

# Embodied Storytelling as Cultural and Epistemic Praxis: Playback Theatre and the Reconfiguration of Disability

## *EXPRESSIVE ARTS THERAPY & PLAYBACK THEATRE: EMBODIED VOICES OF CHILDREN AND PERSONS WITH DISABILITIES*

**Maria Kyriakou:** Interdisciplinary Visual and Performing Artist, MA, Expressive Arts Therapist BA, Playback Theatre Facilitator and Actor. External Collaborator, Greek Ministry of Education / Cultural Ambassador, Greek Ministry of Culture. Member of the Cyprus Chamber of Fine Arts (E.KA.TE.)

## EUROPEAN SCIENTIFIC CONFERENCE

**DisAbility Culture: Art, Inclusion and Social Transformation  
Within the framework of the DIS Festival – Together We Are Better**

# A moment from a workshop with children

“The body as expression ”  
“The body remembers”



Silence  
Movement  
Shared gesture  
Emergent story





**This is how I  
feel at school.**

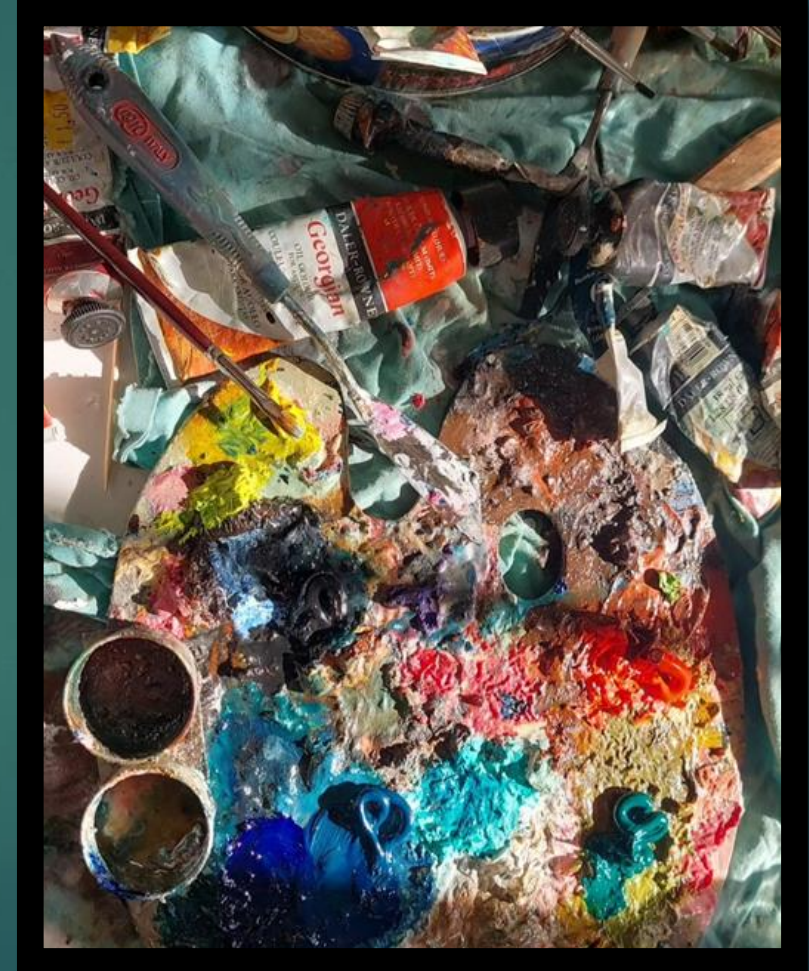
Embodied Storytelling  
Beyond words  
Body as medium  
Experience, memory, emotion  
Multiple forms of expression



Expressive Arts Therapy  
Movement  
Theatre  
Drawing  
Sound / rhythm  
Inclusion through expression



**Expressive Arts Therapy** is a therapeutic approach that uses creativity (art, music, movement, drama) to support emotional expression, healing, and well-being.



# Playback Theatre

Shared storytelling

Enactment of experience

Listening & presence

No “right or wrong”



# Playback Theatre

- interactive theatre
- improvisational theatre
- Improvisation
- True stories
- personal narratives
- Audience Storytelling
- Live reenactment
- spontaneous performance
- actors and musicians



Educational context  
Safe spaces  
Non-verbal  
expression Inclusion  
Participation without pressure







**“Thank you for  
being here today  
and for your  
attention.”**