

Carly D. Weckstein

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Intimacy Director . Theatre Director . Sex Educator . Community Facilitator

Artist Statement: My passion and experience intersect at the meeting of theatre, community, sex education, mental health and social justice. I believe that in making art, we can use both the process and the product to create new paradigms through which both artists and audiences can find healing and be activated for change. I come to the exciting new field of intimacy choreography with years of experience in both theatre direction and sex education, as well as working in mental health and community facilitation. I have extensive practice guiding actors through sexually charged material, with a particular consideration for holding brave spaces in which to safely make uncomfortable art. I believe that excellent storytelling does not have to be sacrificed in order to bring consent culture into an artistic space. Rather, the specificity and mindfulness that intimacy directors can provide allows actors to make informed decisions and claim their boundaries, so they can truly be free to explore and take risks. Telling stories that include sexuality requires artists' vulnerability and growth — it never needs to come at the cost of anyone's dignity, integrity, mental health or sense of belonging.

INTIMACY EXPERIENCE:

Film: Hypochondriac [Heimann] 2021 Minutehand Pictures, Addison Heimann

Film: My Life Stopped At Fifteen [Mejia] 2021 AFI Thesis Film, Nicole Mejia

Stage (filmed for streaming): Hair [Ragni & Rado] 2021 UCLA School of Theatre, Jeremy Mann

Stage (filmed for streaming): This Bitter Earth [Rivers] 2021 The Road Theatre Co, Gregg T. Daniel

Stage (filmed for streaming): Reykjavik [Yockey] 2021 The Road Theatre Co, Ann Hearn Tobolowsky

Film - Serpentine Pink [Breen]	2021 Hard Knock Productions, Vivian Sorernson
Workshop: Intimacy for Directors	2020 RISD Inter-Media Directing
Stage: Troilus and Cressida [Shakespeare]	2020 UCLA School of Theatre, Rob Clare
Stage: Mud [Fornes]	2020 UCLA School of Theatre
Stage: The Rover [Behn]	2020 UCLA School of Theatre, Emily Chase
Stage: Lydia [Solis]	2020 UCLA School of Theatre, Mark Anthony Vallejo
Stage: Macbeth [Shakespeare]	2020 Pomona College Theatre, Diana Wyenn
Stage: Polaroid Stories [Iizuka] Hanna	2020 Cal Poly Pomona Theatre, Jessica
Stage: In the Heights [Miranda]	2020 California School of the Arts SGV, Jonathan Muñoz-Proulx
Stage: Softer [Mason]	2019 Son of Semele, Roger Q. Mason
Workshops: Intimacy for Actors and Directors	2019-2020 The Illyrian Players
Stage: Charlotte, Stay Close [Hamilton-Schmidt]	2019 Ensemble Studio Theatre LA, Jonathan Muñoz-Proulx
Workshop: Intimacy for Actors	2019 Richard Lawson Studios
Stage: Hard Palate [Mason]	2019 Meet Cute LA
Workshop: Intimacy for Directors	2019 Directors Lab West, Guest Artist
Stage: Sand Moon [Lainer]	2019 Son of Semele, Liz Lainer
Stage: Don't Tell [Ensemble Devised]	2019 Son of Semele, Hazel Lozano
Stage: Bus Stop [Inge]	2018 Theatre 40, Ann Hearn Tobolowsky

TRAINING & CERTIFICATIONS:

- UCLA School of Theater, Acting Continuum, B.A. in Theatre Arts 2010
- Sex Specialist at The Pleasure Chest Sex Education Program 2015-2019 (*Educator on: Consent, Communication, Sexual Empowerment, BDSM/Kink, Spanking, Bondage, Orgasm, Roleplay, Pleasure Anatomy, Oral Sex, Sex Toys*)
- Gender Justice LA, Training on Gender Diversity & Inclusion 2017
- Therapeutic Theatre & Ritual with Hector Aristizabal 2017 (*Theatre of the Oppressed, Council Circle, Theatre of Witness*)
- IDI Intimacy for the Stage Directors & Choreographers Workshop (Los Angeles) with Tonia Sina 2018
- Frantic Assembly Devising Physical Theatre Workshop 2018
- Trauma Resiliency Model Certification with the Trauma Resource Institute 2019
- IDI Theatre Intimacy 3 Day Workshop (Toronto) with Claire Warden, Tonia Sina, Siobhan Richardson, and Rachel Flesher 2019
- Directors Lab West 20th Anniversary Guest Artist Lecturer 2019 (*Teaching: Navigating Intimacy & Consent in Rehearsal*)
- IDI Theatre & Film Intimacy Workshop (Los Angeles) with Jessica Steinrock 2019
- Art With Impact: Workshop Facilitator for Our Bodies Our Minds 2019-Present (*Using theatre to help college communities de-stigmatize mental health and support survivors of sexual violence*)
- Mental Health First Aid Certification 2019
- Anti-Racist Theater Workshop with Nicole Brewer 2020
- Mindfulness Based Stress Reduction with Insight LA 2020

- TIE (Theatrical Intimacy Education) Best Practices Intimacy Workshop with Chelsea Pace and Laura Rikard 2020
- Anti-Racism and Allyship in Sex Education with Carlton Perry 2020

TESTIMONIALS:

“Carly took time to build a space of trust and security for the artists. Her eagerness to invite questions and to validate concerns or insecurities was reassuring to all that we were in great hands under her guidance. As a director, I approached this work with some unfamiliarity, and even a small dose of fear. Carly was able to remove shame from the equation, meet everyone where we were at, and empower each individual with the tools to continue this work after she left.”

- *Jonathan Muñoz-Proulx, Director of Cultural Programming, A Noise Within*

“Carly Weckstien is a gift! Before I knew of Intimacy Direction as a named practice, she was already creating rooms where her actors felt safe, comfortable, and free to explore the stories we tell. I first had the pleasure of working with Carly on the world premiere of a play called *Odessa*, and although it wasn’t my first time simulating intimacy on stage, it was the first time I was ever directed with the care and comfort of the actors in mind. I’ve worked with Carly numerous times since then in several capacities and can confirm that whether you’re a performer, an audience member, or a collaborator she works as the gold standard for professionalism, safety, and artistry. Her practice has only become more refined over the years and her capacity is limitless.”

- *Bruce A. Lemon Jr., Associate Artistic Director Cornerstone Theater Company, Co-Artistic Director, Watts Village Theater Company*

“Carly is a wonderful teacher - her years of experience in sex education workshops and theatre show deeply in her approach to intimacy direction. She’s able to clearly set up vocabulary within the field and relay issues of consent in a fun, informative, and interactive way. She immediately makes you feel comfortable in the room and excited about the possibilities of this growing field and how we all can bring it into our own work.”

- *Ashley Steed, Theatremaker & Adjunct Lecturer USC School of Dramatic Arts*

“My scene partner and I had such a deepening after Carly’s intimacy session. Working with Carly in this way also helped me heal a trauma that has been lodged in my body for the last 7 years, from ‘rehearsing’ an intimate scene with an actor

when I was young and didn't know how to advocate for myself."

- Kaitlin Huwe, Actor, Singer & Creative Facilitator

"Carly has an amazing way of working through uncomfortable material by creating a professional and collaborative environment. She holds a space in which actors are able to take the time and attention needed to ensure they feel safe and empowered. She was able to create a common language for us to communicate our needs and boundaries without sterilizing the magic of finding the scene."

- Elitia Daniels, Actor & Filmmaker