

Alex Alphaaraoh
(SAG-AFTRA/AEA/DGA)
Actor/Writer/Poet/Lyricist/Emcee/Facilitator/Solo Performer
Alphaaraoh@icloud.com
714.458.0697

Education (Relevant Training):

AA Theatre Arts, Cypress College, June 2009
American Conservatory Theatre, 2012-13

Experience (Partial List):

- Aug-Sept, 2020 Teaching Artist
SP!T: Spoken Word, Hip-Hop, and Performance
Virtual: Company of Angels
Contact: Lui Sanchez,
Artistic Director, 213.458.4583
Facilitator/Teaching Artist
- June-July, 2020 Teaching Artist
FunDaMentals of Spoken Word, Hip-Hop, and Performance
Virtual: Casa0101 Theatre
Contact: Emmanuel Delange,
Executive Director, 323.304.9915
Facilitator/Teaching Artist
- Feb. 4th-5th, 2020 Teaching Artist
Spoken Word, Hip-Hop, and Solo Performance
Cal Poly Pomona
Contact: Bernardo Solano,
Dept. Chair, Theatre/Dance, 323.445.2818
Facilitator/Teaching Artist
- Oct. 8th, 2019: Performer/Teaching Artist
Visions and Voices, University of Southern California (USC)
Contact: Diane Winston, dianewin@usc.edu, 213.821.5388
Performer/Teaching Artist
- Sept. 21st-23rd. 2019 Guest Lecturer
Advanced Topics in Modern Drama, University of Southern Ca. (USC)
Contact: Melinda Finberg, Finberg@usc.edu
Immigrant Narratives through spoken word and solo performance
- May 2019-Present Teaching Artist
Acting Using Contemporary and Classical Text
Greenway Arts Alliance/LAUSD, Los Angeles
Contact: Johanna Middleton,
Director of Student Programs, 310.903.2656
Facilitator/Teaching Artist
- Mar. 2019-Apr 2019: Teaching Artist
Da FunDaMentals of Spoken Word &
Solo Performance Intensive, Los Angeles
Contact: Alex Meda, AD, 312.237.0878
Creator/Facilitator
- Jan. 27th-29th, 2019: Performer/Teaching Artist
University of Denver, School of Social Work, Denver, CO.
Contact: Abby Howard, MSW, 303.871.2531
WET: A DACamented Journey
Lecturer: Solo Performance

- Jan. 30th-Feb 3rd, 2019: Performer/Teaching Artist
Sin Muros Festival, Stages Theatre, Houston, TX.
Contact: Josh Morrison, AD, 713.527.8669
WET, Spoken Word/Acting workshop for Teachers grades K-12
- Dec. 8th-19th, 2018: Performer/Teaching Artist
Yale School of Drama, New Haven, CT.
Contact: Leandro Zaneti, 203.432.5348
WET, MFA Spoken Word, Acting, Solo Performance Workshop
- Sept. 24th, 2018: Guest Lecturer/Teaching Artist
Southern Methodist University (SMU) Meadows Theatre, Dallas, TX
Contact: Clyde Valentin, 214.543.9836
Solo Performance, Multiple Narratives, & Story Structure
- Apr. 7th, 2018: Teaching Artist
Wider Than the Sky Festival, Harvard-Westlake School, LA, CA
Contact: Darcy Buck, 917.692.6442
Spoken Word/Performance Poetry, Solo Performance Workshop
- Oct. 2017-Apr. 2018: Performer/ Teaching Artist
Human Rights Watch/Student Task Force, LAUSD School Tour
Contact: Pam Bruns, ED, 323.694.5185
*WET, Spoken Word Workshop for H.S Students from:
Santa Monica HS, Pacific Palisades HS, Sierra Canyon Prep,
Carson HS, Crossroads School, Culver City HS, New Roads
School, Golden Valley HS*

Recent Awards and Recognition:

- Human Rights Watch/Student Task Force (HRW/STF) Immigrant Rights Ambassador, 2017-2018
- Hi-Arts, NYC Critical Breaks Fellow, 2018
- Los Angeles Drama Critics Circle (LADCC) Recipient for Solo Performance of the year, 2018
- REDCAT (Roy and Edna Disney Cal Arts) NOW Recipient, 2020
- Semi-Finalist, Center Theatre Group (CTG) 2021 Sherwood Award
- Finalist, Princeton Arts Fellowship, 2021

TRAINING (SELECT)

Eric Morris Method	Mark Majarian	Cypress College
Meisner Method	Tom Ormeny	Victory Theatre Group
Fitzmaurice Voice Training	Cynthia Bassham	ACT
Viewpoints Training	Judd Johnson	Siti Company
Audition Technique	Gary Perez	LAByrinth Theatre Co.
Audition Technique	Marlene Forte	USC
Scene Study	Rob Nagle	Antaeus Theatre Co.
Shakespeare Training	Robert Beltran	Casa0101 Theatre
Dramatic Writing	Seth Ez-Zvi Rosenfeld	Private
Screenwriting/Playwriting	Doug Cooney	Cypress College
Solo Performance Writing	Zakiyaah Alexander	Los Angeles, CA
Dramatic Writing	Oliver Mayer	USC

Additional Training:

- The Women of Shakespeare, Lisa Wolpe, L.A. Women's Shakespeare Co., 2009.
- Mastering Shakespeare, Armin Shimerman, Antaeus Academy, 2014.
- Solo Performance Intensive, Danny Hoch, Vassar College, 2014
- Explore, Trust, Relish: Shakespeare Intensive, Elizabeth Swain, Antaeus Academy, 2015.
- Shakespearean Sonnets, Robert Beltran, Casa0101 Theatre, 2015.
- Solo Performance Explorations, Roger Guenveur Smith, LA (Private Coaching), 2018
- Fundamentals of Solo Performance, Lemon Anderson, NY (Private Coaching), 2019

Da FUNdaMENTALS of SP!T: An Assessment of Spoken Word and Performance Poetry As A Tool for Empowerment and Healing.

Synopsis: This 12 week, 48-hour intensive workshop will focus on the multi-faceted aspects of spoken word and performance poetry as tools . By analyzing Spoken Words Artists, Emcees, Solo and Performance Poets, Lyricists, and Monologist, individuals will learn about the various styles of SP!T. Throughout the workshop, individuals will create performance poetry and will explore its various usages. Individuals will take material and learn how to incorporate various techniques of performance, as well as be able to write original material that is an immediate reflection of their unique, and individualized voice. This laboratory will focus on creating a safe space for all to explore and utilize an experiential approach to creative expression. Using psychosocial well being techniques rooted in therapeutic activities, the participant will acquire the tools for self expression as a form of healing and processing the general and personal experiences of the world.

All handouts will be provided. Please bring writing materials, i.e. notepad, notebook, tablet or laptop.

- Session 1: The Score
 - The art of verbal expression as a form of empowerment.
 - Warm Up: Being and Doing
 - Extreme Exposure: Anna Deavere Smith – Twilight, Los Angeles, 1992
 - Writing Prompt from Poets Companion
 - Featured Artist: Lauryn Hill – The Mystery of Inequity
 - Performance Exercise: Expurgatives
- Session 2: Rhyme & Reason
 - How our reality shapes the stories we tell and its effects on daily life.
 - Warm Up: Being and Doing
 - Extreme Exposure: Roger Guenveur Smith – Rodney King
 - Writing Prompt from Poets Companion
 - Featured Artist: Kendrick Lamar – DUCKWORTH
 - Performance Exercise: Operative Nouns and Verbs
- Session 3: The Blueprint
 - Using Spoken Word/Performance Poetry as a tool for Social Change.
 - Warm Up: Being and Doing
 - Extreme Exposure: Luis Alfaro – Cuerpo Politizado (Politicized Body)
 - Writing Prompt from Poets Companion
 - Featured Artist: Edyka Chilomé – Stories of Diaspora
 - Performance Exercise: Imaging and the Unconsciousness
- Session 4: Life After Death
 - Activating the imagination by summoning the inner child.
 - Warm Up: Being and Doing
 - Extreme Exposure: Dael Orlandersmith – Beauty's Daughter
 - Writing Prompt from Poets Companion
 - Featured Artist: Kyla Garcia – The Mermaid Who Learned How to Fly
 - Performance Exercise: Imaginary Monologues

- Session 5: Still I Rise
 - Tapping into ancestry as a gateway to healing.
 - Warm Up: Being and Doing
 - Extreme Exposure: Rhodessa Jones – Big Butt Girls, Hard Headed Women
 - Writing Prompt from Poets Companion
 - Featured Artist: Elisa Noemí – Freedom Fish
 - Performance Exercise: Presence and Taking Up Physical Space

- Session 6: Age Ain't Nothing But A Number
 - How characters inform us about their truth.
 - Warm Up: Being and Doing
 - Extreme Exposure: Sara Jones – One Woman Global Village
 - Writing Prompt from Poets Companion
 - Featured Artist: Gabriela Ortega – Las Garcia
 - Performance Exercise: Distilling the voice of the Character

- Session 7: Through the Wire
 - Turning tragedy into triumph using alternative perspectives in narratives.
 - Warm Up: Being and Doing
 - Extreme Exposure: John Leguizamo – FREAK
 - Writing Prompt from Poets Companion
 - Featured Artist: Alex Alphaaroh – WET: A DACAdmented Journey
 - Performance Exercise: Endowments and Selective Emphasis

- Session 8: The Big Picture
 - Healing through comedic expression.
 - Warm Up: Being and Doing
 - Extreme Exposure: Marga Gomez – A Line Around the Block
 - Writing Prompt from Poets Companion
 - Featured Artist: Danny Hoch – Jails, Hospitals, & Hip-Hop
 - Performance Exercise: Rhythm, tonality, and projecting

- Session 9: Life Story
 - Own yourself: dare to be boring.
 - Warm Up: Being and Doing
 - Extreme Exposure: Lily Tomlin – The Search for Signs of Intelligent Life in the Universe.
 - Writing prompt from Poets Companion
 - Featured Artist: Prentice Powell – The System
 - Performance Exercise: Physical Gesture

- Session 10: A New Danger
 - Writing About Current Events
 - Warm Up: Being and Doing
 - Extreme Exposure: Lemon Anderson – County of Kings
 - Writing Prompt from Poets Companion
 - Performance Exercise: Selective Emphasis
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- Session 11: Random Access Memories
 - Putting it all together
 - Rehearsal and Adjustment: the art of repetition
 - Writing Prompt from Poets Companion
 - Performance Exercise: Run Through
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- Session 12: The E.N.D. (Energy Never Dies)
 - Performance Night.

ABOUT ALEX ALPHARAOH

Alex Alpharaoh is a nationally recognized, award winning actor, writer, spoken word poet, solo performer, and teaching artist from Los Angeles, CA. Prior to Covid-19, He was on national tour with his autobiographical solo show titled WET: A DACAmended Journey, a story about what it means to be an American in every sense of the word except on paper. Alex is the recipient of the LADCC 2018 Solo Performance of the Year award for his work on WET. As a formerly undocumented citizen, Alpharaoh believes in the transformative power of sharing one's truth and vulnerability, especially in the face of danger. Alpharaoh was a medical social worker that specialized in mental health within the geriatric medical system for over 15 years. Alpharaoh teaches a FunDaMentals of Spoken Word and Performance Poetry class where he fuses writing technique with experiential acting, creating a powerful toolset for self-expression and healing. He is the founder of SP!T: Spoken Word Theatre, that focuses on telling stories about Los Angeles by fusing street culture with acting as the basis of his storytelling. Alpharaoh has been acting professionally for over a decade and has been a lyricist for over 25 years. He is currently in the process of writing his first memoir.

Event Name:	BHNC Writing Series: Fundamentals of Spit				Virtual Event Description: This 12 week, 48-hour intensive workshop will focus on the multi-faceted aspects of spoken word and performance poetry as tools. By analyzing Spoken Words Artists, Emcees, Solo and Performance Poets, Lyricists, and Monologist, individuals will learn about the various styles of SPIT. Throughout the workshop, individuals will create performance poetry and will explore its various usages. Individuals will take material and learn how to incorporate various techniques of performance, as well as be able to write original material that is an immediate reflection of their unique, and individualized voice. This laboratory will focus on creating a safe space for all to explore and utilize an experiential approach to creative expression. Using psychosocial well being techniques rooted in therapeutic activities, the participant will acquire the tools for self expression as a form of healing and processing the general and personal experiences of the world.			
Date of Event:	Tentative: week of March 1st – week of May 16th							
BHNC Representative	Wendy Castro (VP) Chair of Neighborhood Committee							
Tentative Budget: \$	\$6,000							
Item	Quantity	Amount	Totals	Potential Donations by	Notes			
Facilitators Alex Alpharoah	12	\$500.00	\$6,000.00	N/A	1 Series Facilitator (\$6,000 at 48 hours = \$125/hours - BHNC spent approx \$200/hr on previous writing facilitators). Note: Facilitators spend approx. 3-5 hours per week to prepare for each session as well as offer "office hours" to participants. Third writing series has had approximately 27 participants per class with approximately 3/4 being Boyle Heights stalkholders. Maximum participants occupancy would be 35 participants. BHNC would be spending approximately \$14.29 per class/per participant.			
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Support Needed								
Outreach Team (creating flyer, social media posts, printing of material, etc)	Posting flyers created by facilitators on social media, tagging writing group on social media, printing flyers to post at supermarkets, sending flyer and virtual event information to middle/high schools/churches, etc							
Finance Team (approving budget)	Provide feedback on budget & approve budget							
Vice President (making connections, helping in any other way)	N/A							
Gov't agencies (Sentor, Assemblyman, Councilman's office)	N/A							
Additional Support Needed	Everyone help with promotion of event!							