WHAT IS DRAMATHERAPY?

Dramatherapy uses elements of drama and creative techniques to achieve therapeutic outcomes. It can be brief or long term and has its heart in the therapeutic relationship, supporting and nurturing personal growth.

GENERAL AIMS

To build confidence, self-awareness and enhance self-esteem
To offer different perspectives
To reduce feelings of isolation
To externalize inner conflicts or dilemmas
To gain insight into behaviour
To explore relationships and personal stories

HOW DOES IT WORK?

Dramatherapy is fully inclusive and invites clients of all ages and abilities to work spontaneously, using a variety of creative techniques which may include:

- exploring stories, scripts and roles
- verbal and non-verbal communication
- movement, body and voice work
- creative and expressive methods such as sculpting & art