“Insides OUT!” a one-woman performance by Katie Rubin
Sept 29, 2005
1:30pm
Blackman Auditorium

Katie Rubin is an exciting, dynamic performer addressing issues of substance abuse, body issues and her journey to recovery. Her performance speaks to all aspects of addiction—from mental to physical to spiritual. **Anyone who has an interest in addiction sciences, addiction services or substance abuse recovery should see this show!**

Katie Rubin began her career as a comedic writer/performer at Amherst College with her first original piece, PartyBoobyTrap. Her second play was produced through the 2000 New York Fringe Festival. "Insides OUT!" is her third original piece and her first one woman show.

She is a graduate of the Theater and Dance program at Amherst College. She has studied at the Wynn Handman Studios, at Annie Bogart's SITI Company and has an MFA from UCDavis.

In the performer's words:

"I imagine a world where each of us has learned to love all parts of ourselves equally. Where we trust our highest vision for ourselves. ...I make work that shows human beings dealing with long-term human struggles: people falling into an abyss, finding themselves, and ultimately rising up again, renewed and transformed."
Insides OUT! is the emotionally charged and hilarious story of one young person’s journey from her high school and college years through her introduction to the working world. Abuse of alcohol, drugs, food, and sex, mark a journey into and ultimately out of self-loathing. The performance seeks to depict the lifelong struggle for integration of the many aspects of the self, and the continued voyage towards peace of mind. The psychoanalyst Carl Jung suggests that the human psyche comprises many different archetypal characters. In this powerful performance, Ms. Rubin uses stand up comedy, poetry, song, improvisation, and monologue to tell the story of the conflict among seven particular archetypes in her psyche: The Inner Child (Baby Katie), The Hostage (Big Katie), The Romantic (Sylvia), The Judge (The Perfect Monster), The Trickster (Hank), The Artist (Poet), and The Wise Woman. Big Katie’s journey takes her through years of drinking, self destructive sexual encounters, and generally reckless behaviors, all of which ultimately drive her into the ground and to her own “emotional bottom.” Having hit this place of vulnerability and selflessness, she becomes willing to “do it a different way,” and in so doing, discovers who she really is, after all. Audiences say that the show not only had them laughing and crying at the same time, but helped them come to accept and embrace all of their inner “selves.” As in “Big Katie’s” journey, the child archetype can serve to inspire and excite us, the addict can help create spaces in our lives where we can experience pleasure, and the judge can make sure we show up on time for our commitments. Insides OUT! helps us remember that every aspect of the psyche provides energy that we can use to develop ourselves and to bring joy and healing to those around us.