

Edinburgh Festival Fringe 2017 – Polyphony: ‘Stand Up Therapy’

Part TED talk. Part storytelling. Part stand up. This is Stand-Up Therapy.

In an Edinburgh Fringe first, Ola Aralepo showcases his research, conducted at London’s Royal Central School of Speech and Drama.



The award-winning speaker, psychotherapist and comedian takes the audience through this interactive session, exploring their own oppressive ‘voices’...without that awkward ‘audience participation’ feeling!

With Polyphony, Ola shows how Stand-Up Therapy is being developed as an entertaining community resource to help promote mental health awareness and emotional wellbeing issues through performance. He explores the humorous activation of emotional resonance as a Freire- inspired ‘liberation psychagogy’.

Come and learn, participate or simply sit and enjoy the most entertaining lecture NOT YET available as a TED Talk and the cheapest, funniest therapy session not yet available on the NHS.

Venue: theSpace @ Jury’s Inn (V260 Studio) | Tickets: £5 (£4 concs) | Dates: 4-5 Aug; 7-13 Aug; 15- 19 Aug; 21-26 Aug | 22:05 (50 mins)

[Tickets here](#)