

STEP TOWARDS DARKNESS, STEP TOWARDS LIGHT...

With Anthea Carpenter-Procter and Alexa Edelist



Image: Tijana Lukovic @tijanadraws

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.” – Marianne Williamson

How can we accept the vast chasm that lies between our darkness and our light? How can we alter something within ourselves to narrow that void and begin to work towards lessening our fear and stepping more joyfully towards our true potential? How do we harness a spontaneous response to the fear of our own creative power, and that of our colleagues and clients?

These are just some questions we will potentially explore using an array of psychodrama techniques. Expect a uniting journey between the polarities of shadow and light and the dialectic of acceptance and change.



Anthea Carpenter-Procter is based in Preston, Lancashire in the UK and is the co-founder & Artistic Director of Lancashire People's Theatre as well as an actress, voice-over artist, acting & voice coach and qualified teacher. She is currently in her third year of training to be a psychodrama psychotherapist with the London Centre for Psychodrama. Passionate about theatre arts as a creative means for enabling others to reveal their true selves, Anthea feels psychodrama is her calling and is excited to qualify and use its power to help heal the people of Lancashire as well as the many actors she sees suffer within her industry.



Alexa Edelist is a theatre director and events creator based in London and a student in her final year at the London Centre for Psychodrama. She created her arts platform Gems of Mazal in 2008 specialising in themed events in diverse and unexpected spaces. Her passion is working with individuals, both as a psychotherapist and arts practitioner, to tease the light from the darkness (and vice versa) and expel the fear of being curious. Alexa spent a number of years living and working in Israel and, after graduation, hopes to build a thriving psychodrama practice and ongoing connection between her two homes.