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## Exploring Capitalism, Colonialism and Racism in a Liberation Based Peer Supervision Group

**Amanda Rothman**

Many therapists hear the call to an idyllic shore, a place of perfect practice, a harbor of healing. We imagine our island of Ithaca as a community of people liberated from systems of oppression. The journey to liberation is one of endless encounters and learnings—always sailing, never arriving. The sea we travel is the world as it is. Its currents are shaped by the ancient, powerful forces of Colonialism, Capitalism, and Racism (CCR). These are not abstract concepts, but the monsters of the deep, the sudden storms that can splinter a well-meaning practice and pull our clients under. To brave the treacherous waters, we built a sturdy ship named Liberation Based Peer Supervision (LBPS), where those on board fight to dismantle CCR out at sea and within themselves.

Using role theory as our map, this workshop will chart how CCR performs through our personal and professional identities. Participants will actively name and play out roles such as the Advocate, the Healer, or the Gatekeeper, for example, to better interrogate biases, expand perspectives, and increase accountability to the communities we serve. This experiential process offers a practical and tangible method for any therapist committed to building a more equitable and socially just future for our field.

Together, we will work to: (1) Identify how systemic forces of CCR impact the delivery of mental health services, (2) increase awareness of how our professional roles can perpetuate harm and (3) practice methods for holding ourselves and others accountable, as well as identifying acts of advocacy. As we sail to our next destination in Pula, Croatia, we call on all creative arts therapists to join us on the epic journey to liberation.



## Biography

**Amanda Rothman**, LCAT, RDT, MA (she/her), is a clinical drama therapist, Fulbright research scholar, and educator currently based in Los Angeles, California, home to the Gabrielino/Tongva Nation, the Aboriginal tribe of the Los Angeles Basin.

## Recent Publications

Tam, R. & Rothman, A. (Forthcoming). **Peer support in the drama therapy community: Confronting colonialism, capitalism and racism in the clinical space.** In E. Tsabary & O. Fitzgerald (Eds.), *Co-creating Multiplicity: Collaborative Practices in the Age of Individualism*. Cambridge Scholars Publishing.

Rothman, A., & Shamir, O. (2023). **Hate Letters to Miss Kendra: Will you Reply? Written and performed by Nicole Ventura, Vanessa Arthur, Katrina Sanyal, Alicia Stephen and Erinn Webb, with Art by Emily Kneis, Directed by Alicia Stephen and Erinn Webb.** *Drama Therapy Review*, 9(2), 355-359.

Rothman, A., Offerman, E., & Trottier, D.G. (2022). **HERO Unmasking: A mixed methods pilot study to explore the impact of a tele-drama therapy protocol on frontline healthcare workers during COVID-19.** *Drama Therapy Review*, 8(2), 213-233.