

Case study: Acting in a film as a form of rehabilitation therapy after a psychological trauma

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ABSTRACT

Art therapy is used in multiple ways in rehabilitation and it can work in perceptual, sensory-motor, emotional, cognitive, social and spiritual aspects of the life of an individual and his personality. Each of these requires its own rehabilitation settings and the art therapist works with a variety of issues. This presentation is focused on the personal experience of writing and directing a short musical film series in which actors were children coming from disadvantaged backgrounds. The acting, dancing and singing were employed as therapy for social, emotional and behavioral issues. By the end of the project the children have learned how to use their new artistic skills in order to externalize their feelings and felt relieved.

Mode of Presentation: Oral

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BIOGRAPHY

Andrei Tache-Codreanu is a graduate of the BA and MA in Film Directing at The National University of Theatre and Film "I.L. Caragiale" in Bucharest, where he is currently in his second year of PhD studies in the same field. He is interested in using cinema and theatre as a therapy form, both for the viewers and for the actors engaged in his projects. His films, documentaries and fictions, are based on real social problems and often follow characters with deep emotional traumas that began in their childhood. He is interested in following these characters and his cinematic frame to become a place where his characters, actors and viewers learn how to fight with their past for a better recovery.

His latest short film has been premiered at Kiev Molodist International Film Festival and has obtained the Grand Prize at the Golden Baklava Film Academy 2021. His other films have been awarded at festivals such as Mumbai Shorts International Film Festival, South-Eastern Europe Cinema Schools, Cinemaiubit International Student Film Festival and more. He is now in postproduction with a new documentary film and with a short fiction about the psychological traumas of the COVID-19 Pandemic.