

There is a growing need in the Arts & Entertainment industry for Mental Wellness to be more trauma-informed and aware of the impact and risk for audience, cast and crew.

Pressure, deadline, budget cuts & stress in a relationship intense profession in a post-Covid world is complex and has significant daily impact on mental health.

Let's create a community of care & accessible resources that acknowledge the value of mental wellbeing and psychological safety.

A Mental Health Practitioner can offer:

- Pre-production consultation delivers a Mental Wellness & Risk Assessment that considers impact on audience, actors and crew. This results in a smoother rehearsal process & prevents issues that can save time and resources.
- Education/workshops in trauma sensitivity that can greatly impact workplace and actors performance.
- On call support, resources & consultation from trained mental health counselor to share tools needed for self-care, decrease stress and prevent harm.
- Practical guidance for Director/SM/AD in addressing complex needs & create greater psychological safety for actors and crew.
- Reinforce & align with Equity's First Day Talk, Not in Our Space Statement.





Mental Health Consultation take pressure of the artistic and technical teams so they can focus on making SPECTACULAR theatre.

Every theatre/film/tv production is unique so needs will vary. Consultation can include:

- review script and trouble shoot script areas that depict mental health issues, content for potential triggers or require trauma sensitivity.
- provide intake with actors & develop a care plan for scenes of vulnerability, including scenes with emotional intimacy, simulated sex, sexual violence or childbirth.
- facilitate a workshop about consent, psychological safety, address subjects of sensitivity and share accessible ways to cope with mental stress.
- share knowledge for storytelling and accurate portrayal of mental health.
- offer support for actors access needs, mental wellbeing tools, safety plans that help actors transition from roles and subject material, ie. de-roling and debriefing.

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 as a counselor and 20+ career in the performing arts. She is a Jessie nominated actor (CAEA/UBCP/ACTRA), Playwright (Playwrights Guild of Canada), Dramaturge and Assistant Director. A graduate from UVIC, Acting Specialization. She continues to be active in professional development, completing PIP's Launchpad Program as an Intimacy Professional and completing Level 2 as a Cultivating Safe Spaces Facilitator with Elaine Alec.

She is a certified Addiction Counselor CAC II in good standing since 2007. She is a Approved Ceu Course Provider with the Canadian Addiction Counsellors Certification Federation and author of Just the Two of Us & a featured author in *The Coach's Guide to Completing Creative Work*.

A champion for creative self-care, advocate for mental wellness and recovery.



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Let's book a conversation



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