

## 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 are both artists and clinicians, who can draw on their creative skills and their knowledge of mental health, human development, trauma and neuroscience in the therapy space. 'Dramatherapist' is a protected title by law, meaning one can only use it if they are registered with the Health and Care Professions Council (HCPC) having completed a Masters (MA or MSc) in Dramatherapy. Dramatherapy is an Allied Health Profession (AHP) in the NHS. You can find dramatherapists in healthcare settings (NHS and private), forensic settings, education, charities and working in private practice.

## Who might go to Dramatherapy?

Many people struggle to talk about their feelings or experiences. You don't have to be a 'creative person' to benefit from more creative methods of exploring your inner world. 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. Dramatherapy is very inclusive and client-focused, so can meet with the needs of most client groups across ages, (dis)abilities, cultures and backgrounds.

## About me:

My name is Abigail Nelson, and I am a Dramatherapist based in Edinburgh. I have a private practice in Leith, at A Quiet Room by the Shore, online and in person. I work with adults and teens with a range of experiences including anxiety, autism, bi-polar disorder, depression and low-mood. **Get in touch to arrange a free consultation:**  
[Abigail.k.nelson@hotmail.com](mailto:Abigail.k.nelson@hotmail.com).



## 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)



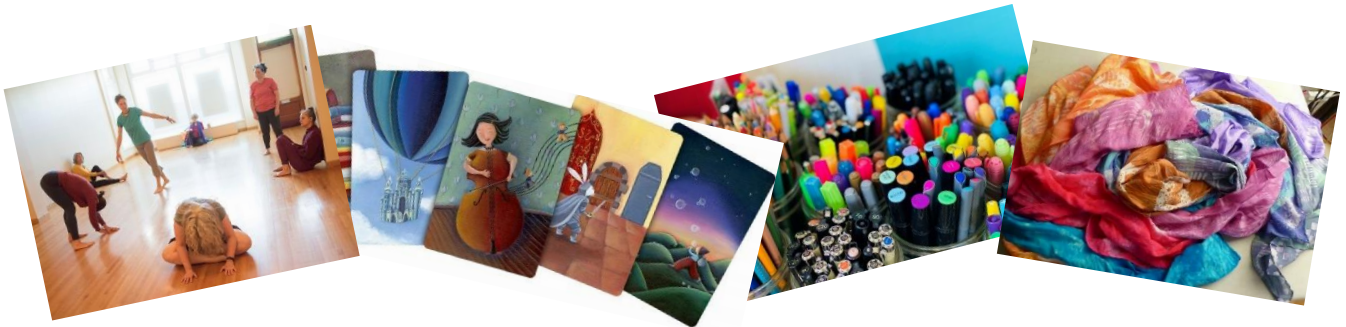
### Websites:

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

Search the HCPC register: <https://www.hcpc-uk.org/>

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

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



Please reach out to find out more or arrange a consultation for you or your young person:



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