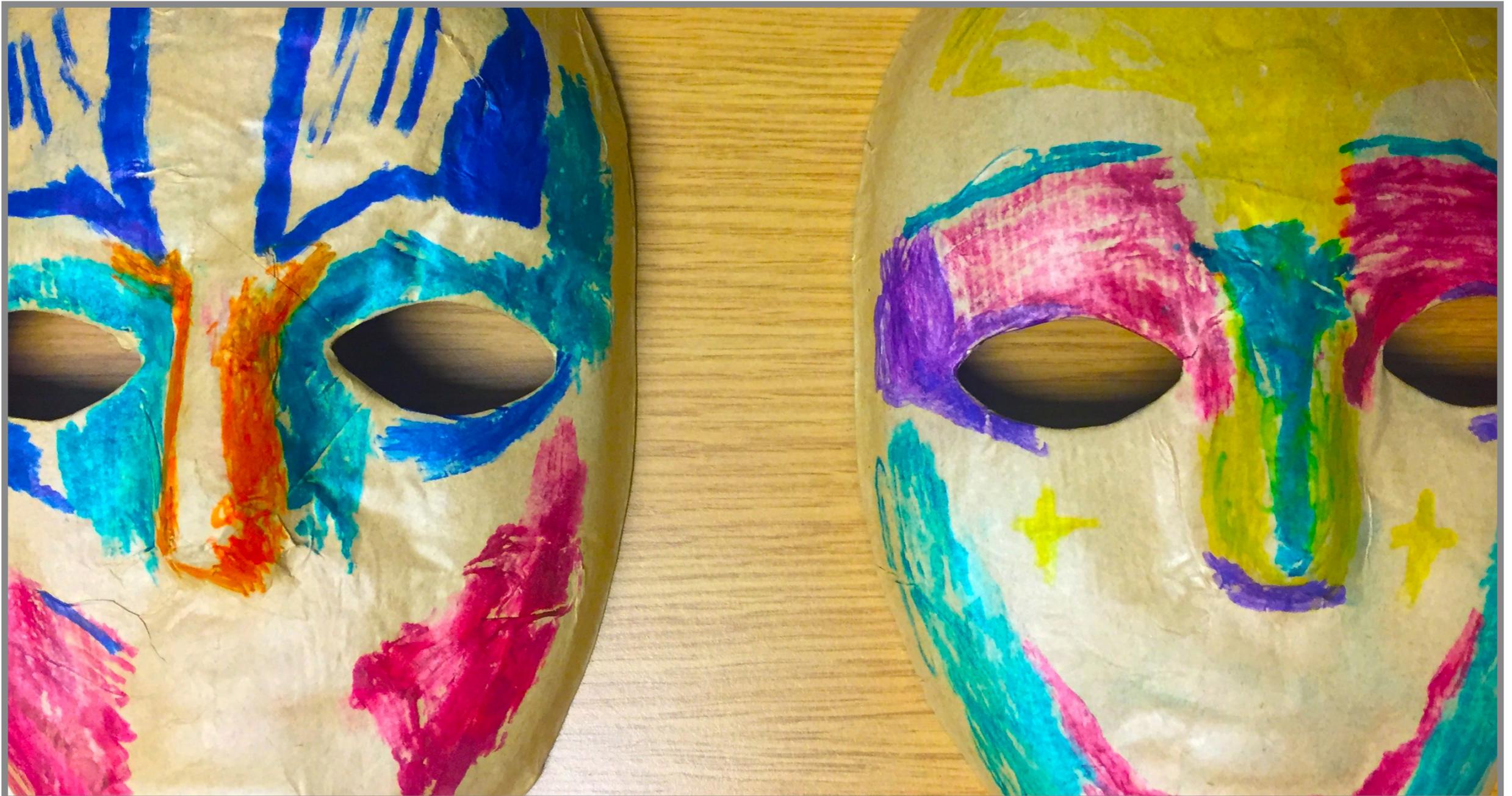


Drama Therapy in Houston

A DRAMA THERAPIST'S PERSPECTIVE



Updated: 04/03/19

DRAMA THERAPY IN HOUSTON: CLINICIAN - ARTIST - SCHOLAR

What's possible...?

CLINICIAN = CLINICAL

I am capable of working in schools, theaters, mental health settings, hospitals, correctional facilities, community centers, private practice settings, training organizations, and more. Leading groups and individual sessions for clients is possible, as well as peer supervision groups for professionals. Having this drama therapist onboard means instilling playfulness, resilience, curiosity, and growth into the environment.

ARTIST = AWARENESS ADVOCATE

Seeking greater awareness of your cause or population? I am experienced in directing and devising original therapeutic theatre performances that will reach the public, leading to increased



Embodiment, projection, and role are important tools for the drama therapist. From "A Night at the Opera" by Maggie Gordon, featuring the class of Nina L. Garcia, available from www.Chron.com.

awareness, an enhanced concept of safe space, destigmatization of people's lived experiences, and potentially increased funds from your community members.

SCHOLAR = RESEARCHER

"Drama therapy empirical research includes arts-based, qualitative, and quantitative methodologies", and can increase the public's support and understanding for a particular population (NADTA, 2018).

NINA L. GARCIA: CLINICAL AWARENESS ADVOCATE & RESEARCHER

Where to now?

As a Drama Therapist in Houston, I have worked clinically in residential treatment with adolescents in eating disorder recovery, with adults in addiction recovery, and privately with people struggling to cope with life due to trauma, anxiety, and more. I also have experience with forensic and organizational therapy, as well as populations experiencing schizophrenia/psychosis, personality disorders, depression, and identity/role dysphoria. I have utilized theatre, drama, dance/movement, music, poetry, and more as creative psychological interventions for healing. As a Drama Therapist in the community, I volunteer with Houston's Playback Theatre - a performance experience that interacts with the audience by listening to their stories, in an effort to "play back" the essence of their very human experience in a safe space. As a Drama Therapist in North America, I am a member of the North American Drama Therapy Association, and eligible to receive board certification and the coveted RDT credential come May 2019. I am also pursuing the statewide licensure/credential LPC-I.

Moving forward, I have hopes to see an increase in mental health awareness through the use of both published and devised therapeutic theatre. I look forward to enriching a sense of community in Houston, as well as being enriched by the community. Plans to expand Houston Creative Arts Therapy LLC are underway, and I am open for creative collaboration.

Where could you see a Drama Therapist in your life?

