



The Leelah Play

By Dr. Dov Blum-Yazdi

The Leelah Play consists of two parts:

Leelah Play Paradigm - a theory that is sensitive to the power relationship between client and therapist, and a dramaturgic therapeutic conceptualization that redefines notions such as freedom and identity through play.

Leelah - Play for Itself - is the theory application; a model involves undirected role-play within a frame of a long-term narrative. It suggests a therapeutic process of autonomous, non-intervention, and self-healing work led by the players.

The Avatar



Leelah uses the term Avatar to describe the fictional role taken by the client. It is played narratively over numerous sessions. Leelah's therapy is focused on the treatment of the Avatar. The therapy process is carried out phenomenologically.

Phenomenological therapy techniques

VS

Interventional and guided therapeutic techniques



Avatar

Leelah dramaturgical notion
Representative - Persona





Avatāra, Sanskrit - अवतार, Hinduism concept: "descent"
Material appearance or incarnation of a deity on earth.
To make one's appearance. refer to guru/revered human being.



'internal object' -

A mental and emotional image of an external object that has been taken inside the self.

The character of the internal object -

Coloured by aspects of the self that have been projected into it.

The most important internal objects -

are those derived from the parents, in particular from the mother or breast into which the infant projects its loving (life instinct) or hating (death instinct) aspects.

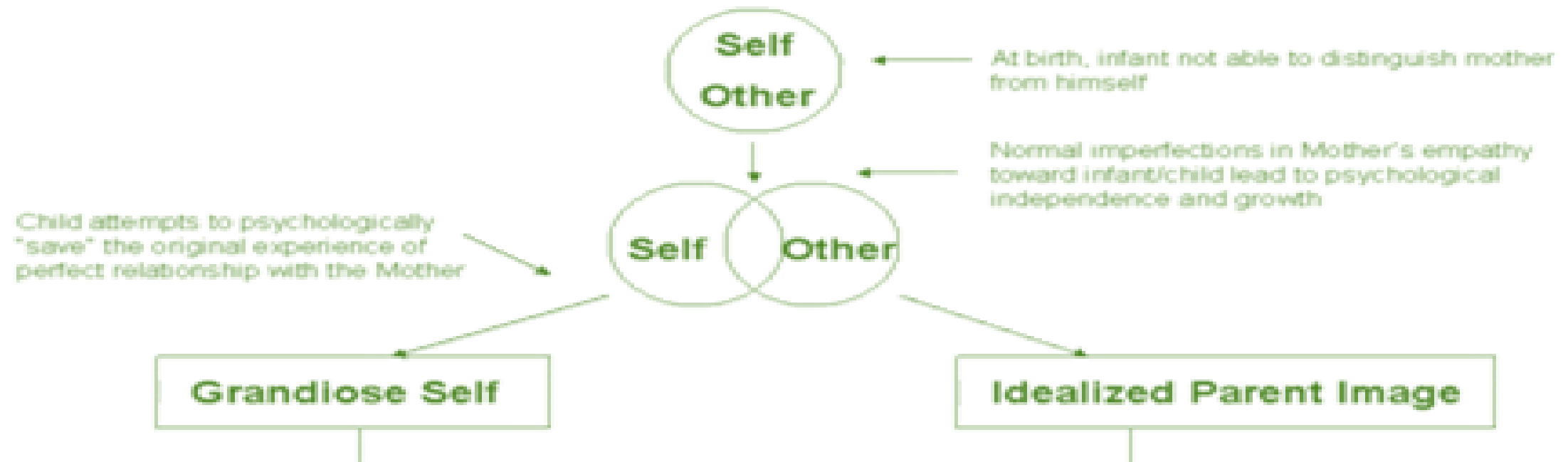
1927 Klein, M. 'Symposium on child analysis'. 'Imago' differentiated from the original object.

1929 Klein, M. 'Personification in the play of children'. Psychosexual stage influences character of **imago**. Extreme characteristics of **imagos** described.



Selfobjects

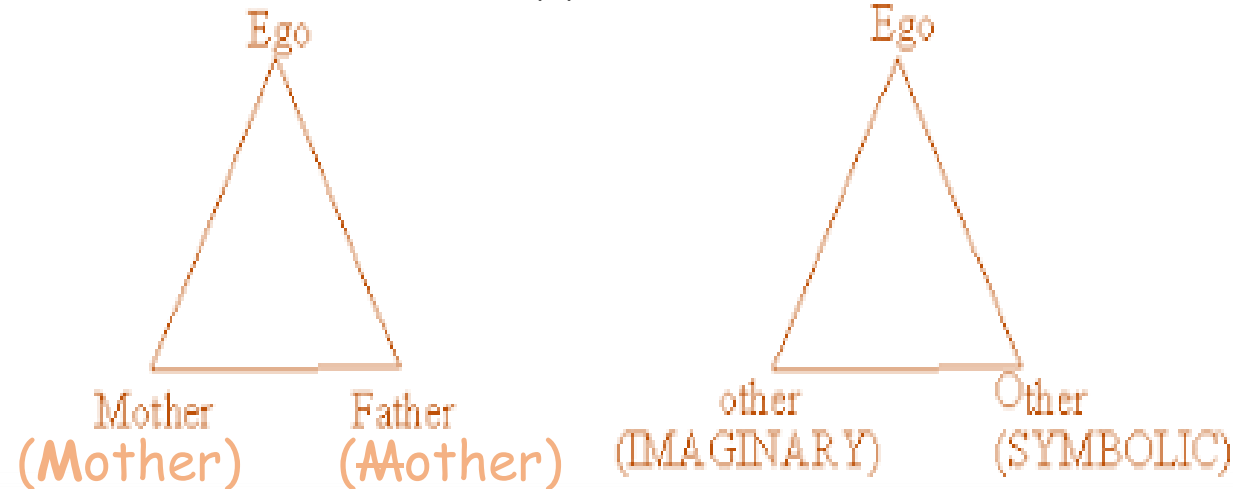
- External objects that function as part of the "self machinery".
- Objects which are not experienced as separate and independent from the self'.
- Persons, objects or activities that "complete" the self, such as early interactions with the caretakers.



H. Kohut (1971), *The Analysis of the Self*. New York: International Universities Press. 3.
 Kohut, *How Does Analysis Cure* p. 192–193

Desire/Lack

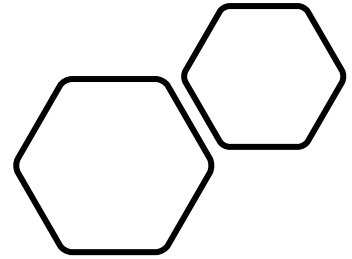
איווי/חסר



The imaginary	-Pre-linguistic, pre-Oedipal stage -No clear distinction between the subject and an object, or between itself and the external world.
The mirror stage	The moment when the infant learns to identify with his or her image in a mirror, and so begins a sense of a separate self.
The symbolic	-After the acquisition of language, “the law of the father” -the infant subject assimilates the inherited system of linguistic differences (male/female, father/son, mother/daughter).

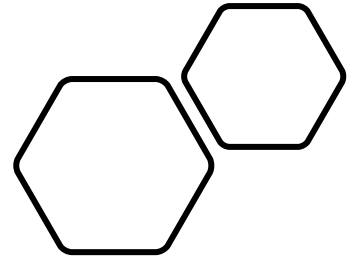
The Presentation of Self in Everyday Life

Erving Goffman





Always be yourself.
Unless you can be a pirate.
Then always be a pirate.









Modern adult mirror stage

When are we pleased with selfies?

How many pictures do we take until we are pleased?

How do we know which picture is accurate?

Doing that, what is our motivation?

Is it a self creation process?



What are the applications of the Avatar in drama therapy?

The Leelah novelty a phenomenological role-playing game

The Avatar is the one who gets the Therapy



"Me Playing Other-I" A presenter/Avatar

Is closely monitored by the therapist-player, using DST: a developmental sequences treacker.



play

Your Prayers





**The degree to which the artistic environment faithfully reproduces reality
determines the degree of suspension of disbelief**

The danger of
becoming your alter ego

Collective
subconsciousness



Attacks on Linking

Bion, W. R. (2013).

*The Psychoanalytic
Quarterly*, 82(2), 285-300.

Avatar collapse modes

Nathan Verhelst (Nancy)

A Belgian transsexual has chosen to die by euthanasia after a botched sex change operation to complete his transformation into a man left him a 'monster'.

Nathan Verhelst, 44, 02 January 2013, died yesterday afternoon after being allowed to have his life ended on the grounds of 'unbearable psychological suffering'.



3

steps



How to Create an Avatar

personal stage, pre-interaction



Primary goal: Create a random Persona



3. Foundation

- Building the persona home / workshop / Land, a private safe place.
- Defining goals & ambitions for the persona - fun or serious.
- How is it going to happen?

Social & practice stage



Primary goal: *Creating a social circle*



3. Wide Social interaction

- Gathering for the class meeting in the central market square.
- What kind of presence does the persona have?
- What is the persona position?

Primary goal: Deepening the Persona

Depth stage



3. Autobiography

- Giving the persona compelling personal history, fitting a narrative backstory.
- Origins, family status, hometown, etc.
 - What kind of life did the persona have?
 - What experiences has it been shaped by?
- Seeking inspiration from cultural touchstone figures.



- Don't be too thought-out.
- Don't try to be funny, successful or talent.
- There's no such thing as a player that acts up or fail to function correctly.
- Don't start blurring the mental line between your alter ego and your true self.
- The Persona must be a unique character with a personality distinct from yours.



The Primary advantage -
There is room for a gentle, quiet, calm and pleasant role play, without provocations.



מכתב הפרידה שכתבה פלג:

"שורות אלו נכתבו בלשון אישה. אך הם מכיוונים
לכל המעצרים: כשאתן קופאות את השורות הבאות, לה
אחרי שהלכתי לישון בשלווה אל תוק החיזרון. ישנתי
ולא סבלתי. ישנתי והפסקתי את הכאב והסבל שהיו מנת
חלקי רוב מכריע של חיי... חייתי המון פרמוב. צרכתי
סמים ואלכוהול בניסיון לברוח ולהקרות את הכאב.
בזירות איומה. אונס מתמשק ומצמח. ניצול מיני
ותקיפות מיניות רבות."

ממטה המאבק לזכר מאי פלג נמסר כי:
"על פי מחקרים, כ-41%
מהטרנסג'נדרים והטרנסג'נדריות מנסים
לשלוח ידם בנפשם."

משה שטיינמץ, יום חמישי, 10 בדצמבר 2015, וואלה News