



Heddy Lahmann
Re: Presentation Materials for todays class
To: Crystal Lucas-Perry

April 12, 2026 at 2:49 PM

Dear Crystal,

Thanks again for sharing your research process and progress with the class. Here are a few notes from me:

- Your practical and scholarly motivation are very clear, well-defined
- You set up why you are the perfect person to do this investigation and pedagogical inquiry — no one could do it like you can.
- You really nailed the 'so what' (in terms of why you focus on training environments) when you described how these environments create norms for the profession! Holding potential for meaningful change.
- I'm curious about how actors are distinct from artists more broadly in terms of the literature on actors v. general population with regard to depression/stress/anxiety
- 'Performing with Care' — I wasn't fully clear on what this is, how you're developing it, or how it contributes to your research and/or the field. I believe that it does all of these things, but I think you can get really clear (a few sentences) that tell that story concisely and clearly.
- Nice work!

Happy to discuss any of the above or other pieces at any point, if helpful.

Very best,
Heddy



Crystal Lucas-Perry
Re: Presentation Materials for todays class
To: Heddy Lahmann

April 13, 2026 at 9:27 AM

Thanks professor for your supportive feedback – very much appreciated. Per your questioning about the *Ritual of the Run*, I've attached a PDF of the offering and hopes that provides more clarity. Had I had more time, I would have loved to share more with the class. And yes, I would love to find a time to discuss further. Thanks!

Warmly,
Crystal Lucas-Perry



**Copy of Green Project
Proposal Presentation...**
6.8 MB

