



## What is Dramatherapy?

Dramatherapy is a Creative Arts Therapy regulated by the Health and Care Professions Council (HCPC) and recognised by the Department of Health. Dramatherapy offers a unique psychological therapy approach using active, creative and playful methods to facilitate exploration, insight, growth and healing.

These may include using developmental play, storytelling, music, art, movement, talking & using the imagination. These approaches enable the client a choice to explore difficult and painful life experiences through a direct or indirect approach.

The Dramatherapist provides the therapy in Stratford upon Avon. The room is a confidential space, free from clutter, to enable the therapist to set up the space and resources. The Dramatherapist provides a variety of creative resources for the client to choose including cushions, art materials, sensory materials, puppets/figures, costume, sand-tray etc.

Dramatherapists work under a legally protected title and have an in-depth experiential and theoretical knowledge of dramatic & creative art forms, alongside clinical training in psychological approaches and psychodynamic psychotherapy.

The Safeline Dramatherapy Sessions are run by Karen McDonald, who is a registered Dramatherapist with the Health Care Professions Council (HCPC) and a full member of the British Association of Dramatherapists (Badth)

## Who it is aimed at?

Dramatherapy offers a unique Arts Psychotherapy approach to a wide variety of children, young people and adults with a range of social, physical, cognitive, emotional & psychological difficulties.

They do not need any previous experience in the arts, as the Dramatherapist will work with the client's strengths and preferences, to allow the client to communicate, express and explore the therapeutic process in their own way.

Dramatherapy works through verbal & non-verbal psychological approaches, which allows the client to engage at their own stage and pace and does not rely on a purely 'talking' approach. Dramatherapy can work with anybody and may be particularly helpful to those who find it too uncomfortable to talk about their problems.



*If you are interested in finding out more about accessing the Dramatherapy service, contact the office on 01926 402498 or e-mail [office@safeline.org.uk](mailto:office@safeline.org.uk)*