

# Dramatherapy

## What is Dramatherapy?

Dramatherapy has as its main focus the intentional use of healing aspects of drama and theatre as the therapeutic process. It is a method of working and playing that uses action methods to facilitate creativity, imagination, learning, insight, and growth.

## How does it work?

Dramatherapists meet people on their own or in groups at the same time every week. This helps to create a feeling of safety, stability, and familiarity, which is very important for therapeutic work and the relationships within it.

In a dramatherapy session someone might use art materials, puppets, toys,



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movement, fabrics, or music to help them think about themselves in a different way.

You don't have to be able to act to access it, and it is not a Drama lesson.

It's important to remember that the work is confidential and the content of sessions will not be shared unless there are safeguarding concerns. Parents or carers will have to give consent before the work begins.

## How can it help?

In Dramatherapy you don't have to talk, so if someone finds communicating through words to be difficult, the dramatherapist will help them find other ways of expressing themselves. Maybe things that might be difficult to talk or think about at other times.

Dramatherapy can help someone to express their feelings, through playing, moving, acting, singing, and the use of art materials or musical instruments.

The Dramatherapist will support the person to understand what they are communicating, and find appropriate ways to make sense of it, with the aim of making positive changes through this knowledge.



### **Who is it for?**

Dramatherapy is for any child or young person in the school who might need some emotional support, for any number of reasons; perhaps they are worried about something, they might have had some negative experiences in their lives, or maybe they are finding it difficult to play with their peers.

Dramatherapy might not be the right choice to support the person, so the therapist will offer some assessment sessions to make sure it can work.

### **How can I refer someone for Dramatherapy?**

You can speak directly with the therapist, a member of the safeguarding team, or with a member of staff in the student's class to think about why you are making the referral. There is a referral form to fill

in, and then the therapist will discuss it with you, and other people involved in the care of the person, in more detail.

### **Who is the Dramatherapist?**

Our school Dramatherapist is Inam Mirza. He has been with Parayhouse for 11 years, and previously worked in the classrooms and taught Drama. He trained at Roehampton University and now is a qualified Dramatherapist. He works on Thursday and Friday.

**If you have any questions, you can contact him via email at [i.mirza@parayhouse.com](mailto:i.mirza@parayhouse.com)**

