



On my way to my Ithaka

Myriam Saade

*“As you set out for Ithaka
hope your road is a long one,
full of adventure, full of discovery.”*

As drama therapists, we all set out for a journey, a journey that began years ago with the ultimate destination of using drama as therapy. Wishing for a long road, we have all overcome fear, obstacles, challenges and growth. Pioneering this practice, drama therapists have always challenged themselves to explore more, to live more, to push boundaries while tracing each our own path. Collectively, we took the same large road; but individually, we each had our own. It might not have been fast or easy, even disappointing sometimes yet rewarding much more.

Are you willing to look back at the trajectory and reflect on it? Do you feel like as a therapist, you witnessed the growth of others but tended to forget yours?

This workshop aims to invite drama therapists to write down their own ‘Map to Ithaka’, looking back at the years of experience they had, through a drama therapy session, and to reflect on the journey they have made so far. We will acknowledge that each has their own journey, but we all make this field worth the efforts that we put in. Made of pivotal events, we will find and determine the phases each one went through in order to cherish our journey.

Inspired by the ‘Creative journal’ of Anne Marie Jobin and the Narradrama technique by Pamela Dunne, this workshop will aim to help drama therapists answer the following questions: on my way to my Ithaka, how did I live the journey?



Biography

Myriam Saade has been an actor since 2011 and drama therapist since 2019. Majored in Education and Performing Arts, with a Master's degree in Drama Therapy from USEK. Drama therapist, lecturer and researcher at USEK University, Lebanon.

Attended 15+ theatre workshops with national and international professionals covering many schools, techniques, and practitioners; as well as an internship at the ENSATT in Lyon. She has had roles in plays, movies, and series as an actress in Lebanon and France.

Myriam is passionate about the healing process of traumatized individuals using theatre techniques giving individuals the possibility to tell their stories, express their feelings, solve problems, and achieve catharsis. She is currently pursuing her PhD in the field.

Recent Publications

Saade, M., Rizk, N., Saade, L., Pitarque, S. **Drama Therapist in War**. *Publication in which the work is published on going in DT review.*