



Gideon Zehavi

Play in Therapy – Therapy by Play: An introductory workshop to Developmental Transformations

Play in the field of psychotherapy is considered key to human development. Small children quickly learn to represent real life situations and challenges in play to make sense, sort-out, reexperience and explore them under imaginary and non-consequential circumstances. Play is spontaneous, surprising, fun, relatively safe and potentially transformative. In play we give representation to our internal experiences, to our relationships and to the world around us.

So how is it that most of us get weaned off play as we get older? How is it that many times we come to see play as ‘silly’ and unimportant, unlike real life that is ‘serious’ and meaningful? Play, in fact, can continue serving us in our adult lives to increase our flexibility vis-à-vis ever-changing and never-ending challenges. Engaging in play allows us to experience greater levels of freedom, adaptability and balance in our lives.

DvT (Developmental Transformations) was created by David Read Johnson in the late 1970s and since then is a vibrant and continuously developing model in drama therapy. The *Playspace* is the imaginary playground in which therapist and client physically meet and interact in free improvisation. DvT practice increases the ability to adapt and find balance in our lives in the face of instabilities inherent to our existence.

We invite you to enter the *DvT Playspace* and join us in a two-day experiential workshop where we will learn basic DvT concepts and perspectives, practice play, demonstrate individual and group therapy sessions and explore the transformative affect DvT can bring into our professional and personal lives.

Gideon Zehavi is a seasoned drama therapist, supervisor and lecturer in Israel and abroad. He is the director of the Israeli Institute for Developmental Transformation and the incoming training director of the DvT Institute (Cha) in Shen Zhen, China. Gideon holds a full time private practice and is a PhD Candidate in the Department for Theatre Studies at the Hebrew University of Jerusalem.