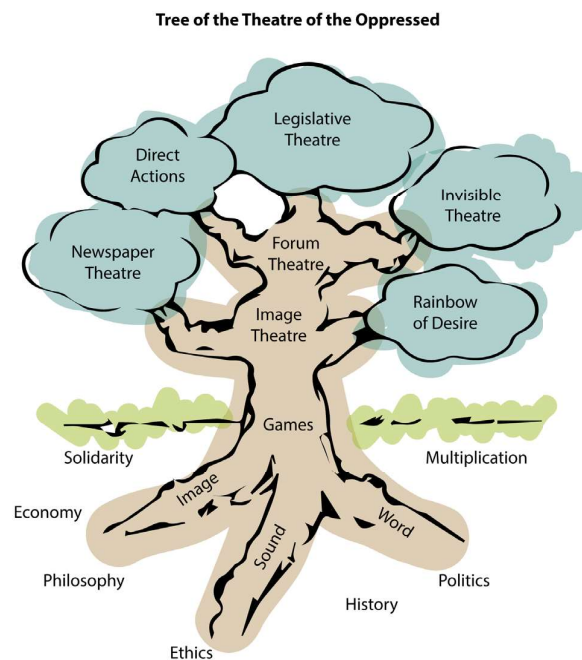


A BRIEF NOTE ABOUT METHODOLOGY



RAINBOW OF DESIRE OF THE THEATRE OF THE OPPRESSED

The Theatre of the Oppressed (TO) was developed in the seventies by Brazilian playwright Augusto Boal, and has been one of the main tools of participatory communication and popular education movements in Latin America. Unlike many social aspects of the theatre, the Theatre of the Oppressed (TO) is a political theatre. It is a collaborative encounter for emancipation. Based on the epistemology of Pedagogy of the Oppressed by Paulo Freire, TO uses theatre games to de-mechanize our perceptions, making us aware of our cultural filters by making explicit and re-enacting our own conflicts and experiences. The bringing to life on stage of individual issues and subsequent extrapolation to the experiences of the group, allows to search and create alternatives to conflicts that often prove difficult to resolve from an individual position.



Boal, A. (2006). *The Aesthetics of the Oppressed*. Chicago: Routledge.

Rainbow of Desire (RoD) is one of the branches of Theatre of the Oppressed. Through RoD, Boal uses a specific configuration of tools of TO (image theatre, games, forum theatre, etc.) to help individuals and groups unveil, explore, analyse and find alternatives to internalized oppressions, also called *cops in the head*. Boal argues that internalized oppressions are unconscious, yet have a visible manifestations in the form of individual and social unrest, such as depression, loneliness, hopelessness, inability to communicate, social fragmentation, among other obstacles to overcoming systemic oppressions that show themselves one way or another in our personal spheres.

Rainbow of Desire is based on three hypothesis: osmosis (we all have an influence on each other), metaxis (we all have the ability to empathise with each other, making someone else's condition my own and vice versa), and analogical induction (by sharing together the same space and social context, we are all able to think collectively to better understand a given reality). RoD allows individuals and groups to navigate, through embodied methods, between the most unconscious and internalized belief systems to the social and collective structures that configure and reinforce these beliefs.

In the context of relationships, the Rainbow of Desire technique allows us to understand and explore how social structures are embedded in our relational interactions. The method is in search of the mobilization – “waking” – of individuals by collectively seeking strategies to hindering thoughts and behaviours, such as feelings of helplessness, anger and fear. By becoming aware, active and knowledgeable about ourselves, our interactions with others, and how social context shapes these interactions, this techniques opens up the possibility for effective conflict resolution and healing. Rainbow of Desire is not therapy, but it is most certainly therapeutic.