



Drama and Movement Therapy FAQ

What is Drama and Movement Therapy?

A way to work therapeutically with drama and movement activities, exploring feelings and problems. We aim to discover our inner resources through creativity and play.

Do I need any drama or acting experience?

No experience is needed, and you will not be learning acting or performing; instead we will use drama games and practices to explore your feelings and experiences.

What will we do in sessions?

We can work with drama, movement, story, myth, improvisation, voice, play, puppetry, art or music, depending on what works best for you. Usually we will talk about what you might want to explore, use games to warm up, work with a problem or explore a story, and aim to finish the session in a grounded and calm state of mind. Nevertheless sessions are flexible and don't have to follow any formula.

How does Drama and Movement Therapy differ from counselling?

We will make use of creative activities for the bulk of the session; as with counseling all feelings and experiences will be welcomed with warmth and acceptance, and our work will be confidential.

Our GP recommended counselling; will this work as well?

Drama and Movement Therapy is just as effective as counselling and has similar aims, but is a slightly different approach.

My son/daughter/myself can be very shy and just wants to talk to someone – how will this help them?

There will be no requirement to do any activities that they don't want to do, or to be feeling confident. Instead together we'll work on finding what works best for them, and it could support growth in confidence.

What problems can Drama and Movement Therapy help with?

Drama and Movement Therapy offers opportunities for healing for a wide range of clients facing different challenges, including, but not limited to:

- Emotional, social, behavioural challenges
- Mental health problems including depression, anxiety and stress
- Low confidence and self-esteem
- Developmental and attachment issues and disorders
- Bereavement, loss and change
- Addiction



- Eating disorders and self harm
- Trauma and post traumatic stress disorder (PTSD)
- Autistic spectrum disorders and learning disabilities
- Dementia
- Psychosis
- Personal growth

How many sessions will they need?

Session numbers are discussed between therapists and clients depending on your aims and needs. Whatever we decide can be changed by mutual agreement.

What qualifies someone to be a Drama and Movement Therapist?

Drama and Movement therapists need a postgraduate Dramatherapy qualification and accreditation by the Health and Care Professions Council (HCPC). The latter ensures that we keep to ethical standards and have the relevant qualifications and experience to practice safely and effectively.

