

Saturday December 3<sup>th</sup> 1:00PM-5:00PM

Explore your birth experience using theater and storytelling



## Red Thread

# Story Circle exploring Traumatic Birth

**Memory War Theater** invites you to participate in a half day of story sharing and exploration around traumatic birth. We are inviting a small group of women who have experienced a traumatic birth to attend this half-day workshop. Theater artist Tikka Sears facilitates the workshop with support from psychologist, Leslie Butterfield.

The workshop will invite storytelling and exploration of our birth stories using drama therapy, interactive theater, art and storytelling. Our goal is to create a space where individuals who have experienced traumatic birth can share stories and process their own stories in a healing and creative environment.

This project is part of a larger theater project that explores traumatic birth and there is an opportunity to work with this project in multiple ways. This story telling workshop is the first in a series of events to create spaces where we can communally share our stories.

### To Register:

This workshop is FREE and supported by a grant from the Mayor's Office of Arts and Cultural Affairs. Please register online at <https://catalyst.uw.edu/webq/survey/tikka/308887> for the workshop and answer a few questions about your experience and why you would like to participate. Please register only if you are certain that you can attend as space is very limited. Workshop location and more logistics will be sent after people register. \*\*The deadline to register is Monday November 28<sup>th</sup>.

**Sponsored by: Memory War Theater** with support from the **Mayors Office of Arts and Cultural Affairs**. Memory War Theater is a partner project of **Shunpike**.

**More info: [www.memorywartheater.com](http://www.memorywartheater.com) or send e-mail to [tikka\\_s@yahoo.com](mailto:tikka_s@yahoo.com)**

## Project Background:

After the traumatic birth of my daughter in 2013, I wanted to tell my story over and over to anyone who would listen. I told the story repeatedly but I was not satisfied with how the narrative unfolded. As a storyteller and theater artist I became obsessed with which version of this story to tell and ultimately how to reimagine this story to integrate it into my life. Those of us who have experienced a traumatic birth do not have places in society other than the closed doors of therapist offices to tell these stories. We need to create more community spaces where these stories can live and breathe. My upcoming theater piece **red thread** will explore birth trauma using multimedia theater and will host several story sharing circles where women can participate and collaborate in the theater making process. -Tikka Sears



## Facilitator Bio:

**Tikka Sears** is artistic director of [Memory War Theater](#) and Co-Director of [Theater for Change UW](#). As a theater director and teaching artist, she creates original works fusing oral history, Theater of the Oppressed, physical theater, and community-based performance. Tikka was a Fulbright-Artist-In-Residence in Indonesia for two years and has received performing arts grants from the US Embassy, the American-Indonesian Exchange Foundation, Artist Trust, the Mayor's Office of Arts and Cultural Affairs, Humanities Washington and 4Culture.

## Psychological Support:

**Leslie Butterfield**, Ph.D. is a clinical psychologist specializing in reproductive health. In her Seattle private practice she works with women and couples dealing with fertility issues, pregnancy loss, the transition to parenthood, perinatal mood and anxiety disorders, traumatic birth, and parenting disabled/medically challenged infants. Additionally, she offers therapeutic and training services to health care providers in the childbirth community. She has traveled both nationally and internationally in her capacity as a trainer/consultant, offering services to a variety of medical and mental health organizations. In her capacity as an educator, she has designed and taught the counseling skills curriculum for Seattle Midwifery School and Bastyr Naturopathic University for the past 20 years. She is past Chairwoman of Perinatal Support – WA, currently a state coordinator for Postpartum Support International, and the Vice President of PATTCh (Prevention and Treatment of Traumatic Childbirth).