

# Rocks in the Riverbed:

Building a Trauma-Responsive  
Workbook for Theatre  
Practitioners

By Claire K. Redfield





iCreate: A digital storytelling collaboration at Phoenix Children's Hospital, Fall 2018





*The Snow* by Finegan Kruckemeyer  
Arizona State University's School of Film, Dance, and Theatre, Winter 2020  
Photography Credit: Tim Trumble Photography



*Celebration Eastlake with Sleeveless Acts and the Eastlake Park Community, Spring 2019*  
Photography Credit: Tim Trumble Photography

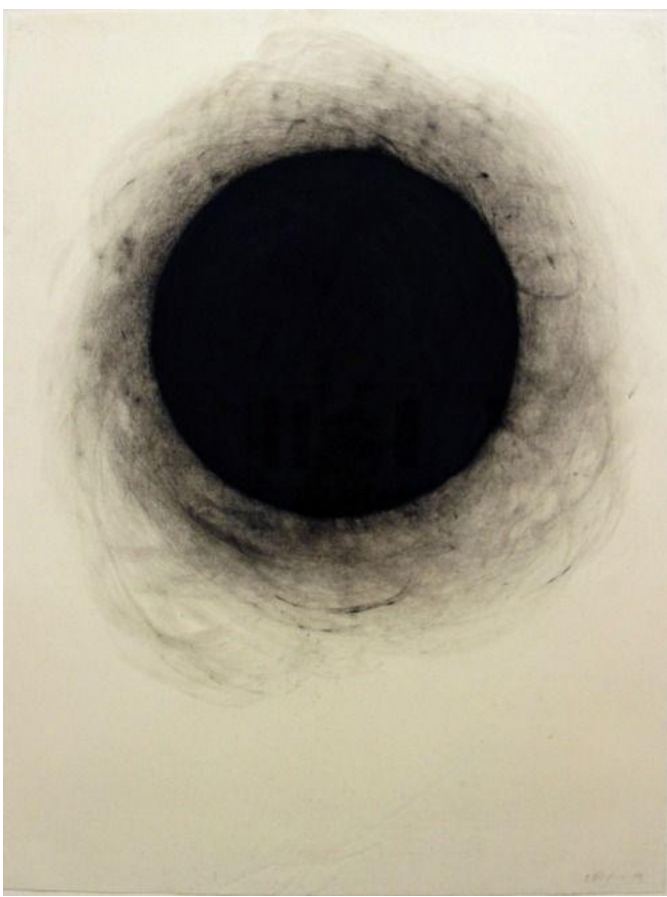


Where it began: *good friday* at Arizona State University, Winter 2019  
Photography Credit: Tim Trumble Photography



# Defining Trauma: The 4 Rs from the U.S. National Center for Trauma-Informed Care

- Realizing wide impact of trauma and recovery through education/systems
- Recognizing signs of trauma as they arise
- Responding with trauma-responsivity in structures and practices
- Resisting re-traumatization to the best of our abilities



I Cut You Choose

# The Tools: Rocks in the Riverbed

- Why Rocks in the Riverbed?
- What about right now?
- Realizing The Foundation
- Recognizing through Mind the Constellation
- Responding through Space or Support
- Resisting Re-Traumatization Through Refilling Your Cup







What's Next? Building the Workbook