



How do you, your team, your production, Arts organization benefit from working with a Mental Health & Trauma-Informed Practitioner?

- Greater psychological safety for Cast and Artistic Team which impacts process & production positively
- Aligns with & supports Equity's First Day Talk, Not in Our Space Statement
- Provides education in trauma sensitivity which is key to inclusivity as trauma can greatly affect access needs
- On call support & resources to focus on self-care, alleviate stress, build resilience & prevent trauma
- Provides continuity of care for cast & to assist with sensitive, difficult subjects and/or demands on Cast
- Supports & help Director & SM to navigate through consultation during rehearsal

In a time of restoration and repair after a series of complex compounded traumas (including Covid 19, Black lives matter, climate change, Truth and Reconciliation to name just a few), and in an ever evolving landscape of reparations that are in right-relationship with the harm done, the need for a responsive path of care is clear.

Trauma-informed Care is KEY. What are the 6 Principles of TIC?

- Safety
- Trustworthiness & Transparency
- Peer Support
- Collaboration & Mutuality
- Empowerment, Voice & Choice
- Cultural, Historical & Gender Issues



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Let's talk about Artist Mental Wellness



Let's collaborate to cultivate brave spaces that support & care for Artist Mental Wellness

FAQ (Frequently Asked Questions)

How does caring for the artist allow for greater creativity and risk taking?

- When an Artist feels cared for and safe, their brain & body can move out of survival state & then able to have more freedom, access emotions, creative ideas and make brave choices.

When is a Mental Health Care Practitioner needed in a production?

- Every production is unique so needs will vary so it's important to book an initial consultation. For example, introducing on First Day or having pre-rehearsal talk with Director & SM to identify subjects or areas in text that may be taxing on performers and having a practitioner present to check in & provide support for increased self-care. Transitioning from rehearsal to tech/production can also be a time to offer extra care and support.

BIO

Nicolle is grateful to live, work and create on the unceded and ancestral territory of the Snaw'naw'as First Nations people. Her expertise is the culmination of two careers that unite her clinical skills and professional theatre career to cultivate mental health safety and help others achieve, personal, professional and artistic wellness. She is a Jessie nominated actor (CAEA/UBCP), Playwright (Playwrights Guild of Canada), Dramaturge and Assistant Director. A graduate from UVIC, Acting Specialization. She is dedicated to expanding her learning through continual learning from Nicole Brewer's Anti-Racism Course, Elaine Alec's Cultivating Safe Spaces, The Village Series Workshops etc. She is also a certified Addiction Counselor CAC II. She is a CACCF Approved (Canadian Addiction Counsellors Certification Federation), CEU Course Provider and Author of Just the Two of Us as well as contributing author in 3 new books, including *The Coach's Guide to Completing Creative Work*.

