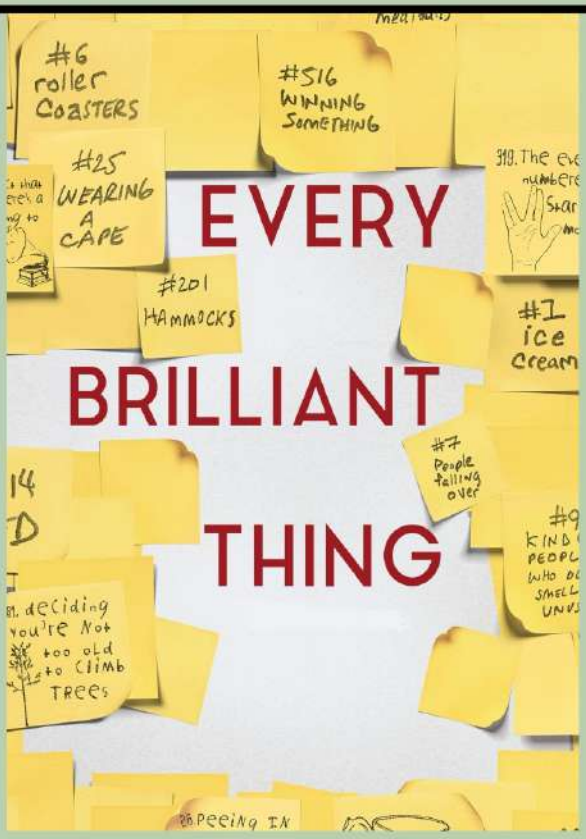
Depression and Suicide
THEATER AS ANTIDOTE

You are invited to attend the Dallas Theater Center Production



Director
Sally Nystuen Vahle

Actors
Blake Hackler
Tiffany Solano

After this interactive theater event we will explore ways that theater can help patients and therapists deal with depression and suicide.
Join us for this thoughtful, funny and hopeful journey!

Saturday, March 2, 2024
10:00 AM to 1:45 PM
Wyly Theater Dallas
Credit Hours: 3

The event is free. Space is limited. To RSVP and for more information

visit

http://www.gapdallas.com/ebt

Organizer:
Dale Godby, PhD

Co-facilitators

Melissa Black, PhD
Richard Enander, PhD
Angelica Tratter, PhD
Tina Ali Mohammad. MD
Zane Dodd. PhD
Carla Pulliam, PhD
Melissa Wallace, MD
Dale Godby, PhD

Sponsored by

Group Analytic Practice of Dallas LLC
DSPP DALLAS SOCIETY FOR PSYCHOANALYTIC PSYCHOLOGY
DSPP ARTS COMMITTEE
CHRYSALIS CENTER
INTEGRATED PSYCHOLOGICAL HEALTH

Every Brilliant Thing—Schedule

Interesting background ideas about Greek drama:

For ancient playwrights like Sophocles, Euripides, and Aeschylus catharsis was a frequent part of their dramas. Catharsis is a Greek word meaning purging or healing. The Greek playwright helped audiences to experience the powerful emotions of the mythological characters they created without suffering the tragic consequences of these characters. In this way, the audience would undergo a form of emotional purging through tears, laughter, and new insights. Many of the ancient Greek theaters were located in or near healing shrines like Epidaurus the healing sanctuary which was the birthplace of Apollo's son Asclepius, the god of medicine.

Ancient Theatre at Epidaurus—still in use today

10:00 AM. Every Brilliant Thing Rehearsal

11:30 AM. Light Refreshment Break

11:45. AM. Social Dreaming Matrix (SDM)—***remember your dreams as we get closer to this event***.

12:15. PM. Small Groups

1:15. PM. Large Group

1:45. PM. Dismiss. Lunch on your own.

Introduction to follow the performance and refreshments:

I want to thank the actors, the director, and Dallas theater center staff for the powerful performance we just witnessed.

I want to say a few words about how we plan to process what we have just experienced.

Catharsis was a frequent part of ancient Greek drama. Catharsis is a Greek word meaning purging or healing. By helping their audiences experience powerful feelings the playwrights helped them to undergo a form of emotional cleansing through tears, laughter, and new insights. Many of the ancient Greek theaters were near healing shrines.

SDM—You will notice we are in an unusual seating arrangement. For the next 30 minutes we will process what we have just seen in a unique way. We will enter together a social dreaming matrix; the purpose of which is to transform our thinking. It will help us to think new thoughts. This is likely a new experience for many. The social dreaming matrix is a place for telling dreams and associations to dreams. We welcome dreams from last night or dreams that may emerge from any night. Try to freely tell any dream without worrying about it being on topic. In telling the dreams, we give the dream to the group to stimulate associations or help us remember old dreams. Associations to the dreams may be of any kind like a color, an image, a fantasy, a line from a poem, or a film. Anything that comes to mind. We don't go into the personal meaning of the dream or associations. So, there is no need to mention the name of the dreamer. Simply, "my association to the dream of the red wagon brings to mind the trip we made to the firehouse in the sixth grade." Here we let the dreams talk to the dreams and the associations. They will help us think some new thoughts about what we have just

experienced. I am now opening the social dreaming matrix for the next 30 minutes. What is the first dream.

Small Groups—We will now move to small discussion groups for 60 minutes where we are no longer impersonal participants in the infinite space of the social dreaming matrix, but persons with identities, names, and roles in a dialogue space where we tell as much as we wish. The groups will be hosted by one of the staff that is sponsoring the event. We have 7 hosts and around 49 participants today, so join one of the circles. I encourage you to join a circle with people you don't know well if possible. Our task will be to reflect on any of the themes that have emerged for you this morning while watching the play and listening to the dreams and associations.

Large Group—Our small groups will now convene in a large group for 30 minutes to share some of what we have just explored. We may have questions for the actors or director or one another and will reflect on any learning we may apply from our experience today.

Learning Objectives:

1. Name two factors that help therapists who have lost a patient to suicide—**colleagues' support who have been through it. Meeting with families of deceased.**
2. Describe frequent sequelae impacting therapeutic work post-suicide—**depression, guilt, fear of judgment and lawsuit, caution in accepting suicidal referrals, overly cautious with current patients who have suicidal ideation, fear of exploring suicidal ideation with current patients.**
3. Describe three ways the narcissistic injury following the suicide of one's patient can be repaired and signs that narcissistic injury is not being dealt with**—mourn, consult with colleagues, apply learnings from the suicide with current and future patients, explore countertransference aggression toward the patient. Failure to mourn, lack of any guilt, refusal to explore therapist responsibility.**

4. Describe how a theatrical dramatization of suicide can be healing—"**the list didn’t save her”…Shakespeare has at least 13 suicides and I ran across a dissertation that recorded 350 in film. Drama like all of us in the mental health field keeps trying to bring some light and hopefully some healing.**

Depression and Suicide — Theater as Antidote

Join us for this thoughtful, funny, and hopeful journey
An immersive theatrical experience

Fees: Free of charge through the generosity of the following sponsors:

You must RSVP to attend. Limited spaces. Email RSVP to: EBTrsvp2024@gmail.com

Dallas Society for Psychoanalytic Society (https://www.dspp.org)

Dallas Society for Psychoanalytic Society Arts Committee (https://www.dspp.org/about)

Chrysalis Center: Integrative Psychological Health (https://www.thechrysaliscenter.com)

Group Analytic Practice of Dallas (http://www.gapdallas.com)

Course Organizer: Dale C. Godby, PhD

Co-Facilitators: Tina Ali Mohammad, MD, Melissa Black, PhD, Zane Dodd, PhD, Richard Enander, PhD, Carla Pulliam, PhD, Angelica Tratter, PhD, Melissa Wallace, MD.

Brierley Acting Company, Dallas Theater Center: Sally Nysteun Vahle, (Director), Blake Hackler, Tiffany Solano (Actors)

Date/Time: Saturday March 2, 2024. 10:00 AM to 1:45 PM

Location: Wyly Theater Dallas

Credit Hours: 3

Description:

After watching the **Dallas Theater Center** actors rehearse a play about depression and suicide, we will convene a workshop for mental health professionals to explore how the threat, attempt, or completion of suicide impacts physicians and therapists.

The play***, Every Brilliant Thing*** begins with a child making a list of everything that makes life worth living to help his mother after her suicide attempt. It takes us on a journey through grief, healing, falling in love, and rediscovering all that life has to give.

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Learning Objectives:

1. Name two factors that help therapists who have lost a patient to suicide.
2. Describe frequent sequelae impacting therapeutic work post-suicide.
3. Describe three ways the narcissistic injury following the suicide of one's patient can be repaired and signs that narcissistic injury is not being dealt with.
4. Describe how a theatrical dramatization of suicide can be healing.

References

LINKS

American Foundation for Suicide Prevention (https://afsp.org)

Stop Suicide Today (https://stopasuicide.org)

988 Suicide & Crisis Lifeline (https://www.samhsa.gov/find-help/988)

ARTICLES

Current Status of Suicide Focused Assessment and Treatment: An Online Resource for (May 2022)

Gerada, C., Griffiths, F. (2019). Group for the dead. Group Analysis, 53, 297-308.

Gibbons, R. et. Al. (2019). Effects of patient suicide on psychiatrists: survey of experiences and support required. BJPsych Bulletin, 43, 236-241.

Godby, D. C. & Mohammad, T. A. Review of the book [Beneath the White Coat: Doctors, Their Minds and Mental Health. by Clare Gerada and Zaid Al-Najir (Eds).] International Journal of Group Psychotherapy.

Gorkin, M. (1985). On the suicide of one's patient. Bulletin of the Menninger Clinic, 49, 1-9.