

Emotional Fluency Training for the Actor

Rethinking Emotion in Contemporary Theatre

**A LIVESTREAM AND IN-PERSON PRESENTATION
RESERVATIONS ARE REQUIRED FOR THIS FREE EVENT**

To make an in-person or online reservation, please visit
<https://emotionalfluencyproject.com>

Livestream link will be delivered by e-mail the morning of.

Thursday, May 19, 2022
7:00pm — 8:30pm

Room 1L10 Lockhart Hall
The University of Winnipeg

With the growing awareness of mental health, the necessity for a respectful workplace and the ever-increasing emotional demands placed on actors, is there an urgency to rethink how we work with emotion in Contemporary Theatre Practice? Tom Stroud (University of Winnipeg), Ines Buchli (York University), and Gayle Murphy (University of British Columbia) share their research into the safe and effective use of emotion in Contemporary Theatre Practice and the development of Emotional Fluency Training for the Actor.

Capacity for in-person seating is 35 on a first-come, first-serve basis.

Masks are required.



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BIOS

Ines Buchli is an award-winning theatre director, filmmaker, and writer. With over 35 years of experience, she has worked across Canada. She served as Associate Artistic Director for Necessary Angel Theatre and Associate Artist for Theatre Direct. Her award winning short, *Foxy Lady*, *Wild Cherry* premiered at the Toronto International Film Festival and has screened around the world. Ines directed the premiere of the multimedia production of *The Secret Doctrine* and *The Living* garnering awards for Best Direction and Best Production. Ines taught acting and directing for many years at York University where she is currently continuing her research in emotion as a Senior Scholar. Ines is a founding member of the Emotional Fluency Project, a certified Alba Emoting™ teacher, and an Emotional Body® Instructor.

Gayle Murphy has specialized in breath and the speaking voice for over thirty years. She coaches actors for stage and screen and has led workshops in Bangkok, Hong Kong, and across Canada. She is an Associate Professor in the Department of Theatre and Film at the University of British Columbia and is on the faculty of the Moving Voice Institute (formerly Canada's National Voice Intensive). Gayle is a certified teaching practitioner of Breathexperience (formerly Middendorf Breathwork) and is a director of Breathexperience Canada. She is an Emotional Body® Instructional Apprentice and a founding member of the Emotional Fluency Project.

Tom Stroud is a choreographer and director known for his integrated approach to theatre and dance. With over 35 years of experience in the field, he has performed extensively nationally and internationally as an independent and with The Karen Jamieson Dance, Toronto Independent Dance Enterprise, Le Groupe De La Place Royale, Fondation Jean-Pierre Perreault, and his works have been commissioned and presented by companies, festivals and presenters coast to coast. He served as Artistic Director of Winnipeg's Contemporary Dancers from 1991 to 2005 and is currently an Associate Professor at the University of Winnipeg's Department of Theatre and Film where he teaches a somatic approach to acting and performance. He is a founding member of The Emotional Fluency Project, a certified Alba Emoting Teacher, and an Emotional Body® Lead Instructor/Trainer.

