

Exploring the Mental Health of Grief and Loss through Movement Improvisation: A Performance & Arts-Integrated Workshop with Grey Box Collective

Summary: Exploring the Mental Health of Grief and Loss through Movement Improvisation: A Performance & Arts-Integrated Workshop is a 2-hour event that includes a performance by Grey Box Collective, a dialogue with performers and students followed by a creative practice workshop, and a debrief of the event. As a result of this performance and workshop, students will understand how grief and loss impact our minds and bodies, know how creativity and movement can support navigating these complex conditions, and appreciate the agency of developing original dance compositions that represent youth's experiences with mental health, grief, and loss.

Details: The event will begin with a 30 minute performance by Grey Box Collective teaching artists. The performance, *PAUSE...* is an original, interdisciplinary performance by Grey Box Collective that explores the mental health of grief and loss. Following the performance, there will be a 15 minute dialogue where students can ask questions that came up for them during the performance. This dialogue will flow into a 45 minute creative practice workshop where students create original movement based on the show's themes. Students, in collaboration with GBC's teaching artists, will experience a brave and supportive environment to creatively explore their personal and community's social and emotional wellbeing. The final 30 minutes of the event can be used to share the work created by students, discuss available school and community mental health resources, complete a quick survey, and answer any lingering questions.

Evaluation: Students will complete a brief survey at the end of the event that highlights what they valued and learned through this experience. This information will be evaluated and summarized by GBC Founder, Molly W. Schenck. A final report will be made available to the school approximately four-weeks from the date of the event.

Cost: The total cost for the performance, workshop, and evaluation report is \$5000. At this time, with support from the Arizona Commission on the Arts Youth Engagement Grant, we are able to offer a limited number of low and no cost options. Please contact molly@greyboxcollective.com for more details.

Optional Professional Development for Educators: GBC Founder, Molly W. Schenck is the author of *Trauma-Informed Teaching for Dance Educations* (being released in summer 2022) and creator of *Trauma-Informed Creative Practices* (a compassionate methodology to support learning and creativity). She offers workshops (ranging in 2-6 hours) for educators who are interested in folding trauma-informed approaches into her classroom. This professional development opportunity can be added into the the partnership between the school(s) and GBC for teachers and administrators. CEUs may also be available. Please contact molly@greyboxcollective.com for more details.

About GBC: Grey Box Collective is a trauma-informed arts organization committed to holding compassionate spaces for ourselves and others. Our work is interdisciplinary, experimental, and post-dramatic. We work primarily at the intersection of performing arts, visual arts, educational psychology, somatics (body and mind connection), and feminist theory. Our performances are developed through a trauma-informed creative practices method to embody and embed a lens of compassion and curiosity into spaces of creativity and learning. This allows for brave and supportive environments where multiple internalized/individual truths and social/systemic truths can be explored. GBC was founded by Molly W. Schenck, a former educator turned somatic movement therapist and trauma support specialist. More information and excerpts of the *PAUSE...* performance are available at greyboxcollective.com.