### What is Dramatherapy?

Dramatherapy is an accessible form of psychotherapy which provides emotional support.

When people, young and old, find that they are struggling emotionally this impacts on all aspects of their life.

Dramatherapy enables people to find their true potential. It provides a private space to work through problems.

### For adults

Dramatherapy may involve:
- recreating past experiences
- role play
- character building
- metaphor
- guided imagery

Dramatherapy offers a safe place from which to explore painful experiences, by developing fresh perspectives and new ways of thinking about aspects of our lives.

Dramatherapy can be beneficial for adults who seek a creative way of thinking about painful, complex or confusing times in life.

### For children

Dramatherapy uses various forms of play:
- spontaneous play
- story making
- sand play
- role play
- puppet work
- art work

Play in itself can be therapy.

Work with children involves constant review with the parents and, with the parents' consent, others who are involved in the child's life.

### Dramatherapy referrals

A dramatherapy referral may be beneficial in the following circumstances:
- anxiety
- bullying
- bereavement
- anger and disruptive behaviour
- withdrawal
- self-harm
- parenting questions
- lack of confidence
- disassociation
- depression
- relationship problems

### Psychoanalytic Psychotherapy

Psychoanalytic Psychotherapy is a talking therapy based on the idea that current distress often has its origins in the events of early life, when typical patterns of coping and relating are established.

It aims to undo painful symptoms and unhelpful patterns of behaviour by understanding how they arose and why they may no longer be needed.

As trust develops between the therapist and the client a new understanding of oneself emerges and change occurs. The aim is to arrive at a more creative way of living.

A Psychotherapy referral may be beneficial in the following circumstances:
- relationship problems
- depression
- anxiety
- post-traumatic stress disorder
- midlife crisis
- addiction
- life changing needs
- sexual problems
- lack of self confidence
- chronic feelings of meaninglessness or disappointment
Cambridge Dramatherapy and Psychotherapy

The practice is based in Girton, Cambridge. Dramatherapy and Psychoanalytic Psychotherapy sessions are available for adults and children. Supervision is also provided for other professional therapists and students.

Deborah Evans

Deborah Evans has over fifteen years experience as a therapist. She supervises for the MA Dramatherapy at Anglia Ruskin University and is a registered member of the following associations and societies:

- Health Professions Council (HPC)
- United Kingdom Council of Psychotherapy (UKCP)
- British Association of Dramatherapy (BADTH)
- Cambridge Society for Psychotherapy

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