

Drama Therapy

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

Utilizing Rituals for Warm-up Activity

The drama therapy textbook *Current Approaches in Drama Therapy* defines ritual as "the establishment of a ceremonial frame, space, time and demeanor for transformative purposes". In drama therapy a ritual can be utilized for a client to create a "ceremonial frame" around a particular challenge or goal.

Example-A client may have a ritual of writing daily something they would like to give to the day each morning and something they would like to take away. This type of activity is especially useful at the beginning a session setting a specific intention for the work.

Central activity- "My Favorite Place"

AIM/ Question of the Day: How can I visit "my favorite place" from 100 miles away?

Participants draw an image or representation of their favorite place. This place is one in which they feel "peaceful, relaxed and happy"

Sharing My Favorite Place Activity

Each participant shares their favorite place inviting the rest of the group to explore that place

Writing Share- Follow up activity- Choose a title for your favorite place-Write two lines describing your favorite place

Role-Play-Describe your favorite place from another character or friends' point of view

Utilizing Rituals for Closure of sessions

One effective closure is a simple Victory Exercise-Share a victory you had today.

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