



# Experiencing Stanislavsky Today: Training and Rehearsal for the Psychophysical Actor

*Stephanie Daventry French, Philip G. Bennett*

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This pioneering introduction to Stanislavsky's methods and modes of actor training covers all of the essential elements of his System. Recreating 'truthful' behaviour in the artificial environment, awareness and observation, psychophysical work, given circumstances, visualization and imagination, and active analysis are all introduced and explored.

- Each section of the book is accompanied by individual and group exercises, forming a full course of study in the foundations of modern acting.
- A glossary explains the key terms and concepts that are central to Stanislavsky's thinking at a glance.
- The book's companion website is full of downloadable worksheets and resources for teachers and students.

*Experiencing Stanislavsky Today* is enhanced by contemporary findings in psychology, neuroscience, anatomy and physiology that illuminate the human processes important to actors, such as voice and speech, creativity, mind-body connection, the process and the production of emotions on cue. It is the definitive first step for anyone encountering Stanislavsky's work, from acting students exploring his methods for the first time, to directors looking for effective rehearsal tools and teachers mapping out degree classes.

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