

Dramatherapists are trained to enable service users to find the most suitable medium for them to engage in group or individual therapy to address and resolve, or make troubling issues more bearable. Service users who are referred to a dramatherapist do not need to have previous experience or skill in acting, theatre or drama.

Dramatherapy is a form of psychological therapy in which all of the performance arts are utilised within the therapeutic relationship. This approach can be particularly helpful for people with difficulties in communicating as it engages the body and imagination.

Dramatherapists are both artists and clinicians who draw on their training in theatre, drama and therapy to create methods to engage service users in effecting psychological, emotional and social changes. The therapy gives equal validity to body and mind within the dramatic context. Stories, myths, playtexts, puppetry, masks and improvisation are examples of the range of artistic interventions a dramatherapist may employ. These interventions will enable the service user to explore difficult and painful life experiences through an indirect approach.

British Association of Dramatherapists

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