

# NATACHA MILAD RIZK



Nationality: Lebanese  
Status: Married  
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Ghosta, LEBANON

## OBJECTIVE

Seeking a challenging position where I can put in practice my skills, experience, and background. Having an artistic and creative drive and looking forward to underline the therapeutic power of Art and Theatre on the human's mental and psychological health, then Humanities, Social Sciences and Theatre Industry would be a great career for me, especially Dramatherapy, where I can grow on both professional and personal levels and help others become a better version of themselves.

## ACADEMIC BACKGROUND

- 2019 / 2022      **Holy Spirit University (USEK), Kaslik, LEBANON**  
Masters in Performing Arts – Drama Therapy
- Jan 2020 / Mar 2020      **École Nationale Supérieure des Arts et Techniques du Théâtre (ENSATT), Lyon, France**  
Exchange Mobility – Acting, Light Design and Security
- 2015 / 2016      **Holy Spirit University (USEK), Kaslik, LEBANON**  
Teaching Diploma in Visual and Performing Arts
- 2010 / Fall 2014      **Holy Spirit University (USEK), Kaslik, LEBANON**  
Bachelor of Arts in Visual and Performing Arts – Cinema and Television
- 1996 / 2009      **Notre Dame de la Delivrante School (NDD), Ghosta, LEBANON**  
General Sciences section

## EXPERIENCE

### Dramatherapy

- Nov 1 & 3, 2022      Co-creating and co-hosting the Webinar “*Dramatherapy, an access for a well-being*”
- Sep 2022 / Present      Co-founder of Wholistic Dramatherapists – Bouar and co-therapist, providing individual and group therapy sessions for individuals, companies, associations, NGOs and movements (Youth – Sword of the spirit movement, Virgin Mary Fraternities – Saint Anne, And Beyond MENA agency, Almazeed NGO, Zen corner, The Middle East Council of Churches (MECC))
- Feb 2020 / Present      Facilitating Expressive Arts Therapy and Dramatherapy Programs for groups, individuals, companies, associations, NGOs and movements (Caritas (2020), Orphanage Mar Zakaria –Daroun (2021,2022), For The Art (2022), ...)
- Sep 2015 / Sep 2022      **Teaching**
- Sep 2016 / Sep 2022 - Theater Teacher at Antonine Sisters School – Ghazir
  - Sep 2015 / Sep 2017 - Theater Teacher at Ecole Saint Joseph des Soeurs Maronites de la Sainte Famille – Jbeil

Sep 2016 / Present

### **After-School Activity**

- Oct 2022 / Present - Theater Teacher at the Gymnasium - Antonine Sisters School – Ghazir
- Oct 2017 / June 2019 - Theater Teacher at the Gymnasium - Antonine Sisters School – Ghazir
- Sep 2016 / June 2018 - Theater Teacher at Our Lady of Lebanon and St Charbel Technical School – Harissa

Aug 2014 / Aug 2015

### **Editing**

- News editor at OTV - Sin El Fil

### **Internship**

Apr 2021 / Nov 2021

Expressive Arts Therapy and Music Therapy Programs for women, children and adolescent refugees with Astharté (NGO)

Mar 2021 / July 2021

Drama Therapy Program for Arab women victims of war with Intisar Foundation (NGO)

Jul 2020 / Nov 2020

Drama Therapy Workshops with Dr. Georges Chedid (Neuropsychologist and CBT practitioner)

June 2013

Studio Vision – MTV at the TV Production Department

May 2013 / Present

### **Acting**

- April 2021 – Actor in Manale Nehme's "HOSSA WARA HOSSA" music video directed by Christine Andary.
- February 2020 / March 2020 – Actor in the play "L'INHABITANTE" directed by Laurant Guttman and written by Leila Cassar at Théâtre des Clochards Célestes, Lyon, FRANCE.
- August 2019 / January 2020 – Actor in the play "GEOGRAPHIA – THE ASTROCYTES" directed by Nagy Souraty and written by Pierre Koestel (inspired by the texts of a collective creative writing – AAS creative writing workshop – February 2019) at Casino Du Liban, Jounieh, LEBANON and Théâtre Terzieff, Lyon, FRANCE.
- March 2017 – Actor in the play "DEMOSKRATOS" directed by Nagy Souraty at Madina Theatre, Hamra, LEBANON.
- December 2015 – Actor in the play "شتوية قاسية" written by Dr. Chakib Khoury and directed by Lara Hitti at Sunflower Theatre, Tayouneh, LEBANON.
- March 2014 – Actor in the play "نازحون – LES DEPLACÉS" supervised by Nagy Souraty at John-Paul II Theatre, Kaslik, Lebanon.
- May 2013 / 2014 – Actor at Marwa Group

2012 / 2020

### **Freelance**

- Editing events, weddings, and students' projects on Avid Liquid, Avid Media Composer, and Adobe Premiere Pro

### **Workshops**

Sep 6 & 7, 2021

- SOGIESC 102 Advanced – LGBTQIA+ community training conducted by Remie H., HELEM Association, Saint-Joseph University (USJ), Beirut, LEBANON

Sep 10 till 27, 2020

- School Community Support Training Program conducted by NAFSANIYOUN (Online)

Aug 2, 2019

- HAKAWATI Workshop (actor-storyteller) conducted by Mr. Rafik Ali Ahmad, Holy Spirit University (USEK), Kaslik, LEBANON

May 2019

- Drama Therapy Workshop conducted by Prof. Sandrine Pitarque (from Paris Descartes University), Holy Spirit University (USEK), Kaslik, LEBANON

Feb 2019

- Atelier de Recherche et Création – Manipulation d'objets – Cirque animated by Hamza Elalouani (from the Ecole Nationale de Cirque Shems'y au Maroc) and directed by Mr. Nagy Souraty, Holy Spirit University (USEK), Kaslik, LEBANON

5 Jan - 5 Mar 2019

- Atelier de Recherche et Création – Scénographie animated by Marianne Joffre and Rudy Gardet and directed by Mr. Nagy Souraty, in partnership with the Ecole Nationale Supérieure des Arts et Techniques du Théâtre (ENSATT), Lyon, FRANCE, Holy Spirit University (USEK), Kaslik, LEBANON

5 Jan - 13 Feb 2019

- Atelier de Recherche et Création – Ecriture animated by Pierre Koestel and directed by Mr. Nagy Souraty, in partnership with the Ecole Nationale Supérieure des Arts et Techniques du Théâtre (ENSATT), Lyon, FRANCE, Holy Spirit University (USEK), Kaslik, LEBANON

Nov - Dec 2018

- Studio des Ecritures pour le Théâtre conducted by Mr. Enzo Cormann, organized by the Atelier des Arts du Spectacle de l'USEK (AAS) in partnership with the Ecole Nationale Supérieure des Arts et Techniques du Théâtre (ENSATT), Lyon, FRANCE, Holy Spirit University (USEK), Kaslik, LEBANON

Jan 2018

- Grotowski Theater Intensive Workshop conducted by Mr. Mario Biagini (director of the Open Program of the Workcenter of Jerzi Grotowski and Thomas Richards, Pontedera/ Italy), Holy Spirit University (USEK), Kaslik, LEBANON

2016 - 2017

- 90 hours of training on Theatre and Democracies funded by the Embassy of the United States of America in Lebanon at Atelier des Arts du Spectacle conducted by Mr. Nagy Souraty, Holy Spirit University (USEK), Kaslik, LEBANON

2015 - 2016

- 45 hours Performing Arts Workshop at Atelier des Arts du Spectacle conducted by Mr. Nagy Souraty, Holy Spirit University (USEK), Kaslik, LEBANON

Jul 2011

- Cinematography I (Camera / Workflow) in Summer Film Making Camp at Lebanese Film Academy

2009 / 2017

### **Private Lessons**

- Teaching private lessons (Mathematics, Physics, Science, and English courses)

## LANGUAGES & CERTIFICATES

### Languages

**English, French, and Arabic** (Speak, read and write fluently)  
**Italian** (Basics)

### Certificates

**Certificate of Participation in the School Community Support Training Program (35 hours) held at NAFSANIYOUN (Online), LEBANON**

**Certificate of Participation in the HAKAWATI Workshop (actor-storyteller) conducted by Mr. Rafik Ali Ahmad, Holy Spirit University (USEK), Kaslik, LEBANON**

**Certificate of Participation in the Workshop “Drama Therapy” conducted by Prof. Sandrine Pitarque (from Paris Descartes University), Holy Spirit University (USEK), Kaslik, LEBANON**

**Certificate of Participation in the “Atelier de Recherche et Création – Manipulation d’objets – Cirque” animated by Hamza Elalouani (from the Ecole Nationale de Cirque Shems’y au Maroc) and directed by Mr. Nagy Souraty, Holy Spirit University (USEK), Kaslik, LEBANON**

**Certificate of Participation in the “Atelier de Recherche et Création – Scénographie animated by Marianne Joffre and Rudy Gardet and directed by Mr. Nagy Souraty, Holy Spirit University (USEK), Kaslik, LEBANON**

**Certificate of Participation in the “Atelier de Recherche et Création – Ecriture animated by Pierre Koestel and directed by Mr. Nagy Souraty, Holy Spirit University (USEK), Kaslik, LEBANON**

**Certificate of Participation in the “Studio des Ecritures pour le Théâtre” conducted by Mr. Enzo Cormann, organized by the Atelier des Arts du Spectacle de l’USEK (AAS) in partnership with the Ecole Nationale Supérieure des Arts et Techniques du Théâtre (ENSATT), Lyon, FRANCE, Holy Spirit University (USEK), Kaslik, LEBANON**

**Certificate of Participation in the Grotowski Theater Intensive Workshop conducted by Mr. Mario Biagini (director of the Open Program of the Workcenter of Jerzi Grotowski and Thomas Richards, Pontedera / Italy), Holy Spirit University (USEK), Kaslik, LEBANON**

**Certificate of Completing 90 hours of training on Theatre and Democracies funded by the Embassy of the United States of America in Lebanon at Atelier des Arts du Spectacle conducted by Mr. Nagy Souraty, Holy Spirit University (USEK), Kaslik, LEBANON**

**Certificate of Participation in Performing Arts Workshop at Atelier des Arts du Spectacle conducted by Mr. Nagy Souraty, Holy Spirit University (USEK), Kaslik, LEBANON**

**Cinematography I at Lebanese Film Academy from the Superior National Institute of Spectacle Arts and Diffusion Technics (INSAS), Brussels, BELGIUM**

**Cambridge ESOL level 1 Certificate in ESOL International – FCE**

## **PERSONAL INFORMATION & INTERESTS**

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Organizations            Member in The Atelier des Arts du Spectacle (AAS) at USEK - Kaslik  
Ex-Member in Lebanese Film Club  
Ex-responsible in Saint-Charbel Movement – Daroun, El Charfeh

Sports                    Ping-Pong, Body building and Hiking

Hobbies                  Playing guitar, Acting, Dancing and Writing

## **REFERENCE**

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Dr. Lena Saade Jobran, +961 3 274 750  
Head of the Performing Arts Department – USEK Kaslik

Mrs. Monique Nader, +961 3 352 606  
Head of the Performing Arts Department – Antonine Sisters School Ghazir