



Homebeing: Parallel Cycles

Thuiszijn: Parallele Cycli

Jessica Bax, Bas van Geest, Sandra Nypels, Gerben Roefs, Judith Seepma & Bert Weijdema

With this creative multidisciplinary performance we aim to evoke a range of emotions, both within ourselves and our audience; an audience who are simultaneously experiencing and exploring ways to express their inner worlds. To some, this may appear as a repetition of sorts (*Healing the wound*, ECArTE, 2019), and that is precisely our intention: a re-visiting of previously lived and reflected experiences in order to give new meaning to how we shape our inner worlds into our personal homebeings.

We recognize a continuous cycle running from a poem by Homer to another by Cavafy. In these works, homecoming is a central theme. One tells of the adventures along the journey, driven by the longing to finally return home. The other seems to portray the journey itself as the essential experience. Between these two, another author wrote about an orphan boy, Rémi, searching for his home. Rémi's journey (Malot, 1878, *Nobody's Boy*) represents an inner process of self-discovery through hardship.

Like Rémi, we begin to realize that both adventure and adversity create opportunities, and that the persistent belief in coming home eventually culminates in the realization of homebeing.

Inspired by key principles of Gestalt therapy (contact, awareness, presence in the here-and-now, and the movement from fragmentation to wholeness), together with Vlada Zapesotski's 'Inner Home' model, the performance brings to life four inner figures: the Caretaker, the Heart Companion, the Personal Assistant, and the Witness.

Our performance centers on the process of inner homecoming as a spiral of healing. We embark on a journey from Homer's poem, through Malot's story, to Cavafy's poem,



discovering yet another layer of the spiral towards wholeness through today's performance: from fragmentation to integration, and, ultimately, homebeing.

Biography

Jessica Bax is a third-year Bachelor student in Dramatherapy at the HU University of Applied Sciences Utrecht. She works in mental health care with people with mild intellectual disabilities, acquired brain injury, often combined with behavioural and/or personality disorders. She also performs as a healthcare clown and puppeteer. Her ambition is to further discover therapeutic clowning, as a pathway to rebuild self-worth and self-reliance through the philosophy and logic of the clown.

Bas van Geest is currently working on his bachelor thesis to finish his degree of music therapy from the University of Applied Sciences, Utrecht, the Netherlands. He had his internships in mental healthcare settings working with adults with mental disabilities and with adults suffering from psychiatric disorders. He's been a lead singer of different bands and has been participating in performances at different international conferences (ECArTE 2022 / EMTC 2025).

Sandra Nypels is a Dutch music therapist who received her Bachelor in 2024. Since 2024 she works in different locations in homecare for elderly people with dementia, somatic and in revalidation. She participated in the ECArTE conference in 2022 (performance) and 2024 (participant) and the EMTC Hamburg 2025 (performance).

Gerben Roefs, MMTh, RMTh is a Dutch music therapist who received his Bachelor in Music Therapy in 2008 and his Master of Music Therapy in 2015. He is an experienced, registered, clinical music therapist currently employed in a residential mental health care setting treating elderly people who are in crisis. He combines this work with his job (since 2015) at the University of Applied Sciences (Utrecht) as a teacher of music therapy methods. He participates regularly at international conferences and is the Dutch representative in the European Music Therapy Confederation (EMTC).



Judith Seepma (1980) is a Bachelor of Music Therapy graduate from the University of Applied Sciences Utrecht. Since 2010, she has worked with elderly people with dementia and gerontopsychiatric issues. Through her company Meer Muziek in Zorg (since 2018), she supports this group as a care-musician, provides training for healthcare workers, and gives presentations on music and dementia. She participated in the performance named *The (Mis)adventures of Pinocchio and the Unreliable Shapeshifter* (ECArTE Conference 2022) and the performance *Creative Dialoguing: a students' perspective* (13th European Therapy Conference 2025).

Bert Weijdema originally teacher and musician, had been working as a music therapist in Elderly Care (8 years) before receiving his BA in Music Therapy (2025) at the Utrecht University of Applied Sciences. As a self-employed therapist, Rock-and-Water coach and musician, he combines several jobs (since 2000), including leading 'participation choirs for people with faltering brains' (community music therapy). He participated at ECArTE conferences, 2022 and 2024; (2022: Performance), and EMTC Hamburg 2025 (Performance).

Recent Publications

D'Elia, M., Hougham, R., Roefs, G., Junker, J. (2024). **The vicissitudes of professional recognition.** *ECArTE Conference, Ghent.*

Gottfried, T., Geipel, J., Roefs, G., Giordano, F., Fitzpatrick, K., Gattino, G., Swanick, R., Žalgiryté-Skurdenienė, J. (2025). **BRIDGES = Bias – Regulation – Inter-connection – Direction – Guidance – Empathy – Stimulation.** *EMTC Conference, Hamburg.*

Roefs, G. (2024). **Development of Music Therapy in The Netherlands.** *Presentation at International Music Therapy Congress, Brežice.*