

## Leelah – Play for itself, Dramatherapy Seminar

By Dr. Dov Blum-Yazdi, Drama therapist & Clinical Criminology



**Format:** Seminar

**Theory and research:** Leelah is a new dramatherapy theory that researches therapeutic play issues of power, freedom, and identity. Blum-Yazdi is making a unique attempt to redefine basic terms such as Play, Therapist, Self, etc., which supports this field. The suggested new structure of the self, named the Triple Spiral (an ancient Celtic symbol), enables the individual to move, progress, and return to his original self - but changed.

**Method:** The application of the theory "Leelah Play Paradigm" is called "Leelah – play for itself": this is a role-playing game model, which investigates self-reflexivity in relation to the other. In "Leelah", each participant, including the facilitator, takes on a role and plays simultaneously with the others. It is a nondirective, long-term, and narrative method.

**Seminar:** The game simulates a social lab. Alongside its unique identity, each player seeks a link to a mutual identity of the entire multicultural community. Leelah breaks up longstanding social conventions and dissolves the leftovers into an intuitive sense of new understanding; destroys the known identity and rebuilds it.

**Publications & illustration:** Nowadays, the Leelah theory and model are going through a publishing process. For illustration, click: "[Leelah](#)".

**Participants:** No acting skills are required. The model is designed for participants with no acting experience, for whom the play is embarrassing and daunting.

**Equipment requested:** Open space/studio, seats, projector, scarves and light fabrics and costume accessories (Hats, glasses, wigs, etc.), Photocopy of a short booklet with theoretical material.

**Duration and graduation:** The seminar can be held between one to four days, negotiable. It can be considered as part I of the training process for Certification.

**Presenter mini-biography:** Drama Therapist and Clinical Criminologist. Psychotherapy mind-body-spirit program graduate; Ph.D. in psychoanalysis and Hermeneutics, Bar-Ilan University. Works at "Place to be", a drama and art therapies studio; Ministry of Education - Merhav program, drama therapy group with high school youth. Supervision and teaching in Arts Therapist training programs: University of Haifa. The developer of "Leelah - A Non-directive Play Model" and "The Play Paradigm": theoretical concepts of power, identity, and liberty in the therapeutic playing field. A peace activist.

### Public institutions where the Leelah is taught:

- School of Art Therapy, MA track, University of Haifa, Israel.
- Training for veteran art therapists, Ministry of Education, Israel.

### Private institutions:

- AEON Dramatherapy Institute, Director - Stelios Krasanakis MD. Greece, September 2019.
- C.A.T.S. Malta - creative arts therapy Society. Director – Joseph Tanti & Noelle Camilleri. Malta, September 2019.

### Conference presentations

- 2017** "Leelah – play for itself", speaker session, **Setting the Stage**, the third conference of the European Federation of Dramatherapy. Artevelde University, Ghent, Belgium. Apr. 6<sup>th</sup> -9<sup>th</sup>
- 2018** "Leelah – Play for Itself" - Ouroboros Spiral, workshop, BADth conference, **Identity: Moving, progressing and coming back to self**, The University of Chester, England, September 7<sup>th</sup> to 9<sup>th</sup>.
- 2018** Living Together in Borderless Borders & "Leelah – Play for Itself", **Borders in Action**, 4<sup>th</sup> European Dramatherapy Conference, University of Nürtingen-Geislingen, Germany. April 26<sup>th</sup> to 29<sup>th</sup>.
- 2019** "Leelah – Play for Itself" & the Aletheian Space, workshop, ECARTE conference, **Imagining Windmills - Trust, truth and the unknown in the arts therapies**, University of Alcalá, Spain, September 11<sup>th</sup> to 14<sup>th</sup>.
- 2021** "Leelah – Play for Itself" - Video Role Playing. **Con'fuZing – DvT Reshaped and Transformed, The First Virtual DvT Conference**, April 22<sup>th</sup> to 23<sup>th</sup>.

### Publications:

Blum-Yazdi, D. (2013). Language, Kwan, World. Journal of east-west Psychology. Quart. No. 3, 3.9, Bar-Ilan University.

Blum-Yazdi, D. (2014a). Leelah - play for itself: a non-directive model of drama therapy. In Berger, R. (editor), Creation - The therapy heart (p. 67-95). Kiriyat Bialik: ahch.

Blum-Yazdi D. (2014b). Power games: Huizinga vs. Klein - approaches to play. *Academic Journal of Creative Art Therapies*, December Vol.4, Issue 2.

Dov Blum-Yazdi, (2015). Erving Goffman, The Presentation of Self in Everyday Life – A book review. *Academic Journal of Creative Arts Therapies*, Haifa Uni. pp.565-569, Vol. 5, Issue 2.

Blum-Yazdi D. (2017). Freedom games, Gadamer vs. Winnicott - approaches to play. *Academic Journal of Creative Art Therapies*, December Vol.7, Issue 1.

Blum-Yazdi D. (2018). The Play Paradigm: Theoretical Concepts of Power, Identity and Liberty in the Therapeutic Playing Field (Doctoral dissertation). Bar Ilan University, Ramat Gan.

For additional publications please click here: [Articles](#)

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