

Stage Fright – A Pick and Mix of Techniques

Summary and Resources

The techniques I shared dabbles of in the workshop:-

1. Wider focus – NLP or clowning, to connect with your peripheral vision.
2. De-fusion/ disconnecting from your inner critic (ACT).
3. Grounding, body, - connection to the outside of your body (Qui Gong/clowning/Energising),
4. Establish your higher purpose (NLP/Coaching),
5. Establishing a bodily felt resource (Somatic Experiencing).
6. Your purpose in the actual performance (acting/Meisner or various “non-inward” approaches to acting).
7. Backwards circle and the forwards circle (Barbara Houseman).

Techniques I referred to but didn't share:-

- Body Scan
- 5 things – you can see, hear,
- Listening for the furthest sound you hear, then in the room, then in your body.
- Focussing on a reason – in the ACT course.
- Mindfulness in it's many guises
- Counting your breaths – the most accessible meditation I've found. Breathe however you want but concentrate on counting the breaths.
- Find things of a certain colour in your space.
- Focussing on low slow breaths.

Techniques that I recommend

- EMDR for those who are stuck in a trauma circle, working with a great therapist who does EMDR has been life changing for me.
- Somatic Experiencing.
- Drama Therapy.
- Cognitive Behavioural Therapy – very popular in the UK.
- EFT (tapping, if done well)I'd love to know your suggestions and resources.

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Resources to share

The Hand Brain – Dan Siegel

https://www.youtube.com/watch?v=f-m2YcdMdFw&ab_channel=Dr.DanSiegel

Acceptance and Commitment Therapy

The Happiness Trap – Russ Harris and this free course <https://phw.nhs.wales/services-and-teams/activate-your-life/>

Body Work and Grounding

Barbara Houseman – for body work and grounding

Somatic Experiencing

Waking The Tiger – Peter Levine

Core Singing

I understand that a resource is being developed.

Challenging the Inner Critic and freeing creativity

Julia Cameron - The Artists Way

Other Useful Books

Lyn Helding - The Musician's Mind

Bella Merlin - Facing the Fear

Sanford Meisner on Acting – This approach takes you out of your head and into the work.

An outwards approach, so I love it.

Whatever Heidi Moss Erickson is researching and planning

Other books that I love that may inspire

1. Zander and Zander – The Art of Possibility
2. Barry Green – The Inner Game of Music
3. Matthew Syed – Bounce
4. Bessel van der Kolk – The Body Keeps the Score
5. Eckhart Tolle – The Power of Now
6. Gabor Mate – I'm not sure it links but I love his work, scattered Minds, When the Body Says No and others
7. Brene Brown – Daring Greatly and probably all of hers.
8. Viktor Frankl – Man's Search for Meaning
9. Gay Hendricks – The Big Leap – about dreaming big, false ceilings and zones of stuff
10. Glennon Doyle – Untamed, to generally blow your mind.
11. Nick Bottini – Just Play
12. Barbara Houseman – Finding Your Voice
13. <https://www.stephenporges.com>