

“Shota Rustaveli Theatre and Film Georgia State University“



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“The Significance of Psycho-somatic Movements in the Process of Staging Contemporary Performances“

Annotation

This thesis explores the significance of an actor's psychosomatic movements within the staging process of contemporary performances and their role in performing arts pedagogy. The primary objective of the study is to evaluate methodological approaches to actor training that treat physical expression and inner psycho-emotional states as an undivided system. This topic is particularly relevant as the contemporary theatrical language increasingly embraces the expressive potential of the human body.

The theoretical framework analyzes leading theatrical systems alongside somatic and meditative practices, specifically the Feldenkrais Method and Kundalini Meditation. Utilizing emotion-focused theoretical models, the research examines the mechanisms through which internal experiences translate into physical impulses and shape muscular memory.

The practical phase of the study is based on an experimental laboratory conducted at the Shota Rustaveli Theatre and Film Georgia State University and the production of "The Tragedy of Man". This creative practice demonstrated that integrating psychosomatic exercises substantially contributes to releasing bodily tension, reducing stage anxiety, and enhancing non-verbal communication between performers. The thesis concludes with a distinct four-stage training module, offering an effective pedagogical tool for the physical development of actors during the directorial and staging process.