Acting Reframes: Using NLP to Make Better Decisions In and Out of the Theatre

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Acting Reframes presents theatre and film practitioners with a methodology for using Neuro-Linguistic Programming (NLP) as a tool to aid their practice.

Author Robert Barton uses the NLP approach to illustrate a range of innovative methods to help actors and directors, including:

• reducing performance anxiety

• enabling clearer communication

• intensifying character analysis

• stimulating imaginative rehearsal choices.

The author also shows how NLP can used alongside other basic training systems to improve approaches to rehearsal and performance.

The book shows the use of NLP to the reader in a playful, creative and easily accessible style that is structured to enable solo study as well as group work. The text offers a range of engaging exercises and extensive analysis of language patterns used in performance. It is a source for enhancing communication between all theatre practitioners in training, productions, and daily life outside the theatre.

Acting Reframes gives actors a richly rewarding approach to help them develop all aspects of their craft.

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