



Practical Approaches to Dramatherapy: The Shield of Perseus (Arts Therapies)

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Practical Approaches to Dramatherapy is derived from the authors' experiences of working with dramatherapy in a range of different situations. It focuses on the flexibility of the applications of dramatherapeutic principles. The book provides a comprehensive account of the history, theory and practice of drama and its therapeutic use. The authors explain the shape of a session, how dramatherapy works, and how it can be interpreted via myth, symbol and psychological theory. Work with individuals and groups is described, as are sessions with masks, improvisation, and use of scripts. The reader is encouraged to incorporate dramatherapy approaches into a variety of existing ways of working: for example, in social skills groups, assertiveness training and anger management. Highlighting the potential scope of dramatherapy and providing practical examples and advice, Practical Approaches to Dramatherapy extends the boundaries of dramatherapy practice.

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