

About Drama Therapy

What is it?

Drama Therapy is a client centered action orientated creative exploration of the human condition. Clients and therapists work together to achieve consistent growth through the client's individual creative means of expression. Clients develop the tools to become their own guide in working through both their personal and therapeutic goals. The North American Drama Therapy Association describes drama therapy as an approach that: "...can provide the content for participants to tell their stories, set goals and solve problems, express feelings, or achieve catharsis." Drama therapists utilize many forms of creative expression including Drama, Music, Dance, Video, Poetry, Photography, and Art. Drama Therapists may also use objects such as puppets, scarves, and musical instruments. You can learn more about Drama Therapy at the NADTA's web-site- www.nadta.org

Who uses Drama Therapy?

Drama Therapy may be utilized by everyone. Many people find that they have already used drama techniques as parents, educators, healthcare professionals and artists.

This link provides some of the various way's drama therapy is being utilized:

<https://www.nadta.org/what-is-drama-therapy/nadta-pr-packet-2019-finalized.pdf>

How can Drama Therapy help me during Quarantine?

Some books offering some helpful creative drama activities you can explore at home: available on Amazon

Story making and Creative Groupwork with Older People, Paula Crimmens

101 Mindful Arts-Based Activities to Get Children and Adolescents Talking: Working with Severe Trauma, Abuse, and Neglect Using Found and Everyday Objects by Dawn D'Amico

Some fun apps for those excited by using technology:

Morpho 3-D faces. Kids can create a talking picture of a person's face. This app allows the client to create a story through the "muse" they create o this app.

Word Palette: Writers can create poems by dragging around "palettes" of scrambled words.

This can also be a good time to explore creating your own film or play some examples include:

Utilizing Others Stories-Verbatim Theatre (Anna Devere Smith)

<https://youtu.be/E6yXCVjDUOA>

Utilizing Your Own story

John Leguizamo's "Freak" This is his autobiographical story, about his life growing up, and his journey to try to be accepted by his father.

<https://youtu.be/wubE1U29LYU>

For more information about Jen Faith Brown and her work please visit:

Light Keeper Productions- www.lightkeeperproductions.org



Jen Faith Brown (MFA-RDT)-Jen received her Masters degree through the fellowship program at The Alabama Shakespeare Festival/University of Alabama. She received her BFA in Musical Theatre from Syracuse University. She is also a graduate of the Drama Therapy Institute of Los Angeles where she currently serves as the Director of Education. Jen received her RDT (Registered Drama Therapist) certification through the NADTA (North American Drama Therapy Association) Jen is also the founder and artistic director of Light keeper productions, a 501 C-3 organization that produces theatre, film, and creative arts therapy projects throughout the year.

The organization is proud to present various drama therapy and arts programs to underserved populations including Seniors, Veterans, Holocaust Survivors and children with special needs. Jen has worked as a drama therapist with various populations including teens in long term treatment, seniors, children with special needs as well as with developmentally disabled adults. Jen finds a strong benefit to staying tuned both as an artist and therapist. To that end, she continues to work as an actor/singer both in NY and Los Angeles. Jen is a proud member of Actors Equity, SAG/AFTRA and the NADTA. For more information about drama therapy visit www.lightkeeperproductions.org