



Pieces Of Me: The Role of The Pop Star Persona

Callum Fedele

Drama Therapist and Licensed Creative Arts Therapist Callum Fedele re-examines his relationship to gender and sexuality through this self-exploratory performance of his inner pop star. Callum addresses the ongoing attack and war on gender, while trying on roles and modeling what it means to evoke the Role of the Authentic Self.

This common story touches on themes of privilege, prejudice, the impact of whiteness, and addresses toxic masculinity, and internalized homophobia. This performance is a call to action as Callum asks you to bear witness to his individual journey in order to address your own relationship to the ever-evolving and fluid self. This theatrical self-examination utilizes music, dance, and drama in order to re-arrange and make sense of the roles we play in life.

Callum's performance focuses on three major roles that shaped Callum's relationships and ultimately helped mold his identity. Callum utilizes Robert Landy's (1992) Role Method by interrogating the intersection of his personal story and that of his pop star's journey, recognizing the shared isolation, recognition, and ultimately, validation or in this case, 'fame'. This moment represents not only a crossroads within himself, but within the greater society in which he lives. While particular roles are necessary in order to survive, other roles become exploited, abused, mis-used, and imposed upon us. Callum asks himself: "What role is inhibiting me from loving myself fully?"

In order to better support LGBTQIA (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex and Asexual) identified clients with identity formation, issues of low self-esteem, and address feelings of depression and anxiety, Callum examines his own performance of gender and sexuality. He demonstrates tools such as aesthetic distance, role-play, embodiment, music and dance. By queering the lens of the gender binary, Callum deconstructs how creative arts therapies can address the gap that traditional talk psychotherapy may leave behind.



Callum Fedele is a genderqueer, white hispanic, artist and drama psychotherapist from New York, USA, who has made his life's mission to destigmatize mental health and support LGBTQ+ adolescents and families. Callum is a performance artist and actor who prides himself on cultivating creativity in whatever space he takes up. As a graduate of New York University's Drama Therapy MA program, Callum enjoys embodying the role of leader, and, after years of creating programming around children's arts in education, he currently runs his own private practice in Syracuse, New York. Callum loves K-pop and plays ukulele in his spare time.

Presentation

Harris and Long Psychotherapy, Kristin Long, Scott Palyo, Jamie Adges, Hilda Bates, Georgie Landy, Simret Nanda, Heather Foster and Callum Fedele (2023). *Workshop "The Edges of Therapy: Creativity with Adolescent Treatment"*. **European Society for Child and Adolescent Psychiatry, (ESCAP) 2023**