



Abigail Nelson

Dramatherapist

HCPC and BADth registered

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More info

Visit my website
www.abigailnelson.co.uk

Psychology Today
[Click here to visit my profile](#)

Expertise

- Neurodiversity / Autism
- Anxiety
- Depression
- Disability and additional needs
- Self esteem and relationships
- Trauma and attachment

Fees

£55 for 50 minutes (individual)
£75 for 50 minutes (couple)

Why dramatherapy?

Dramatherapy is a creative psychotherapy. For lots of people, talking about their challenges or past feels awkward or painful. With dramatherapy, we can enable deep, lasting change and growth, whilst not relying on the spoken word.

In sessions we can create characters and stories, listen to music, play and laugh, make art, and move our bodies. In dramatherapy the client is empowered to explore their world in creative ways that are unique and authentic to them, whilst learning new ways to express themselves.

Dramatherapy is backed by research in human development, psychology and neuroscience. For example, we now know that trauma is stored in the body, and that embodied approaches like dramatherapy are needed to heal. We also know creativity is a key ingredient of brain plasticity, which allows us to change our ways of thinking, reacting, and processing information.

Reach out for a free information session, and find out how dramatherapy could transform your life.