

Psychological Therapy

Factsheet 8



This factsheet is about **Drama Therapy**.

Drama therapy is a **psychological therapy**.



Psychological therapy is treatment to help you feel better in your mind.



A **therapist** will help you with your treatment. A **therapist** is someone who has been trained to help people with their thoughts and feelings.

What is drama therapy



Drama therapy uses drama to help you think about who you are and how you deal with things in your life.



You might act, play games, use puppets or tell stories in this kind of therapy. This kind of therapy gives you a safe space to think and feel and move.



Drama therapy happens as part of a group or on your own with your drama therapist. Your drama therapist will help you to bring out your feelings and be more aware of other people around you.



You can use **drama therapy** on its own or with different therapies to look at how you feel about yourself and other people.



How drama therapy helps you

Drama therapy helps you to express how you feel in a different way.

Drama therapy helps you to work out your problems in a different way.

Drama therapy helps you to use stories to work out any painful things that might have happened to you.

Drama therapy helps you to be more creative in your life and how you are with other people.

Drama therapy helps you to make a link with your therapist so you can talk about how you feel and what has happened to you.





What happens in a drama therapy session

Drama therapy happens in a room that is big enough to move and do theatre.



You might do theatre and perform with your drama therapist.

Your drama therapist will talk to you about how many therapy sessions you need. You will usually go to a session once or twice a week.



You might start going on your own but then join a bigger group.



You can find out more by going to this website

www.mind.org.uk