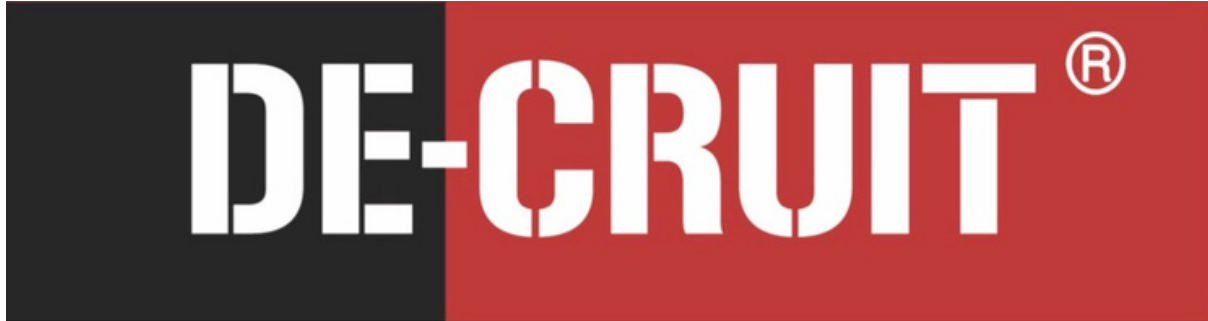


Summer Newsletter

DE-CRUIT, INC.

3 August 2025 ♦



Treating trauma through Shakespeare and Science.

Twelve years ago, on this very day,
I chose to truly live.

Not just to quit drinking or get sober, but to live fully.

I had, almost without realizing it, been trying to end my life for as long as I can remember.

Such is the legacy of adverse childhood experiences combined with military-related trauma... at least for me.

Looking back at these twelve years, the result of that decision has been DE-CRUIT.

Looking ahead, our dedicated team of volunteers, supporters, contributors, and participants has, and wants to share, how we plan to offer DE-CRUIT "in this our tottering state" (Shakespeare, 1597/2000, 3.2, 37).

We are also excited to share that we have a new publication: [Jeffers, M., Ali, A., Wolfert, S., Dawson, Z. B., Farnsworth, A., & Thompson, S. \(2024\). Healing trauma through theatre: A therapeutic vignette from the DE-CRUIT Veterans' theatre program. Journal of Military, Veteran, and Family Health, 10\(5\), 173-179.](#)

Additionally, three more books have been published this year, including DE-CRUIT as a key model in trauma treatment. This increases our journal publication list to 20 and our collection to 8 books (that we know of) focused on the importance of DE-CRUIT.

All of this to say, we're still here, still working, and still need your support.

In Solidarity,

Stephan

In this newsletter
you can expect:

The Significance
of Today's Date

Looking Back

What We've
Been Up To

Looking
Forward

Oh, One More
Thing

Happy Birthday
To Our Board
Chair, Jason
Cleveland!!

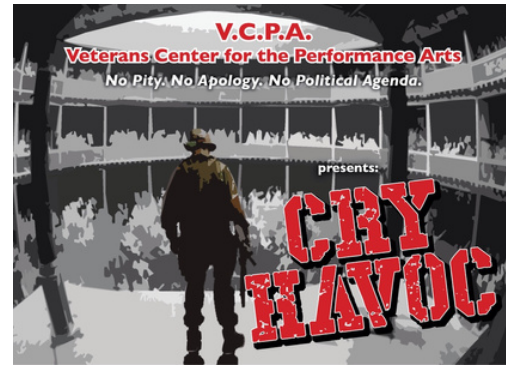


Looking Back

For those of you who don't know, the work of DE-CRUIT first began as my graduate thesis in the late 1990s. And for those of you who are, like me, old enough to be affected by the phrase "the late 1990s," it's just as difficult for me to write that as it might be for you to read it.

My graduate thesis combined Shakespeare's *Richard III* with my own medical records and personal stories in performance, while the rehearsal process was about trying to understand why the verse was helping to heal my ongoing, undiagnosed "disorders."

From graduate school, I moved to Los Angeles to experience theatre as medicine (Nolan, 2015) under the guidance of Randy Reinholz at Native Voices and Yvette Nolan, who was then at Native Earth.



From these experiences, the Veterans Center for the Performing Arts (VCPA) was born. For ten years, I was fortunate to work with Indigenous theater makers who, contrary to everything I had learned up to that point, had used theater as medicine for several millennia (Nolan, 2015).

Furthermore, during that decade, I was fortunate enough to work with military veterans, professional actors, and incredible volunteers who built the VCPA into a transferable model to share with others.

Moreover, that decade also forged my original thesis performance into Cry Havoc!.

Pictured above left: (Left to right, Stephan Wolfert, Los Angeles City Councilman, Vietnam Veteran Bill Rosendahl, and Dawn Stern, DE-CRUIT COO). To the right is an early logo for the VCPA and Cry Havoc! Created by Laura Mendoza.

Looking forward



What are we doing?

With most arts, arts-based research, and mental health funding being cut, our small but determined team has found a way to continue providing DE-CRUIT courses, creating and publishing research articles, and pursuing our mission.

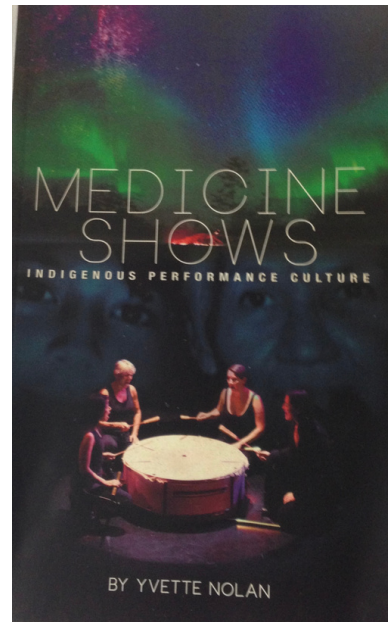
In light of this, our main focus will be on offering DE-CRUIT to therapists interested in individual and group settings, mental health practitioners, educators, actors, veterans, veteran organizations dedicated to mental health support, and organizations

providing care for incarcerated persons and citizens returning from incarceration.

We also welcome anyone interested in using Shakespeare and science to help reduce the symptoms of post-traumatic stress disorder (PTSD) and support adult survivors of adverse childhood experiences (ACEs).

Therefore, we have teamed up with [Collectively Rooted](#) to convert DE-CRUIT into online, on-demand video courses for global delivery.

(Pictured above: Stephan Wolfert presenting DE-CRUIT to cadets at Norwich University. A picture of the cover of Yvette Nolan's book, which is referenced.)



A Few Ways You Can Help

- Your donations will help [DE-CRUIT](#) to fund this labor-intensive process of creating virtual models of our program. Donations are an investment because these virtual models, while they will be low-cost for accessibility, will also be, hopefully, an income engine for the non-profit.
- When our virtual models are ready, your sharing will help us get the program into the public sphere.
- Continue to share [Cry Havoc!](#), which is now available as a free video on both [Vimeo](#) and [YouTube](#).



Oh, One More Thing!

I am proud to share that after graduating from Simmons University last year with a Master of Social Work (MSW) and a certificate in trauma practice, I passed the licensing exam this past May 2025 to become a licensed master social worker (LMSW) in New York and a licensed certified social worker (LCSW) in Massachusetts.

(Pictured above: Stephan Wolfert performing at a trauma conference in Australia)

However, I have left mainstream systems to combine performance, neuroscience, and trauma healing. I am currently living in Prague and work with the Prague Shakespeare Company as a **mental health guide**. This allows me to take on individual clients living anywhere!

DE-CRUIT will continue to work globally, empowering individuals and communities through innovative, embodied approaches to mental health and personal growth.

Thank you for reading!

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Happy Birthday to DE-CRUIT Board Chair, Jason Cleveland, PhD.



May you have a most wonderful day, Jason.
You have been a gift to DE-CRUIT and with us from the
very beginning. We appreciate your support!

Jason Cleveland became Chairperson of the QDTI board in 2024. He has over 30 years of experience as a technology innovator in scientific instruments and proteomic assays. He was most recently at SomaLogic, a proteomics company with an assay measuring 10,000 proteins, where he was CTO. Prior to joining SomaLogic, Dr. Cleveland was the co-founder, chairman and later, CEO of Asylum Research in Santa Barbara, California, a manufacturer of atomic force microscopes founded in 1999 and sold to Oxford Instruments in 2012. As a hands-on CEO, he was heavily involved in designing the Cypher AFM, which is still the quietest, fastest and most stable research atomic force microscope in the world, with an installed base of more than 1,000 instruments. He began his career at Digital Instruments, the largest atomic force microscope company at the time. Dr. Cleveland has a doctorate in physics from the University of California, Santa Barbara, and a bachelor's degree in math and physics from the University of Minnesota, where he was a Goldwater Scholar. He is a fellow of the American Physical Society, an author of over 40 scientific publications with an h-index of 30, and an inventor on over 50 patents. He also serves as chairman of DE-CRUIT, a non-profit treating trauma in veterans through Shakespeare and science.