



**Jonathan Fox: Sharing our Stories--A Way to Build Resilience**



Jonathan Fox is the co-founder of Playback Theatre, an applied theatre method now practiced in 70 countries, and founder of the Listening Hour, a new approach to building resilience in times of crisis. Explore how one's personal story, with its emphasis on event and image, can build meaning and connection, especially in a time of crisis.

**TOP EMBODIMENT TIP:** Know that your stories are important for you and for others and the stories of others will help expand your understanding of the world and build resilience.

**The Playback Theater Concept: Supports Resilience for the Actors and Storytellers**

- An exercise in translation and expression.
- Includes a conductor, a teller, actors and musicians and offers a voice to those that may otherwise not be listened to.

**Tellers: Tell Whatever They Want to Tell**

- There is no probing
- Chosen from the audience, this requires a level of courage and vulnerability. There is a form of passive embodiment in watching your story acted out that can be quite cathartic and life changing.

**Actors: Use Music, Movement, Voice and Sound**

- Embody a story teller's experience.
- This role requires discipline, courage, self awareness and enormous respect for the teller's story.
- It is not about the actor's skill or demonstration.

**Stories: Sophisticated System of Asking for the Stories**

- The stories in a forum will begin to link and exhibit connection and create a community narrative.
- This process can move a trauma memory to a narrative story.

**The Listening Hour: An Answer to the Worldwide Shelter in Place**

- A new concept born from the pandemic.
- Online small group with a trained guide.

**Resources**

- ❖ **Books:** *Acts of Service: Spontaneity, Commitment, Tradition in the Nonscripted Theatre* and *Beyond Theatre: A Playback Theatre Memo*
- ❖ **Website:** [Playback Centre](#)
- ❖ **Facebook:** [International Playback Theatre Network - IPTN](#)



❖ Resources: [Playback Theater Training: HOME | NYSPT](#), [The Listening Hour](#)

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