

## **Embracing an entropic perspective – engaging in entropic play for our wellbeing**

**Gideon Zehavi**

How can we even start to comprehend the dark times we live in? Is it at all possible to rise from the ashes, adapt to everchanging life circumstances and experience a sense of wellbeing once more? I ask these questions in a time of war, in hope that they will somehow benefit my clients, my community, my family and myself.

Since Heraclitus asserted that nothing is more constant than change humanity has consciously tried to deal with the immeasurable impact of change on our lives. In the arts therapies, as in the field of psychotherapy at large, one can easily distinguish between two approaches: a) an attempt to stabilize and gain control over day-to-day functioning in spite of constant change and instability; b) an attempt to promote a state of dynamic equilibrium.

In the past year or so I have been contemplating a different perspective derived from and based on the entropy principle in physics, as it applies to living systems. Rudolf Clausius's mid-19th century principle can be described as the inherent progression of closed systems toward chaos, disintegration and death; whereas living/open systems continuously seek out ways to regenerate and live on. Our ability as living beings to inhabit, develop and transform in an unpredictable, everchanging, many times disorderly and chaotic environment is beyond incredible. In fact, it can be argued that chaos is fundamental to evolution, that deconstruction clears the way for new possibilities to emerge and that we have learnt to endure as living systems many of life's calamities.

The entropic perspective embraces the entropy principle. In this poster I will introduce its basic concepts, therapeutic value, goals and principal interventions. I will also introduce the term entropic play: a disorderly and deconstructive form of playful interaction in drama therapy focused on facilitating change and regeneration.

## Biography

**Gideon Zehavi, MA, RDT/BCT** is a seasoned drama therapist, senior supervisor and lecturer in drama therapy at the Tel Hai Academic College in Israel. He has published several papers on the treatment of autism spectrum disorder (ASD)-diagnosed children and adolescents, on Developmental Transformations (DvT) and on drama therapy-based autobiographical performances. Gideon is the founder and former director of the Israeli Institute for Developmental Transformations and the training director of the Developmental Transformations Institute in Shenzhen, China.

## Recent publications and conference presentations

Zehavi, G. (2023). Workshop: **The Bare Necessities: physical energy, psychological entropy and playful encounters in drama therapy and LIFE**. EFD international dramatherapy conference: Imagine. May 5th-6th, Amersfoort, The Netherlands.

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Fried, D. and Zehavi, G. (2022). **'Art is the evidence!': Developmental Transformations (DvT) theory and practice applied to art-based research**. *Journal of Applied Arts & Health*, article first, pp. 1–12, [https://doi.org/10.1386/jaah\\_00109\\_1](https://doi.org/10.1386/jaah_00109_1)

Zehavi, G. (2016). **The performative: preparing for life-changing moments in autobiographical performance**. In: R. Emunah, D.R. Johnson, and S. Pendzik, (eds.) *The self in performance: Autobiographical, self-revelatory, & auto-ethnographic forms of therapeutic theatre*. New York: Palgrave Macmillan.