

THERAPY

A **MUSICAL** COMEDY

BY
CHELSEA MCRAE
MARIO SADRA-DE JONG
CODY MCRAE



BASEMENT THEATRE | 8 - 12 JULY 2025

A FRIENDLY NOTE ON CONTENT

This show discusses mental illness, suicide, sexual assault, and uses strong language. If anything in the show makes you feel uncomfortable, that's okay! If nothing in the show makes you feel uncomfortable, that's okay too. Humans are complex. Ultimately, we're here to have a great evening.

If you need support, the following services are available:

- Need to talk? **Free call or text 1737** any time for support from a trained counsellor
- Suicide Crisis Helpline – **0508 828 865**
- Depression Helpline – **0800 111 757 or free text 4202**
- Are You OK (Family violence helpline) – **0800 456 450**
- Anxiety NZ – **0800 269 4389**
- Safe to Talk – **0800 044 334**
- Lifeline – **0800 543 354, free text 4357**
- Youthline – **0800 376 633, free text 234 or email talk@youthline.co.nz or online chat**
- Samaritans – **0800 726 666**

KIA ORA

It means the world for us to have you here for a session of *THERAPY* (the musical comedy - we're definitely not qualified to help you with the other kind). This wee musical had its debut at the Dunedin Fringe Festival in March 2024 and we are absolutely thrilled to now be sharing it with **you**, our Tāmaki Makaurau audience.

THERAPY is a one-woman musical which centres around Chelsea's story as she visits a therapist's office with the hope of a quick fix for dizzy-spells. Instead she spends a few sessions laughing about intrusive thoughts, discussing the weird side of grief and finally addressing something from her past she's ignored for too long. The show is (mostly) based on real events and was developed with support from the University of Otago School of Performing Arts.

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CHELSEA MCRAE

Chelsea has a Bachelor of Performing Arts from the National Academy of Singing and Dramatic Art (NASDA). She went on to further train and work in Sydney, before returning to Aotearoa to pursue her own works. *THERAPY* has been a labour of love which started as one of Chelsea's postgraduate projects - and became a great excuse to drag bestie (Mario) and hubby (Cody) along for the ride. Recent theatre credits include *Chicago* (Mary Sunshine), *The Last Five Years* (Cathy Hiatt), *Shortland Street the Musical* (Kirsty Knight), *The Wedding Singer* (Holly Sullivan), and *That Bloody Woman*. During the day Chelsea teaches singing at the Voice Lab nz.



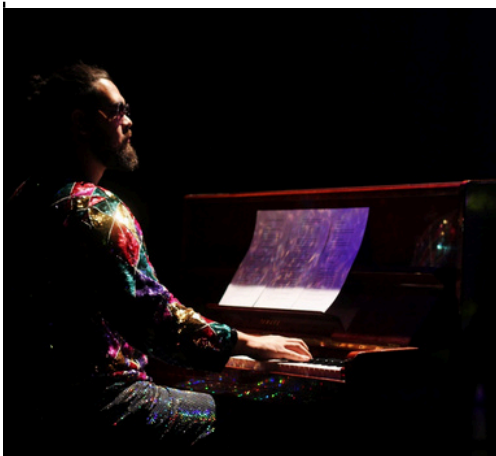
MARIO SADRA-DE JONG

Mario started learning piano when he was three and began writing music not long after. He attended the National Academy of Singing and Dramatic Art (NASDA) along with Chelsea from 2014 - 2016, and went on to tour with Playhouse in their 2017 Australian tour. Mario then studied at Yoobee Colleges (editing, audio, writing and directing). With the goal of creating content for a stand-up routine, Mario began writing short comedy songs. When approached by Chelsea to create the music for *THERAPY*, he enthusiastically agreed to it and has loved the entire collaboration process. In his spare time Mario enjoys filmmaking and saying he does filmmaking. In his day-job, he works as Media Designer for Hato Hone St John.



CODY MCRAE

Having a busy history both onstage and offstage Cody has developed a love of theatre and enjoys seeing all the aspects come together to create a full and engaging story. Some of Cody's previous lighting credits include *Twelfth Night* (The Globe Theatre), *Artist Descending a Staircase* (The Globe Theatre), *The Last Five Years* (Three Divas and a Queen), *Bachelor Party* (Good for Her), *Through my Father's Eyes* (YNOT), *The Importance of Being Earnest* (Griffin Theatre) and various other projects at The Court Theatre and NASDA. When he isn't working in theatre, he spends his days continuing his Neuroscience studies and as part of the team for the Dunedin Multidisciplinary Health and Development Study.



NGĀ MIHI NUI

A lot of work and time goes into putting together a show, no matter how small the season is! Thank you to our whānau who have supported us through this process and to the countless individuals who have given their time.

We wish to say a special thank you to the following:

Amanda Faye Martin, Marea Colombo & Late Bloomers, Dunedin Fringe Arts, Alex “Waffles” Williams, Sophie Blokker, Taieri Musical, University of Otago School of Performing Arts, Simply Training, Kelly Hocking & the voice lab nz, and to our Auckland audience - your support is felt and received with gratitude.

If we missed anyone due to time constraints, we are sorry.
We **love** you, we **see** you, we **appreciate** you!

*This Matariki season of THERAPY is dedicated to three special Dads.
I Wayan ‘Kondo’ Sadra, 1951-2024. Amor ing acintya, demogi pilih genah sane becik.
Terry Gaiger and Daniel Gaiger. Kua hinga he totara i te wao nui a Tane.*



the voice lab^{nz}



SCRIPT

Chelsea McRae

MUSIC

Mario Sadra-de Jong

LYRICS

Mario Sadra-de Jong
Chelsea McRae

DRAMATURG

Amanda Martin

DIRECTOR

Marea Colombo

PERFORMERS

Chelsea McRae
Mario Sadra-de Jong

PROJECTION GRAPHICS

Mario Sadra-de Jong

MARKETING

Chelsea McRae
Mario Sadra-de Jong

GRAPHIC DESIGN

Mario Sadra-de Jong
Chelsea McRae

PHOTOGRAPHY

Cameron Smith
River Quinn
Don Townsend

ARTWORK

Sophie Blokker

LIGHTING

Cody McRae

SOUND

Cody McRae

AUDIENCE MEMBERS

You, beautiful :)