

## What is Dramatherapy?

Dramatherapy is a creative psychotherapy. In a session we might use talking, story-making, objects, movement, art or music to explore and express our inner worlds, mental health, relationships and experiences.

## Who are Dramatherapists?

Dramatherapists often have a background in theatre, health, or education. Dramatherapists are registered and regulated by the Health and Care Professions Council (HCPC) having done a Masters level training with an approved course at a university. In the UK you can study Dramatherapy at: Queen Margaret University, Roehampton University, Derby University, Central School of Speech and Drama and Anglia Ruskin University.

## Who might go to Dramatherapy?

Dramatherapy is very inclusive and client-focused, so can meet with the needs of most client groups across ages, cultural or social differences, including physical and learning ability. You may go to dramatherapy to work through a particular issue, experience or relationship. You might just want to get to know yourself better. You might attend dramatherapy in a group or one-to-one.

## Where do Dramatherapists work?

You can find dramatherapists in healthcare settings (NHS and private), education settings, charities and working in private practice.

## What are the other Arts and Play Therapies (APTs)?

Dance and Movement Therapy, Art Therapy, Music Therapy and Play Therapy. Therapeutic Theatre and Environmental Arts Therapy are related professions.

# A Dramatherapist's Toolbox...



## Further recommendations to explore dramatherapy...

### Books:

Drama as Therapy (Phil Jones)

The Book Keeps the Score (Bessel Van Der Kolk)

Dramatherapy: Clinical Studies (Steve Mitchel)

Dramatherapy: Theory and Practice (Sue Jennings)

Dramatherapy with Myth and Fairytale (Jenny Pearson, Mary Smail and Pat Watts)

Healthy Attachments and Neuro-Dramatic-Play (Sue Jennings)

### Websites:

British Association of Dramatherapy – [www.badth.org.uk](http://www.badth.org.uk)

NHS Allied Health Professionals Careers – <https://www.healthcareers.nhs.uk/explore-roles/allied-health-professionals/roles-allied-health-professions/dramatherapist>

### Videos and Podcasts:

Dramatherapy at Dundee Rep (short animation on what is dramatherapy) – <https://www.youtube.com/watch?v=Gd9HwHwafs8>

DTherapy Space Podcast – <https://open.spotify.com/show/OrbMNRvfjrbnJerHLiHTz>

Please reach out to me any time with questions or to chat more!

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