

WHAT IS DRAMA THERAPY?



Drama therapy (DT) is an evidence-informed therapeutic modality that invites participants to explore their experience through elements of drama, play and creative use of the body.

Suitably qualified drama therapists can be registered with ANZACATA and provide service as allied health therapists.

MORE INFO:

thehillsmusictherapy.com.au/creative-arts-therapy-1

Drama therapy methods can include:

- Puppets**
- Role play**
- Story making/story telling**
- Visual art elements**
- Sensory play**
- Body and movement processes**

Learn more:
<https://www.anzacata.org/About-CAT>

Potential benefits include:

- Developing teamwork skills, responsibility, leadership and self-advocacy**
- Social and emotional development**
- Progression of verbal and non-verbal communication skills**
- Improved confidence & self-esteem**
- Expression of self and individual story**

MEET EMMA

Patient, caring and creative, Emma Ring is a graduate of the Master of Creative Arts Therapy (DT) at Uni Melb.

Emma also has extensive and ongoing experience as a disability support worker.

