

Who are Dramatherapists?

Dramatherapists are both artists and clinicians. We draw on our training in drama, movement and therapy to create methods to engage children, young people and adults in emotional and social changes.

We are registered with the Health Care Professions Council (HCPC) and practise according to their guidelines, ensuring ethical and safe practice at all times.

What is Dramathery?

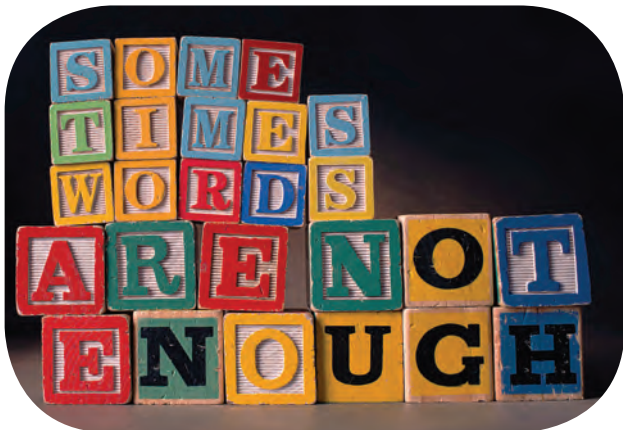
Dramathery provides a safe space for us to explore and make sense of difficulties through the use of stories, art, music, play and creativity.

It can support our emotional regulation; helping with anger outbursts, anxiety, depression and social withdrawal.

with Amber Doyland



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Why come to Dramatherapy?

Dramatherapy can help us to make more sense of what's going on in our lives. It might help to explore confusing, upsetting situations and support us to express emotions and feelings.



It can help to build confidence, help us to feel calmer and happier and feel more in control of our feelings.

It can also help our friendships and relationships with others and it also helps us to focus on other activities.



What will we do?

We can use creativity to help to explore, communicate and express feelings. We can do this through play, stories, puppets, instruments, movement, and drama.

We might sometimes use objects or toys and important things that you would like to bring with you. We might also draw sometimes or be creative through making things together, such as masks.

Dramatherapy is usually a lot of fun!

Who will be with me in Dramatherapy?

Hello, I will be with you in Dramatherapy and my name is Amber – I am a Dramatherapist.



Sometimes your tutor might be in the room with us or nearby.

We might also decide together that your parents or carer could join us.

Where will Dramatherapy take place?

We can meet at the Create Hub or we might meet at your home or sometimes out in nature. It will be a space that we can create together and feel safe in.