



# DRAMA & MOVEMENT THERAPY

By DR PATRICIA SHERWOOD

*A module for the Certification in Artistic Therapies from Sophia College, Australia*

**An expressive form of PSYCHOTHERAPY that is based on Jungian Psychoanalytical Psychology & Human Development Theories**

## **WORKSHOP OBJECTIVES:**

- ✓ Use drama, story, myth, improvisation, voice to explore feelings & issues in children, adolescent and adults
- ✓ Acquire skills to transform negative gestures into positive gestures
- ✓ Understand and apply different sounds from human speech to transform **ANGER, GRIEF, LOSS**
- ✓ Use rhythm & movement through dance as a process for engaging children
- ✓ Drama Therapy is systematic & intentional use of drama/theatre processes





### **AREAS COVERED:**

- Three polarities: understanding the feelings behind client's gestures
- Drama Therapy Sequences
- Bamboo Sequence to deal with anxiety attacks
- Use of sound & gesture for
  - > becoming present through "grounding" sequence
  - > develop boundaries & protect personal space
  - > to heal betrayal, shock and criticism
  - > reduce pain
- Working with five dance and movement rhythms for expressing and healing emotions
- Exercises for expressing and transforming feelings
- Experiential examples

### **WHO SHOULD ATTEND?**

This workshop is for anyone working with or has the desire to work with children or families for example; teachers, counsellors, social workers, occupational therapist, art therapist, dance therapist, mental health nurses, psychotherapist and other mental health professionals and students in this field. It is suitable for those working or studying in fields including education, special needs, allied health, hospital play therapy, disability and child support areas and who have a strong interest in supporting children's emotional/psychological growth and development.

***" Under the guise of play and pretend, we can - for once - act in new ways. The bit of distance from real life afforded by drama enables us to gain perspective on our real-life roles and patterns and actions, and to experiment actively with alternatives."***

-- Renee Emunah, PhD, RDT/BC  
Director, Drama Therapy Program, California Institute of Integral Studies



Dr. Patricia Sherwood is an Honorary Senior lecturer at Edith Cowan University in Australia, where she has lectured for 20 years in Social Work, Psychology, Social Science, and Special Education.

- Founded the Indo-Pacific Journal of Phenomenology and is the Director of Sophia College of Counseling
- She provides mental health and wellbeing trainings to teachers and parents in Australian schools.
- Has extensive international experience, having trained in Australia, Singapore, Malaysia, and South Africa within the fields of counseling, mental health recovery and community development.

We are committed to keeping class sizes small due to the platform in which the training is conducted (via online) for better learning and facilitation. Trainings will be highly experiential and interactive.

*Workshop can be considered for VCF funding as a non pre-approved course.*

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