

Drama Psychotherapy

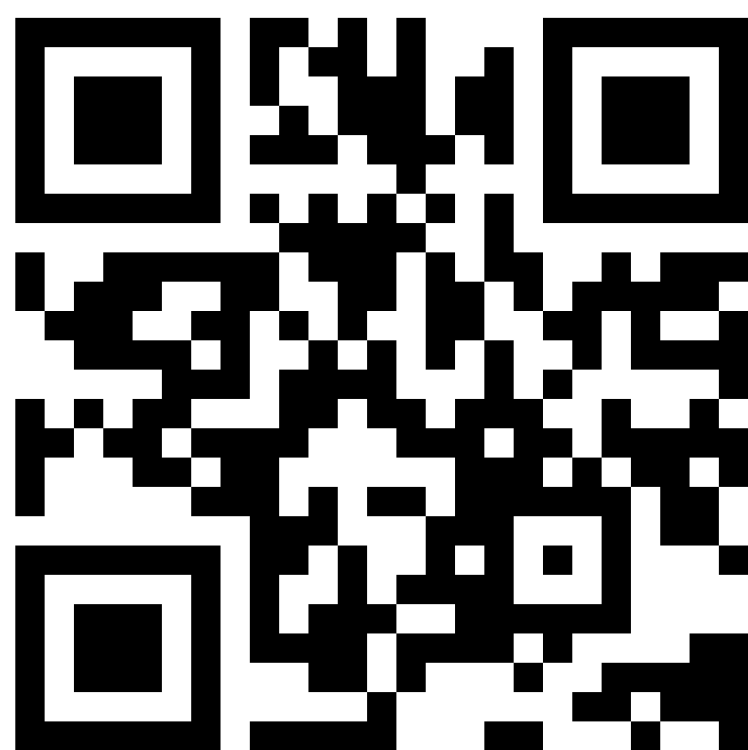
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Drama Therapy is a form of Creative Arts Psychotherapy that pulls upon the therapeutic benefits of drama, creativity, and play, to help individuals express, process, understand and make sense of their life experiences.

It is a verbal and non-verbal therapy that offers safety and distance through tools such as art-making, role-play, embodiment and movement, objects and stories. This means that Drama Therapy can be useful for anyone who finds it difficult to put their experiences, thoughts and feelings into words.

You don't have to be good at drama to benefit from Drama Therapy. The Therapist won't 'teach' drama but will support you in using materials and techniques to help you develop a better understanding of yourself.

- Drama Therapy activates the emotions, senses and unconscious brain, which is where trauma and difficult events are stored. This 'whole-brain' approach that Drama Therapy offers is unique and powerful in helping traumatised people to heal.
- Drama Therapy is a body-based therapy; by activating the body, deep emotions can be acknowledged and processed. This stimulates self-awareness and connection.
- Drama Therapy can be adapted to all ages and supports a range of needs including mental illness, trauma, anger, self-esteem, learning needs, eating disorders and more.



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