Dramatherapy Explainer

Understanding your Dramatherapy sessions at Gateway Psychology

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Dramatherapy is a psychological therapy that has, as its focus, the intentional use of healing aspects of drama and theatre as the therapeutic process. We use action methods to facilitate creativity, imagination, learning, insight and growth.

You don't have to have done drama before to do dramatherapy, it's a playful and adaptive approach that is geared towards your individual needs. Dramatherapy opens doors for those who find it harder to talk directly about their emotions and experiences.

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What are Dramatherapy sessions like?

Sessions will usually take place with the child or young person, the Dramatherapist will guide the child or young person through activities that help them express themselves. The clinician may use a variety of approaches under the umbrella of dramatherapy which may include methods such as role play, puppetry, improvisation, embodiment and story making to express your emotions and thoughts and explore your experiences and memories.



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How is progress monitored?



You and your clinician will meet regularly to review your child's dramatherapy sessions and discuss how best to meet your family's needs.

A review is also a time for you to bring any concerns you have about your child and the sessions. You are welcome to bring a friend or relative with you to reviews. Please let us know in advance if you are going to do this.

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Video and audio recording

Dramatherapy sessions might need to be video and audio recorded.

We will ask for your verbal and written consent before recording any of your sessions. Your clinician will use these for analysis purposes and to prepare for feedback sessions with you.

Confidentiality

Your video recordings will be stored in accordance with our Data Protection and Confidentiality Policy.

Will my videos be shared anywhere else?

Your clinician may share your videos confidentially with their supervisor. We will ask for your consent before doing this. We will not share your videos anywhere else, unless required to by law.

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Confidentiality

Sharing information

Your clinician will not share information with any other person or agency without agreement from you (and your child, if appropriate), except when it is required by a court of law or a local authority, or if they believe your child or another person is at risk.

Please see our Data Protection and Confidentiality Policy for more information.

Notes and reports

Your clinician will keep notes about Dramatherapy Sessions for their own use and for supervision.

At the end of the intervention, they will write a summary report for you. They will not share notes or reports without your consent unless required to by law.

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Other documents to read

As well as this Dramatherapy Explainer, please read the following documents (where applicable) before your sessions begin:

- Parent/Carer Information Pack
- Schedule of Services
- Terms and Conditions
- Children's Guide/Young Person's Guide (as appropriate)

You will also need to sign and return the following forms:

- Registration Form
- Consent Form
- Outcome Measures (questionnaires)

These will be sent to you electronically using the e-signature platform, PandaDoc

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Our contact information

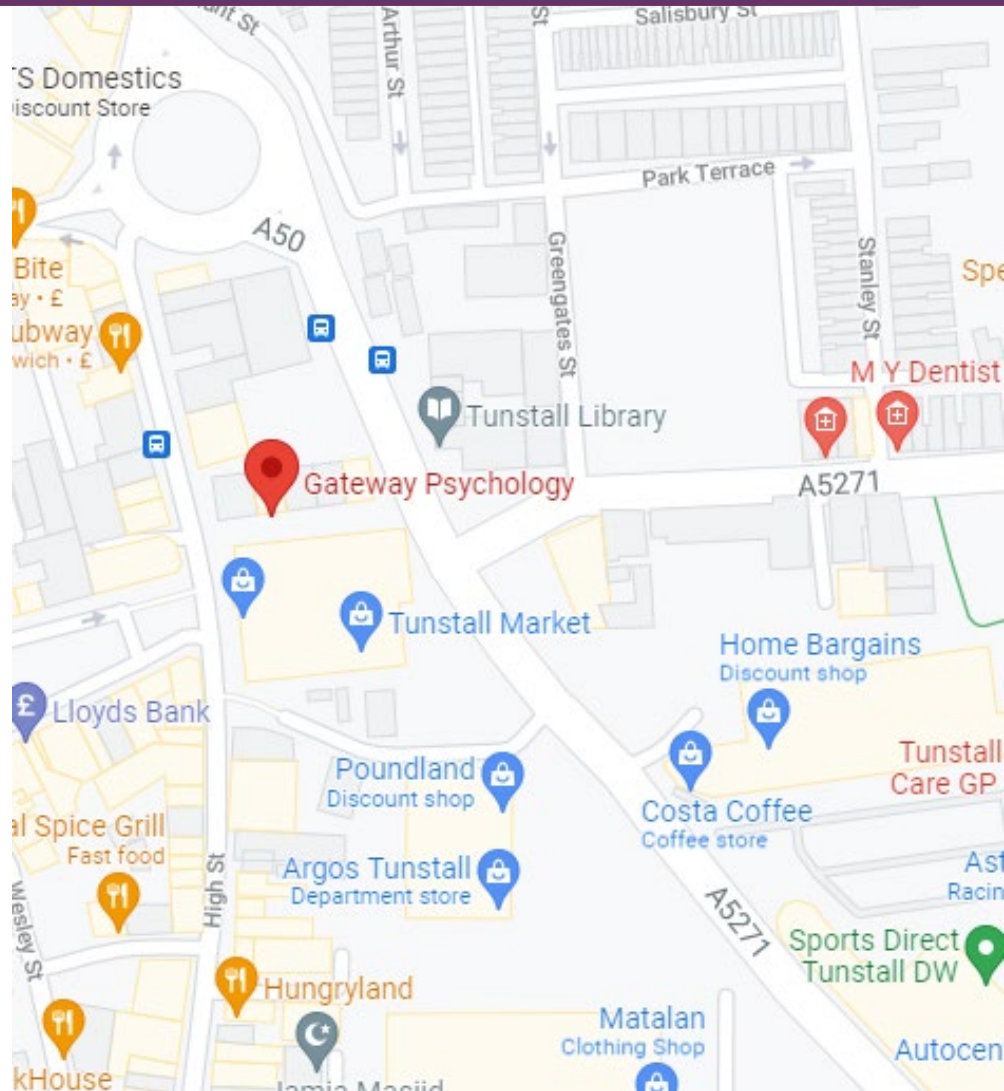
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