

## **What is Dramatherapy?**

Dramatherapy is a therapy available to all service users in North East Essex Adult Learning Disabilities Services who need help to cope with their feelings. Dramatherapy is not about learning how to act or about putting on a show.

At times, we have feelings that can effect how we think about ourselves, other people and the world we live in.

Sometimes what has happened, or is happening, to us means that we think, behave and feel in a way that makes it difficult to cope with our life today. We may be frustrated, angry or upset; and we don't always understand why we feel like that.

If this happens to you, you can be referred to Dramatherapy. The Dramatherapist can help you use drama and play to express and understand your feelings. You may then find ways to manage them, and be more at ease with yourself.

After a meeting to talk about how Dramatherapy might help you, you may be invited to a short period of two to four weekly assessment sessions. You and your therapist can then decide whether to continue with more sessions. These may be with just you and the therapist or in a group, whichever is most beneficial for you. It is important that you attend regularly.

Individual sessions last up to 50 minutes, while group sessions last up to 1½ hours. A maximum of 60 sessions may be offered.

Dramatherapy sessions are private although if the therapist is concerned for your or another person's safety the therapist will talk to you about the concern before talking to your care staff.

For more information contact:

Clare Powis, Principal Dramatherapist on 01206 363265 or 07814 353360.

