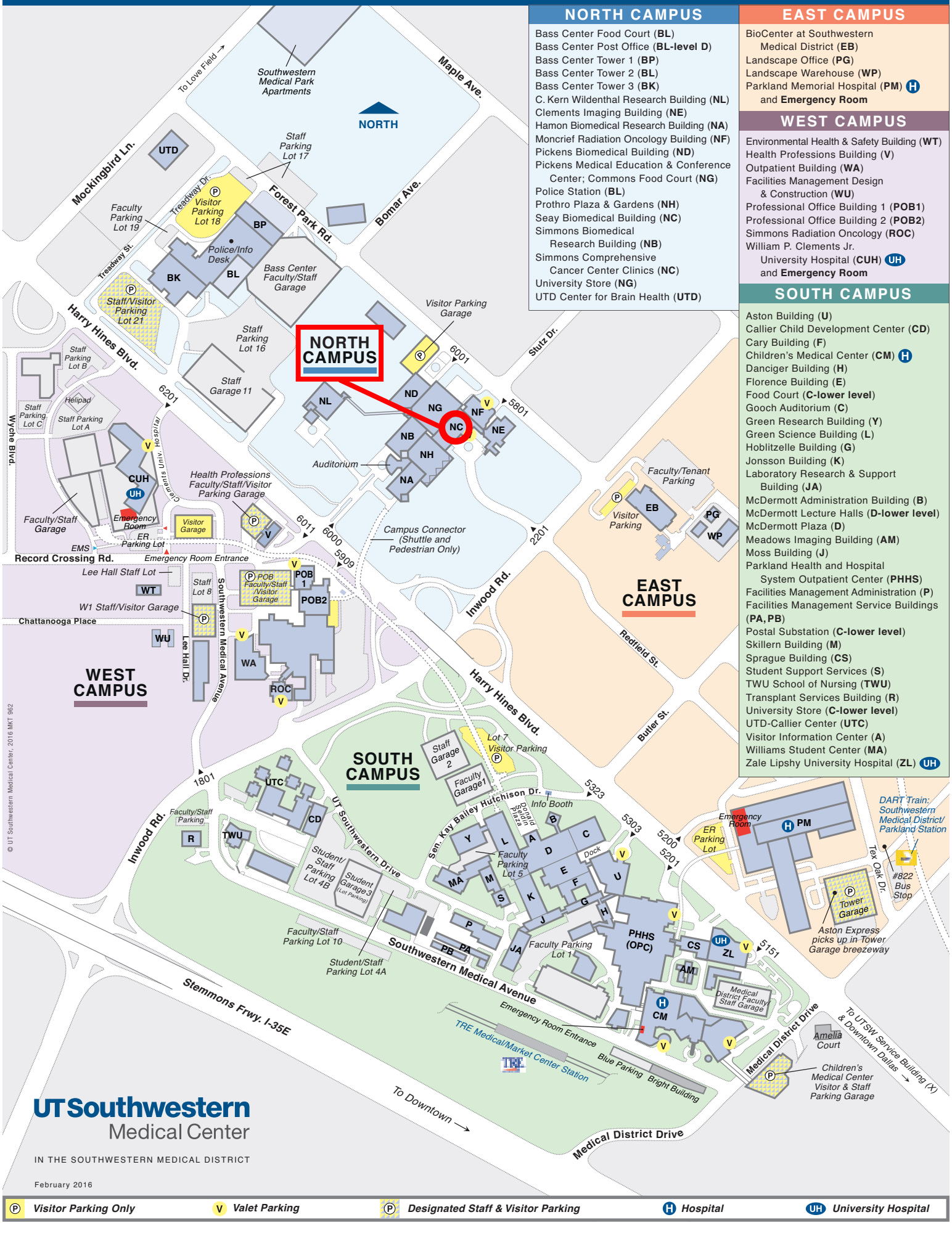
WHAT DO I DO IF NATURE CALLS?

Your phone is still off so…I guess listen to Nature's voice mail after the show? We like to have fun here at DTC…Since the show is only 75 minutes and we will be traveling throughout Strauss Square we STRONGLY suggest all patrons use the Center Café's restroom before the start of the show. If there is an emergency during the show, you may excuse yourself and visit the Strauss Square restrooms. These are the only restrooms that will be open and available to patrons. Please remember there is **NO RE-ENTRY** to *Electra* should you leave the group.

SO, I GUESS I SHOULDN'T GET A GLASS OF WINE BEFORE THE SHOW?

You're welcome to drink (and eat) as much as you'd like before the show, but food and beverage will not be permitted in the group once *Electra* begins.

VISITORS GUIDE TO UT SOUTHWESTERN MEDICAL CENTER



Campus Buildings Listed by Map Code

SOUTH CAMPUS

A	Visitor Information Center, 5323 Harry Hines Blvd.
AM	Meadows Imaging Building, 5171 Harry Hines Blvd.
B	McDermott Administration Building, 5323 Harry Hines Blvd.
C	Food Court (lower level)
C	Gooch Auditorium
C	Postal Substation (lower level)
C	University Store (lower level)
CD	Callier Child Development Center, 1966 Inwood Rd.
CM	Children's Medical Center, 1935 Medical District Dr.
CM	Children's Medical Center Emergency Room
CS	Sprague Building, 5161 Harry Hines Blvd.
D	McDermott Lecture Halls (lower level)
D	McDermott Plaza
E	Florence Building
F	Cary Building
G	Hoblitzelle Building
H	Danciger Building
J	Moss Building
JA	Laboratory Research & Support Building
K	Jonsson Building
L	Green Science Building
M	Skillern Building
MA	Williams Student Center
P	Facilities Management Administration
PA, PB	Facilities Management Service Buildings
PHHS	Parkland Health and Hospital System (OPC), 5201 Harry Hines Blvd.
R	Transplant Services Building, 5601 Southwestern Medical Ave.
S	Student Support Services
TWU	TWU School of Nursing, 5500 Southwestern Medical Ave.
U	Aston Building, 5303 Harry Hines Blvd.
UTC	UTD Callier Center, 1966 Inwood Rd.
Y	Green Research Building
ZL	Zale Lipshy University Hospital, 5151 Harry Hines Blvd.

NORTH CAMPUS

BK	Bass Center Tower 3, 6303 Harry Hines Blvd.
BL	Bass Center Food Court, 6333 Forest Park Rd.
BL	Bass Center Post Office (Level D), 6363 Forest Park Rd.
BL	Bass Center Tower 2, 6363 Forest Park Rd.
BL	Human Resources Recruitment Office, 6363 Forest Park Rd.
BL	UT Police Dept. (Level C), 6363 Forest Park Rd.
BP	Bass Center Tower 1, 6303 Forest Park Rd.
NA	Hamon Biomedical Research Building, 6000 Harry Hines Blvd.
NB	Simmons Biomedical Research Building, 6000 Harry Hines Blvd.
NC	Seay Biomedical Building, 2201 Inwood Rd.
NC	Simmons Comprehensive Cancer Center Clinics, 2201 Inwood Rd.
ND	Pickens Biomedical Building, 6001 Forest Park Rd.
NE	Clements Imaging Building, 2201 Inwood Rd.
NF	Moncrief Radiation Oncology Building, 5801 Forest Park Rd.
NG	Pickens Medical Education & Conference Center; Commons Food Court, 6001 Forest Park Rd.
NG	University Store, 6001 Forest Park Rd.
NH	Prothro Plaza & Gardens, 2201 Inwood Rd.
NL	C. Kern Wildenthal Research Building, 6000 Harry Hines Blvd.
UTD	UTD Center for Brain Health, 2200 W. Mockingbird Ln.

EAST CAMPUS

EB	BioCenter at Southwestern Medical District, 2330 Inwood Rd.
PG	Landscape Office, 5511 Gregg St.
PM	Parkland Memorial Hospital, 5200 Harry Hines Blvd. and **Emergency Room**
WP	Landscape Warehouse, 5511 Gregg St.

WEST CAMPUS

CUH	William P. Clements Jr. University Hospital, 6201 Harry Hines Blvd. and **Emergency Room**
POB1	Professional Office Building 1, 5959 Harry Hines Blvd.
POB2	Professional Office Building 2, 5939 Harry Hines Blvd.
ROC	Simmons Radiation Oncology, 2001 Inwood Rd.
V	Health Professions Building, 6011 Harry Hines Blvd.
WA	Outpatient Building, 1801 Inwood Rd.
WT	Environmental Health and Safety Building, 1931 Chattanooga Place
WU	Facilities Management Design & Construction

Parking *(pricing subject to change)*

(V) VALET PARKING

Valet parking is available for a nominal fee at the main entrances of the buildings listed below. Hours and rates are posted at the valet stations in front of each building. Validation is required to receive the patient rate.

Patient & Visitor Valet Parking Fee (UTSW): *$5 for daily access* with patient validation.

Patient & Visitor Valet Parking Coupon Books (UTSW): *Five coupons for $20.* May be purchased at valet stations.

Patients who valet park and then drive to another UT Southwestern facility that day may valet park free at the second location by presenting their first valet ticket receipt.

Vendor Valet Parking Fee: *$25 for single access.*

- **Aston Building (U):** Monday–Friday, 6:30 a.m.–7 p.m.
- **Children's Medical Center (CM):** Monday–Friday, 7 a.m.–5 p.m. *$5 fee*
- **Moncrief Radiation Oncology Building (NF):** Complimentary for radiation patients; Monday–Friday, 6:45 a.m.–5:30 p.m.
- **Outpatient Building (WA):** Monday–Friday, 5:30 a.m.–6:30 p.m.
- **Parkland Health and Hospital System (Outpatient Center Entrance):** Monday–Friday, 7 a.m.–7 p.m. *$10 fee*
- **Parkland Memorial Hospital (PM):** Monday–Friday, 7 a.m.–7 p.m. *$10 fee*
- **Professional Office Buildings 1 and 2 (POB1, POB2):** Monday–Friday, 6:45 a.m.–6:45 p.m.
- **Simmons Comprehensive Cancer Center/ Seay Building (NC);** Monday–Friday, 6:30 a.m.–6:45 p.m. This valet location also convenient for the Clements Imaging Building (NE).
- **Simmons Radiation Oncology (ROC):** Complimentary for radiation patients, Monday–Friday, 6:30 a.m.–5:30 p.m.
- **William P. Clements Jr. University Hospital (CUH):** Monday–Friday, 5 a.m.–10 p.m. Saturday, 5 a.m.–7 p.m. Sunday, 7 a.m.–7 p.m.
- **Zale Lipshy University Hospital (ZL):** Monday–Friday, 5 a.m.–10 p.m. Saturday, 5 a.m.–7 p.m. Sunday, 7 a.m.–7 p.m.

(P) SELF-PARKING

Rates for UTSW self-parking do not exceed $3. Patients should note the location of their physician's office or diagnostic center in advance to determine the best parking option.

Aston Building (U): Tower Garage (Medical District Drive at Tex Oak Drive). *Patients visiting physicians in the Aston Building will receive a voucher for free parking in the Tower Garage.* Aston Express shuttle available from Tower Garage for Aston patients.

Bass Administrative and Clinical Center (BK, BL, BP): Surface parking in open lots on north and west sides of center. *No charge.*

Health Professions Building (V): Garage self-parking. *$3 fee.* Cash or debit/credit card at exit. Monday–Friday, 6 a.m.–7 p.m.

Outpatient Building (WA): Garage self-parking. *$3 fee.* Voucher, cash, or debit/credit card at Park & Pay station, parking garage elevator lobby/level 1.

Parkland Memorial Hospital Emergency Department (PM): Emergency Department parking available 24/7 for *$5 fee* in lot next to emergency department. Cash, check, or credit card.

Parkland Hospital Tower Garage Garage self-parking adjacent to new hospital. *$5 fee*; open 24/7; cash, check, or credit card.

Pickens Biomedical Building (ND); Pickens Medical Education & Conference Center; Commons Food Court (NG): Garage self-parking. *$3 fee.* Voucher, cash, or debit/credit card at Park & Pay station, parking garage elevator lobby/level 3. Monday–Friday; weekends free.

Professional Office Buildings 1 and 2 (POB1, POB2): Garage self-parking. *$3 fee.* Cash, check, debit/credit card, or voucher at cashier booth. Monday–Friday, 7 a.m.–6 p.m.

Sprague Building (CS): Tower Garage (Medical District Drive at Tex Oak Drive). *$5 fee.* Cash, check, or debit/credit card at the cashier booth.

William P. Clements Jr. University Hospital (CUH): Garage self-parking. *$3 fee.* Voucher, cash, or debit/credit card at Park & Pay station, parking garage elevator lobby/level 2.

Zale Lipshy University Hospital (ZL): Tower Garage (Medical District Drive at Tex Oak Drive). *$5 fee.* Cash, check, or debit/credit card at the cashier booth.

PARK & PAY STATIONS

Several parking areas are controlled by "Park & Pay Stations," which are electronic vending machines located on the main floor of the parking garage. The parking ticket is fed into the machine, the rate is displayed, and payment is made by voucher, cash, or debit/credit card. The parking ticket is returned, and then is inserted at the exit gate.

ADDITIONAL INFORMATION

Emergencies: 911

Campus Directory: 214-645-3111

UTSW Police (Non-Emergency 24/7):
214-648-8311

Automated Directions: 214-648-6264

Automobile Assistance:
214-648-9600 (daytime)
214-648-8311 (after-hours)

Clinic List:
utswmedicine.org/hospitals-clinics/atoz

Shuttles: utswmedicine.org/hospitals-clinics/maps-directions/shuttles