

## Art of Attachment Facilitated Screening



**Vincent Dance Theatre (VDT)** is expert in the field of creative health and trauma informed creative practice, developed over 30 years leading work in formal education and community settings, in arts and non-arts contexts, with professionals and non-professionals.

For three decades the company has advocated that active engagement in arts, culture and creativity is beneficial for health and wellbeing and that involvement in the arts improves cognitive, linguistic, social and emotional development, aids self-regulation and decreases psychological or physical distress. We also believe that creativity should be integral to health and social care.

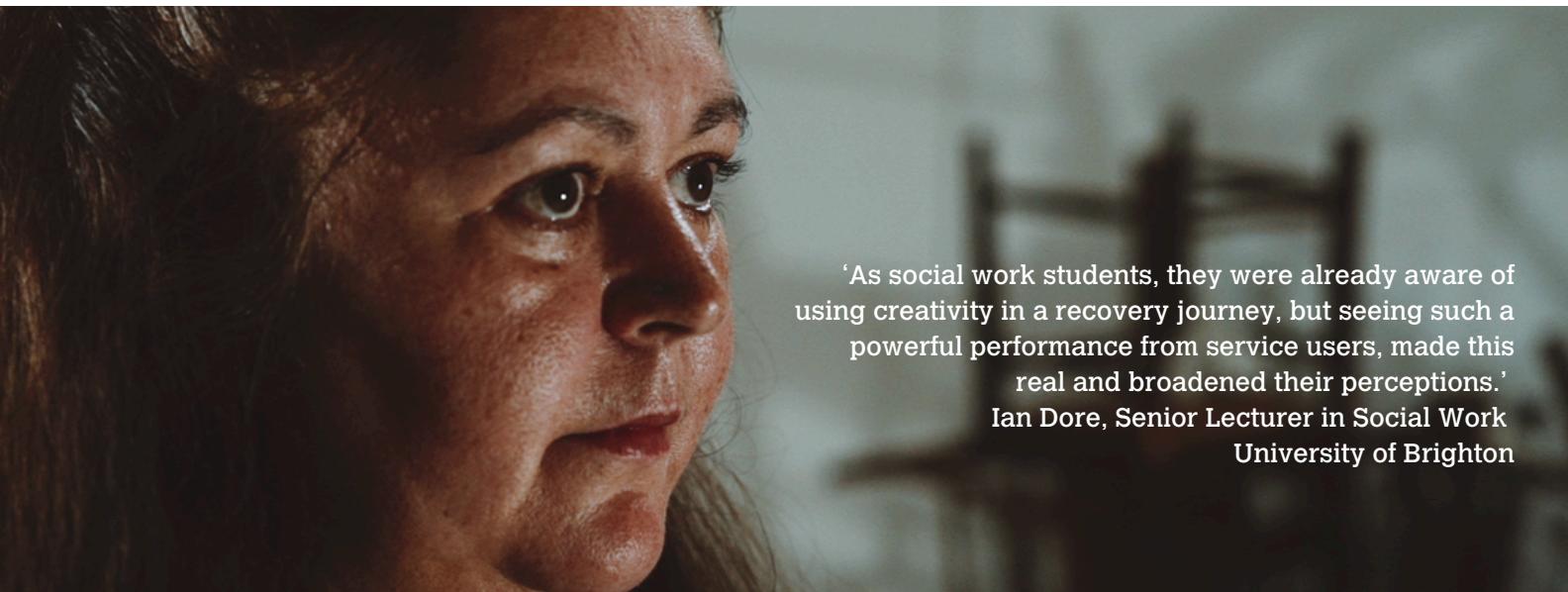
VDT is currently offering a [Creative Health Professional Development Opportunity](#) for Further and Higher Education students to engage with creative practice as a tool for self-reflection, self-care and self-expression, both for the students themselves and the clients they work with.

### What is a Facilitated Screening?

**A Facilitated Screening** of VDT's **Art of Attachment** (a dance theatre production on film that shares the lived experience and stories of four women in recovery from substance misuse), followed by creative and reflective activities to explore how creative practice can unlock what cannot always easily be said, to improve health and wellbeing and positively impact on personal and professional practice.

### Who is it for?

Social Work, Health, Social Care, Childhood and Youth Studies, Sociology, Education, Policing, Gender Studies students and trainees.



'As social work students, they were already aware of using creativity in a recovery journey, but seeing such a powerful performance from service users, made this real and broadened their perceptions.'  
Ian Dore, Senior Lecturer in Social Work  
University of Brighton

## What is Art of Attachment?

Throughout 2018, Artistic Director Charlotte Vincent worked with women in recovery from substance misuse at Oasis Project, Brighton. Using her artistic practice to capture the complex emotional bonds that exist between women and their children, partners, family and friends, **Art of Attachment** was made in collaboration with four women from Oasis alongside two of VDT's longstanding professional performers.

Through real-life testimonies and movement the production represents the women's often deeply traumatic life experiences, stories of sexual, physical and mental abuse and above all loss. Art of Attachment celebrates the sheer strength and resilience of women and children in overcoming adversity and sharing the work offers students and practitioners a transformative act of witnessing, allowing them to consider the emotional labour of everyone involved.

*'These are women whose stories have been subsumed in case reports or eclipsed by social stigma... the onstage action is overlaid with recorded dialogue. It is chopped up roughly, suggesting the way trauma assaults our sense of continuity and coherence.... Agonisingly visceral, and often beyond words, this is also a piece about love as an enduring source of hope....'*

*The Psychologist, review of Art of Attachment, 2018*

## What does it cost?

**Full CPD Training Day:** £750 + VAT (4.5 hours; includes 60 minute screening)

**Facilitated Screening:** £450 + VAT (2.5 hour; 40 minute screening)

To discuss this opportunity contact VDT's General Manager: [admin@vincentdt.com](mailto:admin@vincentdt.com) or call **01273 911616**

## Example of Schedule

**9.00 - 09.15** Arrival and Registration

**9.15 - 09.30** Main space: Introduction to VDT's socially engaged practice / aims of the day

**9.30 - 09.45** Introduction to **Art of Attachment** and the making process

**9.45 - 10.50** Screening **Art of Attachment** (60 min)

**10.50 - 11.10** Moment to process response to the work / task to share of initial thoughts

**11.10 - 11.30** Comfort / refreshment break

**11.30 - 13.00** Creative / discursive activities delivered in 25 min sessions in rotation (travel between three smaller spaces /zones in a larger space):

- **Activity 1: Discussion with Charlotte Vincent (VDT Artistic Director)** focussing on the impact and application of the work; safeguarding participants and audiences
- **Activity 2: Discussion with Vikki or Leah, (non-professional performer in the work)** focussing on the value of sharing stories through metaphor and the power of traumatic lived experience being made visible and heard
- **Activity 3: Creative Workshop with Sian Williams** focussing on paper and clay based craft activities for emotional regulation

**13.00 - 13.30** Reconvene for Plenary session / sharing of take aways / check in

**13.30 - 13.40** Signposting and Thanks

**To find out more about VDT visit: [www.vincentdt.com](http://www.vincentdt.com)**