



Spirit Project

Counselling and Therapy training

Introduction to Dramatherapy

the course will be facilitated online via Zoom.

This 4 day course will develop your understanding of the use of drama in therapy and demonstrates its benefit to a wide variety of client groups (i.e. children, those with learning difficulties or mental health difficulties).

Although the core philosophy of the approach draws from Jungian, Psychodynamic and Gestalt principals, participants will be invited to explore and discuss how their own personal philosophy or psychotherapeutic approach can be enriched by Dramatherapy's constructs and structures.

The learning is highly experiential and will require attendance to all parts of the course

**The course is open to all trainees and qualified
Counsellors and Psychotherapists only**

Date:

Every Saturday for 4 weeks from:
Saturday 3rd October to Saturday 24th October 2020

Time: 9.30 – 16.30

Fee: £340

Venue: Online

Contact details:

Maya Gagni

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www.counsellingandpsychotherapyuk.com

What will the course cover?

During the four weeks the course focus will be on a variety of topics. Because of the nature of the work, where we will try to incorporate participant's needs into the curriculum, changes to the programme might occur.

- Some theory behind Dramatherapy (conceptual sources, elements, techniques, stages and some of the models);
- Metaphors: the use of and the importance of metaphors in Dramatherapy;
- Role Play: the use of and the importance of role play in Dramatherapy;
- Assessment framework;
- Beginning, Middle and End in Dramatherapy;
- Facilitation of some Dramatherapeutic structures;
- Some examples of the use of Dramatherapy in specific settings;
- Possible incorporation of Dramatherapy in your practice

What can I expect to achieve?

- Awareness of what Dramatherapy is
- Awareness of some of the structures and exercises that encompass Dramatherapy
- Some useful "tools" that could be applied in client work

About the facilitator - Maya Gagni

I am qualified Dramatherapist and Person-Centred Accredited Counsellor/Psychotherapist, EMDR Accredited Practitioner, Supervisor and Trauma Therapist with 20 years post qualification experience. I have extensive experience working with a variety of clients' issues; abuse, addiction, sexuality, cultural issues and identity, depression and child sexual abuse.

I have facilitated Person-Centred Dramatherapy Groups for Women, Person-Centred Support Groups and Personal Development Workshops for women affected by domestic violence. I have also facilitated various one day Workshops on 'Using Masks' and 'Puppetry in Therapy' as well as co-facilitating Workshops on 'Therapeutic Drumming'.

I have performed, directed, devised and produced a number of shows for "Third Eye Theatre Co." and specialised in physical theatre focusing on masks, mime and puppetry.

Please note: If we will meet face-to-face we will ask you to bring your own lunch. Teas and coffee will be provided.