***A New Past? Exploring and Transforming Ancestral Bonds***

**3 hour workshop**

**Minimum 6, maximum 8**

Have you ever wanted to connect with an ancestor who has an on-going and possibly unwanted influence in your life? Do you feel bound to a past family member, even if you have never met them? Do you experience strong feelings about a person in your bloodline, who seems to reach out from your family tree?

Psychodrama Psychotherapist, Julie Lacy, and Arts Therapist, Carla van Laar, combine their modalities, and transpersonal investigations, to create an opportunity for exploring and transforming intergenerational relationships.

This experiential workshop invites participants to:

* Connect with an intergenerational lived experience using the tangible bond of an ancestral linking object.
* Consider the roles that may emerge from a transpersonal dimension, and how they can potentially initiate healing of unwanted intergenerational legacies.
* Create a personal art installation to induce psychosomatic time travel.
* Engage in psychodramatic action, including the techniques of surplus reality and role reversal, with individual familial history.
* Ritually contribute to a shared, facilitated group process.

Enrolment requires participants to engage in preparation. Please bring:

* An awareness of an intergenerational figure that influences your life.
* An ancestral linking object, such as an heirloom, photo, certificate, letter or memento.
* An intention to personally investigate within a significant, shared journey.
* A voluntary readiness for embodied, creative, dialogical, multi-sensory and potentially deep experiencing.

Building on the tradition of the pioneering work of Anne Ancelin Schutzenberger, and more recently the practitioners in the First and Second Transgenerational Conferences, Julie and Carla offer the workshop as a contribution to this growing field, where arts based therapeutic processes are combined and utilised for the healing of embodied memory, and of thoughts, feelings and behaviour arising from unconscious patterns carried within us across time, space and generations.

**Biographies**

**Julie Lacy:**

Julie, MA, Dip. Psychodrama and Group Analytic Psychotherapy, is a psychodrama psychotherapist registered with BPA and UKCP. Based in Melbourne, she is also an educator and writer with a background in performance arts, including being founding director of the original London Playback Theatre Company.

Her clinical and creative work settings include prisons, hospitals, schools, universities, theatres, television, government and non-government agencies, in the health and arts sectors, and private practise. She currently facilitates group programs for war veterans experiencing mental health challenges including PTSD. Julie also teaches introduction to psychodrama, in the Bachelor of Holistic Counselling at Phoenix Institute, and taught at La Trobe University, in the Master of Art Therapy. She’s committed to the benefits of augmenting psychodrama by combining it with arts therapy and transpersonal philosophy and practise. Her interest in intergenerational psychotherapy began when she witnessed Anne Schutzenberger at the BPA international conference in Oxford in 1994.

**Carla van Laar:**

Carla van Laar, Master of Creative Arts Therapy, is a painter and arts therapist. She is currently the Director of ‘aHa Studio’, an independent arts space in Melbourne, Australia, where she provides sessions for individuals, runs workshops, and hosts exhibitions and life drawing classes. Carla is also an educator in Arts Therapy, currently at Phoenix Institute and previously at MIECAT, and RMIT in Melbourne.

Carla has worked extensively in the fields of disability, grief and loss, youth justice, sexual abuse, mental health, personal development and education. She has held positions as facilitator, co-ordinator, clinician, manager and Head of Faculty – Art Therapy. Her publications include the book, “Bereaved Mother’s Heart”, and co-authored chapters in “Healing the Inner City Child”, and “Knowing Differently”.

Carla’s interest in intergenerational healing flows from her work with perpetrators and survivors of sexual abuse, and emergent themes in her current Doctoral research project, “Seeing Her Stories”.

**References:**

**Schutzenberger, A. A. (1998) *The Ancestor Syndrome.* New York: Routledge.**

**van Laar, C. (2008) *Bereaved Mother’s Heart.* Bendigo: St Luke’s Innovative Resources.**

**Alexander, L., Allen, J., Rumbold, J., van Laar, C. (2008) “Knowing Together Differently – Intersubjective Responding.” In P. Liamputtong and J. Rumbold (eds) *Knowing Differently: Arts Based and Collaborative Research Methods.* New York: Nova Science Publishers.**

**Lacy, J., Michaelson, R., van Laar, C. (2007) “A Safe Distance: An Intermodal Approach to Creating a Country Retreat for City Girls who have been Abused.” In V. A. Camilleri (ed) *Healing the Inner City Child: Creative Arts Therapies with At-risk Youth*. Philadelphia: Jessica Kingsley Publishers.**