

What is the process?



A **referral form** is completed and information analysed



An **observation and/or an assessment** take place to **determine the best course of action**



Permission is obtained and **therapeutic work begins**

Speak to your child's teacher if you would like your child to be referred for Dramatherapy



Further information

"She loves it. She likes having the space to **process her feelings safely** and is **able to communicate how she feels** using toys" – *parent*

"I feel like I **can talk more about my feelings** since coming here" – *student*

"It helps me to feel **calm and relaxed**" – *student*

"He is **always so happy** when he comes back into class after a session" – *class teacher*

For further information please visit:



www.badth.org.uk



www.hcpc-uk.org

Information Guide

NV Dramatherapy



Dramatherapy in Education



Dramatherapy

What is Dramatherapy?

Dramatherapy is a form of Psychotherapy. It involves using drama and theatre techniques as well as story-making, art, music, movement and play as a way to express yourself.

What do Dramatherapists do?

Dramatherapists work with students to:

- Give them a **creative and safe space** to express their emotions
- Allow to explore **themselves and their relationships with others**
- Work creatively to explore **different feelings and emotions**
- Support them to build **strength, self-esteem, resilience and self-regulation**

Dramatherapy is **adaptable** and works with the **strengths and interests of the individual**



A typical session

What does a typical session look like?

Dramatherapy is a child-centred practice, and, as such, takes its lead from the child

Each session typically consists of:

- Check in – **encouraging the child to work in the here and now** to establish and recognise how they are feeling
- Warm up – this could involve playing a game or taking part in a preferred activity to **help feel relaxed and open in the therapeutic space**
- Main activity – **using creative ways to help explore emotions** and develop a greater depth of understanding to how you are feeling
- Closing/check out – an opportunity to **reflect on the therapeutic practice**

It is important to note the above is merely a guide and the Dramatherapist will adapt their practice to suit the needs of the child



Who can it help?

Work takes place **regardless of ability or disability**. Dramatherapy is adaptable and child-centred.

Dramatherapy can help with a range of issues, such as:

- | | |
|---------------------|------------------------------|
| • Anger/aggression | • Panic attacks |
| • Anxiety | • Relationship issues |
| • Attachment issues | • Work/exam worries |
| • Bereavement | • Self-harm |
| • Depression | • Sexual and gender identity |
| • Eating disorders | • Sleep issues |
| • Health worries | • Stress |
| • Loneliness | • Suicidal thoughts |
| • Low mood | • Trauma |
| • Low self-esteem | • Worries about the future |

