



Introduction

We perceive the world with the whole of our being. The images we see, feel, smell, taste, touch and intuit are ours, but equally often diffused by the imprints of others. The images we carry define what we think, do, and long for, and tell us where to go.

Truth is that we have been conditioned to use our rational and (perhaps) emotional intelligence, while losing sight of the intelligence of the body. We have been disconnected from our spontaneous body responses, and learned to control our feelings and communication by restricting breath, voice and free movement. With this suppressing and numbing of our perceptual capacities, we also lose much of our knowledge and understanding of what Imagination is.

Waking Up To Imagination addresses professional creatives with a project. Next to the mental, emotional and psychological processes, it takes the body as an important key to understanding where you are in respect to your project. The work invites you to enter a state of curiosity and not-knowing; aims to create perspective shifts, and free you from habitual behaviour. New, unforeseen paths open up for both you and your project.



Approach

At the heart of the work are the methods as applied within the practice of Integrated Psychotherapy (Character Styles, Bio Energetics, Bodydrama, Insightful Communication, Reichian Breathing, Group Dynamics). This is completed with Systemic Work and Embodied Imagination.

The various methods intersect, underscore and strengthen one another. Years of training and practice have taught me to listen into situations and find an appropriate approach to a specific question or need. Should it fall short, we try again. We investigate and explore the interaction between you and your project until insights and images surface and are uncovered, contributing to the work. Also the feedback and reflections of other participants enrich the creative processes profoundly.

Tailor Made Training and Workshop

This can take a variety of forms. A two-hour session; a three-day workshop; individual or in a group. At a festival, training institute or private studio. Dutch or English language. In The Netherlands or abroad.

'I see how this way of working can lead to a strengthening of the idiosyncrasy of creatives' – A.S.



Documentary Workshop

You are drawn to a certain type of stories and you work with people in your own particular way. You are developing a new project, when suddenly you find yourself lost. You no longer rely on your observations and you feel insecure about your drives or those of your protagonist(s). Unsure how to bring your film and the relation with your protagonist(s) to another level, the question arises, 'what's next?'

In this workshop you are invited to bring your project and questions to the floor, and to explore new possibilities in the interest of both your film and personal well-being. You learn more about your drives, strengths and pitfalls, and are offered tools and understanding in how to address your protagonists in a more effective, responsible, and respectful way.

'As a result of the sessions a positive space has developed between me and my project. In this space I can use my personal gaze and experience to let the story, the characters and the structures arise and unfold. The sessions are a voyage of discovery in my own development as a person and maker, and an enrichment and deepening of my project.' – P.



Year Training

A program for professionals with a project (film, book, design, etc). We meet in small groups over a longer period of time, with attention for the individual. It is a trajectory for the courageous, one which brings you chaos before a new cosmos appears. We look for a change of perspectives and investigate what obstructs and supports your creative ability. You animate your inner fire and become acquainted with new images feeding into your project.

'One of the most intense and meaningful journeys I've experienced in my life'. - A.F.

Embodied Imagination

Dreams are the most pure form of imagination, the least influenced by environmental factors. The work helps you to experience dream images as a living, animated environment, and gives new impetus to creativity.

'It feels as if this loosening up in me will ultimately ensure that I dare to manipulate the material of my film in a natural, fair way. This is what I look for and that is where my film journey got stranded. I feel that this is exactly what I have been waiting for for years, and it will help me to get closer to myself and therefore to the world (read: the audience)'. - N.



Trainer

Rik Vermeulen obtained a master's degree in Film and Television Studies and is trained in Integrated Psychotherapy. He runs a Therapy Practice and was formerly working for the International Film Festival Rotterdam (Programme Department, Film Office), Transilvania International Film Festival (Executive Director) and Noordelijk Film Festival (Artistic Director). Other experiences include the production of short fiction films and membership of the selection committee of the Dutch Film Fund.

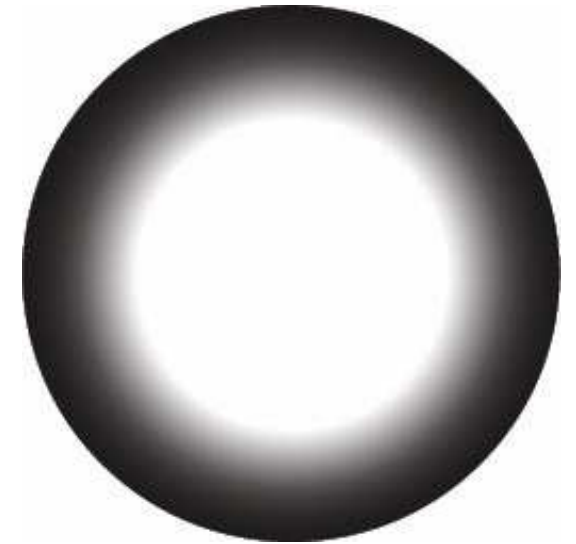


For more information check the website.

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