

SHRINK!

A musical about the importance of mental health and the normalization of getting help.

Written by Anahí & Mélina Carrasco



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Monday morning again. Enters Shrink. Young, highly motivated, recently independent therapist arriving at work. Like every week, patient after patient, she faces the challenges of the day with courage, bravery, and professionalism. But once the door closes at the end of the day, the dark thoughts make their entrance and confront her with her own struggles and doubts. Is she even good enough to help? Who is going to help her?

The Project

4 years ago, Anahí Carrasco decided not to decide between her passions, but rather to combine them: keeping her teacher job she started a Bachelor in Psychology and a 4 year musical program at the StageArt Musical and Theater School in Zurich. After intense and fascinating 24/7 days and weeks full of multitasking nights, she's very proud to present **SHRINK!** her graduation project at SAMTS, the result of much combined acquired skills and knowledge. The musical was co-written with her sister in-law, Mélina Carrasco and is about the importance of mental health and seeks to normalize getting help, to help oneself, or others.



Shrink: Anahí Carrasco

Trent: Jacqueline Beutler

Claire: Chiara Stark

Roxane: Nicole Zehnder

Maurice: Simon Bächtiger

Script and lyrics: Anahí & Mélina Carrasco

Music: Anahí Carrasco

Assistant director: Deborah Althuser

Piano: Etienne Beyeler

Drums: Michael Süess

Turbinentheater - October 7th 2023 - Adults 20CHF - Students 15CHF