Creating a Culture of Theatrical Consent

Presented by: Nina Saunders
Nina Saunders

- 3rd year MFA Theatre and MA Arts Leadership graduate teaching assistant at the University of Houston and
- 500 hour certified yoga teacher who specializes in Trauma Informed Therapeutic Theatre.
- Over 1,000 hours of training in socio-emotional wellness in theatre and theatre education through effective arts leadership and direction.
- Previously she worked for 15 years as high school theatre director and 5 years as a professional director, lighting and sound designer with numerous theatrical touring companies.
- Trauma Informed Therapeutic Theatre Teaching Artist at Houston Creative Arts Therapy.
- Education & Community Engagement Arts Leadership Intern at the Alley Theatre
- Purpose: to use the art of theatre to compassionately empower, enrich, inspire, and heal through the art of storytelling.
“What we don’t need in the midst of struggle is shame for being human.”

-Brene Brown
Mindful Self-Care for Educators

Right now more than ever, educators and their students are emotionally and mentally challenged as we move forward in a world that has experienced over a year of collective trauma. In this presentation you will be provided with exercises and techniques that you can utilize and take back to your students to help them process and release emotional and traumatic weight, as well as help you as an educator create a sense of physical, mental, and emotional well-being in this unique time.
Sustainable Practices in Theatre for Mental Health:

• Transformational Leadership
  – Vision: Build Prestige & Create a Brave Space

• Agile Management
  – Structured Plan of Success that has room to shift as needs shift.
Theatrical Intimacy & Consent

- Theatrical Intimacy
  - Check In & Check Out
- Consent Based Practices
- Honor Boundaries
  - Button
- Emotional or Physically Challenging Work
  - Third Person Accountability
Theatrical Intimacy & Consent

7 Elements of Trust

• Boundaries- willing to say no
• Reliability aware of competencies and limitations
• Accountability- own mistakes and make amends
• Vault- don’t gossip don’t overshare
• Integrity- courage over comfort
• Non Judgment- as for what you need
• Generosity- don’t assume worst
Theatrical Intimacy & Consent

• Fitting in versus Belonging
• 1. Belonging is being somewhere you want to be and they want you, fitting in is being somewhere you want to be and they don’t care if you are there.
• 2. Belonging is being accepted for you. Fitting in is being accepted for being like everyone else.
• 3. If I get to be me I belong, if I have to be like everyone else, I fit in.
Thank you!

Nina Saunders

Contact Info:
ninasaunders1@gmail.com
www.ninasaunders.net