

Working Together - Group "J"

Cain and Abel – Bridging Traumatic Family Divides through the Lifespan

Facilitator: Yiana Belkalopolos

This Working Together group adapts Fox and Salas' "Playback Theatre" and Augusto Boal's "Rainbow of Desires" therapeutic theatre practices to highlight how to bring anthroposophical and trauma-informed responsiveness to children caught in parent divorce conflicts. This group is for teachers, parents, doctors, therapists, and other community members. It weaves anthroposophical and psychotherapeutic practices for helping families and community members to bridge divorce or partner break-up for the sake of the children and adults living, sometimes lifelong, in the middle of parental belief and philosophy battles. The group extends a world view to modern-day conflicts affecting everyone in our times with an investigation into the soul-spiritual consciousness of the Cain-Abel dichotomy according to Rudolf Steiner. The structured theatre process allows an active, collective inquiry and a skill-set exchange into how to manage the divisive tensions of our time in ways Rudolf Steiner suggested are appropriate in the era of the Consciousness Soul.

Section Affiliation: General Anthroposophical Section

Team Members: Yiana Belkalopolos

Number of Participants: Maximum 21 Participants

Yiana Belkalopolos



Yiana has experienced, firsthand, the childhood trauma that can come from living through a bitter parental divorce-divide. Her life has led her from her Christian origins to explore the world – learning yogic and Buddhist meditative practices, indigenous Shamanism, and techniques for healing the emotional and nervous systems. Rudolf Steiner's work opened a way for her to make connections between many streams of spiritual understandings that permeated her life and helped her to understand her own esoteric experiences. She took Waldorf teacher training in Toronto following substitute and assistant work in classrooms at the Nelson Waldorf School. She then led a healing arts initiative over three years at an orphan home in Shyampur, India. In 2015, on the advice of mentors Dr. William Bento and Dr. Virginia Sease, she finished a master's degree in transpersonal clinical counselling in the US to complete the "Pearl and the Hut" books on the child of divorce in the light of anthroposophy. Bringing an anthroposophical perspective, she began work as a registered clinical counsellor with teachers, parents, and traumatized people of varying cultures and spiritual streams

Friday, August 11

11:30 am WTJ1 Cain and Abel: Setting the Esoteric Stage
Playback Theatre, the movement of the ethers, and characterizing unseen ancestral and angelic forces.
Yiana Belkalopolos, General Anthroposophical Section

Saturday, August 12

- 11:30 am WTJ2** Cain and Abel: Soul-Spirit Actors as Trauma-informed Responders
Finding the heart and having the informed will to help others in trauma crisis and with their healing.
Yiana Belkalopolos, General Anthroposophical Section

Sunday, August 13

- 11:30 am WTJ3** Cain and Abel: An Historic Lineage
Examining the old divides (still relevant today) and the new bridges between the Cain-natured and Abel-natured spiritual types.
Yiana Belkalopolos, General Anthroposophical Section

Monday, August 14

- 11:30 am WTJ4** Cain and Abel: The Child in Inner Child Conflict
Developmental Triggers - Conscious and Unconscious Response
Yiana Belkalopolos, General Anthroposophical Section