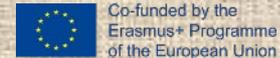


AD-ARTS

DRAMA THERAPY FOR PwAD



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What is Drama Therapy?

Drama therapy was born out of the realization that some life experiences and wounds are too painful to address through verbal dialogue alone. Because drama uses metaphor to express emotion, it was a natural fit for a therapeutic framework.



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What is Drama Therapy?

The originators of drama therapy took advantage of the psychological safety and distance that drama tends to provide.

In the context of this safe therapeutic relationship, drama therapy allows a person to rely on both physical and verbal expression to work through difficult emotional issues.

In 1979, the North American Drama Therapy Association (NADTA), was established. Today, NADTA provides education, advocacy, and accreditation for the field of drama therapy.

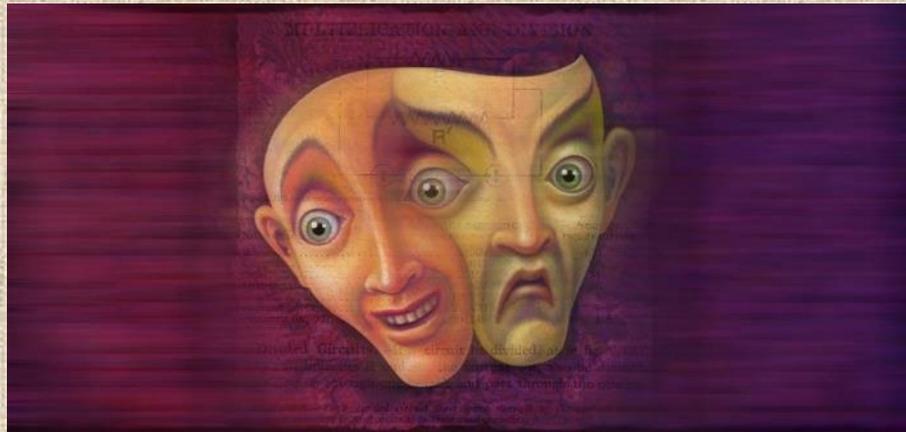


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What is Drama Therapy?

Drama therapy is the intentional use of drama and/or theater processes to achieve therapeutic goals.

Drama therapy is an embodied practice that is active and experiential.



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What is Drama Therapy?

This approach can provide the context for participants to tell their stories, set goals and solve problems, express feelings, or achieve catharsis.



Through drama, the depth and breadth of inner experience can be actively explored and interpersonal relationship skills can be enhanced.



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Main Objectives of Drama Therapy

The primary goal of drama therapy is to provide people with a safe and secure experience that encourages the full expression of their emotional voice through playful, dramatic activity. The desired outcome of drama therapy is different for each participant, but the fundamental model is designed to promote healing and growth through the use of role playing and dramatic interactions.



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Main Objectives of Drama Therapy

As a practice, drama therapy aims to do the following:

- Promote positive behavioral changes
- Improve interpersonal relationship skills
- Integrate physical and emotional well-being
- Achieve personal growth and self-awareness
- Improve overall quality of life



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Main Objectives of Drama Therapy

It can be used in a variety of settings, including schools, mental health clinics, prisons, hospitals, and community centers. Drama therapy may be **used as a treatment** for the following:

- Post Traumatic stress
 - Anxiety
 - Depression
- Interpersonal relationship issues
 - Substance abuse
- Behavioral issues related to autism

- Rehabilitation
- Schizophrenia
 - Dementia
- Eating disorders
- Learning difficulties
- Grief and loss



Impacts of Drama Therapy on cognitive, behavioral and emotional symptoms:



Behavioral and psychological symptoms of dementia are common problems associated with high levels of significant distress and a poor quality of life in patients with dementia and their caregivers.

Although drama therapy is considered a somewhat newer treatment approach, research has been conducted that supports its efficacy.

Impacts of Drama Therapy on cognitive, behavioral and emotional symptoms:

Listed below are a few examples drama therapy research findings:

- Drama therapy can help people tap into their emotions in their search for solutions to emotional and mental health problems.
- It can provide chances to experience positive self-esteem and self-worth, and it can help people gain control over conflicts and anxieties.
- Participants can develop new ways of coping with difficult situations in a safe and supportive explorative environment. They can process past events and explore painful issues and feelings without feeling threatened.



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Impacts of Drama Therapy on cognitive, behavioral and emotional symptoms:

- Acting out also gives practice in new ways of facing events through alternative choices, choices which may be socially unacceptable in the participant's normal environment, without having to worry about the consequences.
- It can provide a platform for acting out and exploring negative behaviors without consequences. Through role playing themselves or others, participants can gain insight about the effect of their behaviors and choices on others.



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Main methodologies and tools to use Drama Therapy for PwD:

The processes and techniques used in drama therapy are varied:

- **Stimulating Creativity and Spontaneity**

Throughout treatment, the drama therapist will try to poke, prod, and provoke the participants into developing and applying their creative nature.

- **Role-Playing** allows the participant to alter their mindset, act out in new ways, and connect their own experiences to those of another person (whether that “other” is real or imagined, a near-perfect copy of the participant or someone completely different).



Main methodologies and tools to use Drama Therapy for PwD:

There are two main types of roles that a participant may play.

- **Scripted Role** gives the participant the opportunity to act as another person, usually based on a script or text describing the individual. The participant studies the role and attempts to understand the individual, and he or she often finds that they can relate to certain factors in the character's experience.
- **Improvisational Role:** Participants acting out an improvisational role are given minimal guidance on the character and allowed to create their personality spontaneously. The actor in an improvisational role will undoubtedly draw from his experiences, memories, and assumptions to create a personality, making it an exercise in self-expression.



Main methodologies and tools to use Drama Therapy for PwD:

- **Speech and Storytelling:** Most of us have an inherent desire to tell our story to others, whether through spoken word, written word, music, or art. This technique capitalizes on this desire to tell a good story and allows us to form new narratives and practice getting our message across to others.

Talk therapy itself is a sort of storytelling, in which the patient composes, alters, and refocuses his or her own stories with the therapist as the audience.

While storytelling most often involves speech, it can also be accomplished through movement, the written word, and other forms of expression.



Main methodologies and tools to use Drama Therapy for PwD:

- **Projective Play** is generally used with children, although it can also be applied to adults with developmental disabilities and others. This technique uses dolls and toys to allow people to express and project their feelings through the props they have at hand. A similar technique can also be used with adults, although generally this is done with props instead of toys.



Main methodologies and tools to use Drama Therapy for PwD:

- **Movement and Miming:** The use of movement in a therapeutic manner is also found in art therapy, interpretive dance, and other activities humans devised to express themselves. Miming is an activity you are probably already familiar with, miming is essentially movement replacing speech in acting out a scenario or portraying emotion. This technique requires the use of body language alone, which may bring up new thoughts, feelings, and perspectives for the participants.



Benefits of Drama Therapy for PwAD

Drama therapy encourages physical and mental activity and stimulates communication and cognitive skills. Coming together in a community can add to a sense of purpose and self-worth.

Sessions can become a space for reminiscing and reviewing.

Those whose ability to speak is diminished can explore movement as a new channel of expression. For people with dementia, puppets, costumes, photos or sounds can be used to stimulate memories.

Drama therapy can provide an environment where people can express emotions, make personal connections.

Photo by [Kyle Head](#) on [Unsplash](#)



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Benefits of Drama Therapy for Caregivers

Drama Therapy helps caregivers in many ways, for example it:

- Provides opportunities to improve their interpersonal/social skills and their self-esteem because of the flexibility.
- Integrates physical and emotional well-being
- Achieves personal growth and self-awareness
- Improves overall quality of life
- Enables to express their feelings, helping them to tell their story, feelings and thoughts.
- Acts out/work out issues and problems
- Offers non-verbal method that helps to communicate with PwD.
- Increases positive feelings.



Expected Results of Drama Therapy :

Drama therapy for adults with Dementia allows a space for the user to express, create and play in a safe, non judgemental way. The use of creative verbal and non-verbal methods including movement, music, imagery and objects offers a dimension to create and experience in the moment freely.

The stories and thoughts can be explored in a non linear form allowing confidence, emotional regulation and expression.

Group work encourages further connection and self confidence.



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Competences of Drama Therapy Professionals:

A Drama Therapist Professional needs to have:

- An ability to communicate with PwAD.
- Experience in working in a team.
- Knowledge of ICT tools.
- Knowledge of dementia.
- Maturity and respectful manner.
- The ability to adapt to different users.
- Improving professional practice.
- Willingness to learn new things about drama therapy.
- Ability to deal with difficult or embarrassing situations.



Digital tools to enhance Drama Therapy:

Draw Cartoons 2 [link](#)

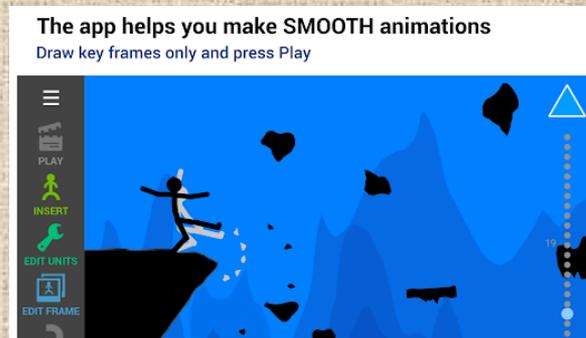
Device: Android

Cost: free



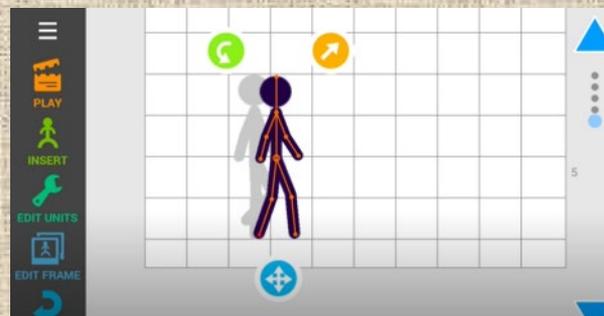
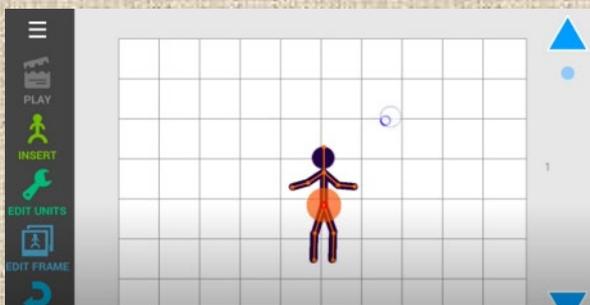
This app allows producing cartoons and animating the elements to provide movements and actions. Users can create a character and give instructions to perform movements

Check the video for a demonstration: [link](#)



Digital tools to enhance Drama Therapy:

Draw Cartoons 2



Select a character and introduce the instructions to move it through the scene.



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Digital tools to enhance Drama Therapy:

Cribble: Kids book maker [link](#) [link](#)

Device: Android and iOS

Cost: Price should be checked in the store



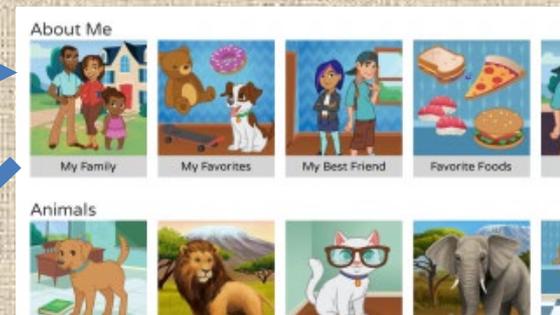
The app allows users to imagine, write, and illustrate their own stories. It contains many drawing tools, backgrounds, stickers, stamps and music to inspire creativity, and fill-the-blanks for story making

Check the video for a demonstration: [link](#)



Digital tools to enhance Drama Therapy:

Cribble: Kids book maker



Select a topic and start creating your own story by introducing characters, stickers, pictures, sounds and words



Digital tools to enhance Drama Therapy:

Dollify app [link link](#)

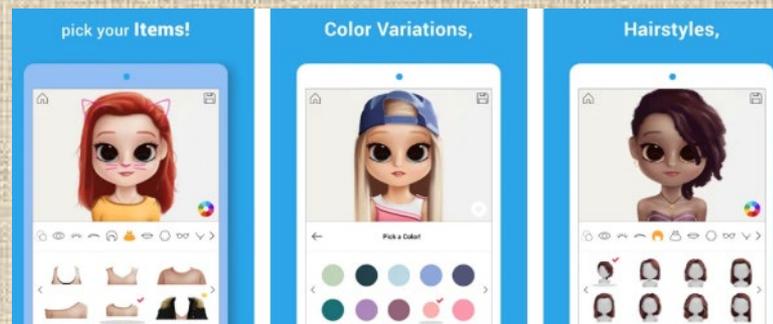
Device: Android and iOS

Cost: free



The app allows users to make their own characters with portraits. The app includes many different items to choose from, tune their color variations and make unique combinations.

Check the video for a demonstration: [link](#)

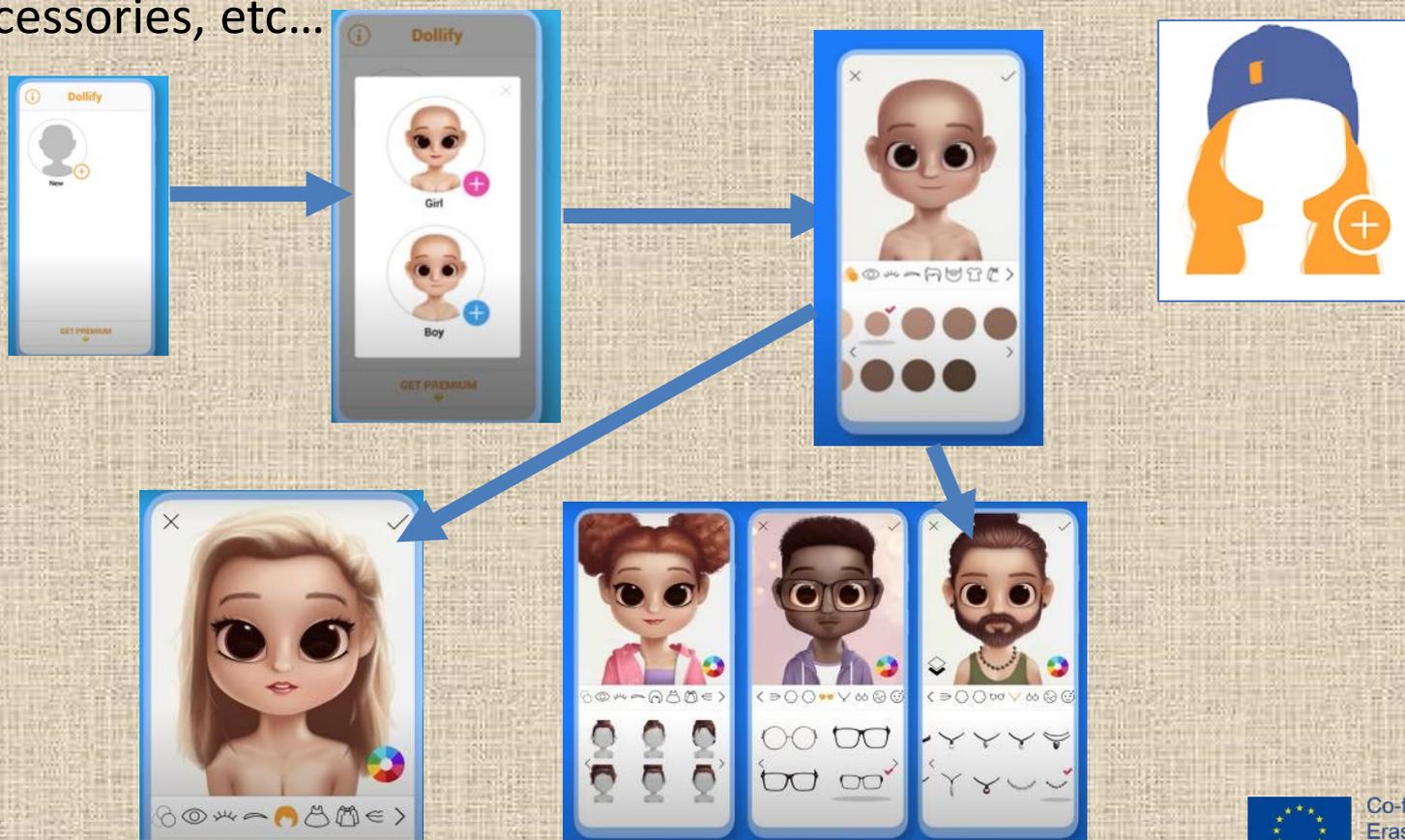


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Digital tools to enhance Drama Therapy:

Dollify app:

Chose the character you want to create and add basic facial features. Modify the look of the character by editing the haircut, colour, accessories, etc...



Digital tools to enhance Drama Therapy:

Comic Maker- Comic Creator & Meme Maker [link](#) [link](#)

Device: Android and iOS

Cost: free



This app is for creating comic strips and built stories based on a scene. It allows introducing text bubbles and Balloons to transform pictures into authentic looking comics.



Guidelines for trainers: List of adjectives of appearance:

List of adjectives to describe how people look (see templates and worksheets on: <https://agendaweb.org/vocabulary/describing-people-personality-worksheets>).

It is recommended that professional choose some adjectives and work the meaning with people with dementia before (if it is necessary).

DESCRIBING PEOPLE ?

Look at the pictures carefully. Choose and circle the right expressions in bold

 <p>Name: Sharon Age: 16 Height: 150 cm Weight: 44 kg</p>	 <p>Name: William Age: 24 Height: 185 cm Weight: 78 kg</p>	 <p>Name: Helen Age: 22 Height: 160 cm Weight: 44 kg</p>
<p>Sharon is a highschool student/teacher. She is young/old. She is short/tall and she is slim/plump. She has got short/long, brown/black hair and hazel/brown eyes.</p>	<p>William is a handsome/beautiful boy. He is young/old. He is short/tall and he is fat/of medium weight. He has got short/long, fair/black hair and green/black eyes.</p>	<p>Helen is a young/old and beautiful/ugly girl. She is short/tall and she is slim/plump. She has got straight/curly hair and hazel/green eyes. She is wearing a hat/glasses.</p>

Guidelines for trainers: List of adjectives of appearance:

Appearance

- attractive, good-looking, beautiful, handsome, lovely, pretty, cute, nice;
- a pretty girl; a beautiful woman; a handsome man; a good-looking man (woman, girl, boy);
- neat, clean, tidy; untidy, dirty, filthy;.



Guidelines for trainers: List of adjectives of appearance:

Height

- tall, very tall, quite tall; six feet tall; not very tall; short;
- he is tall; he is taller than his mother; she isn't tall;

Weight and Body shape

- thin, quite thin, slim, slender; skinny, underweight; a thin girl; she is thin; she is slim;
- plump, chubby, stout, overweight, obese, fat; a stout woman; he is overweight;
- strong, muscular, athletic; weak, feeble.



Guidelines for trainers: List of adjectives of appearance:

List of adjectives to describe how people look:

Hair

- dark, black, brown, chestnut, red, auburn; blond, light, fair; white, gray (grey);
- a brunette, a brunet; a redhead; a blonde, a blond; a dark-haired man; corn-colored hair;
- long, short; medium-length; shoulder-length; she has long dark-blond hair;
- straight, curly, wavy; thick, thinning, bald;



Guidelines for trainers: List of adjectives of appearance:

List of adjectives to describe how people look:

Eyes

- blue, gray (grey), green, brown, dark;
- big eyes; large eyes; bright eyes; expressive eyes;
- eyebrows, eyelashes; thick eyebrows;

Age

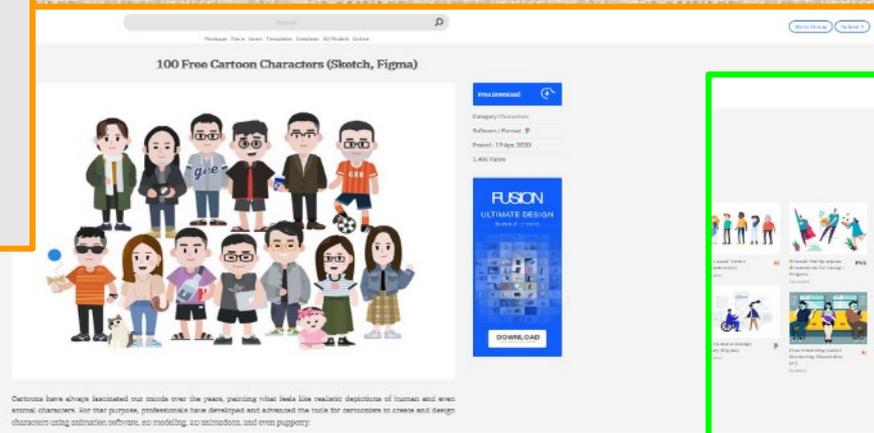
- young, middle-aged, elderly, old; grown-up, adult;
- a child; a kid; a little boy; a little girl;
- a teenager, a young woman; a middle-aged man; an old man.



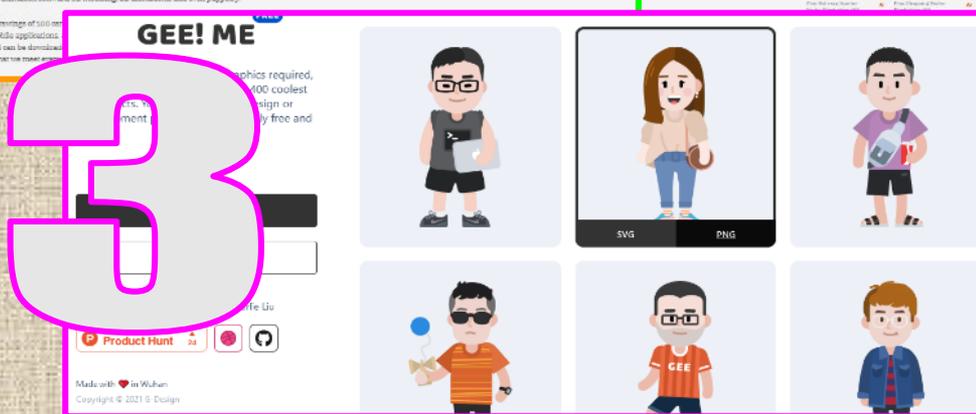
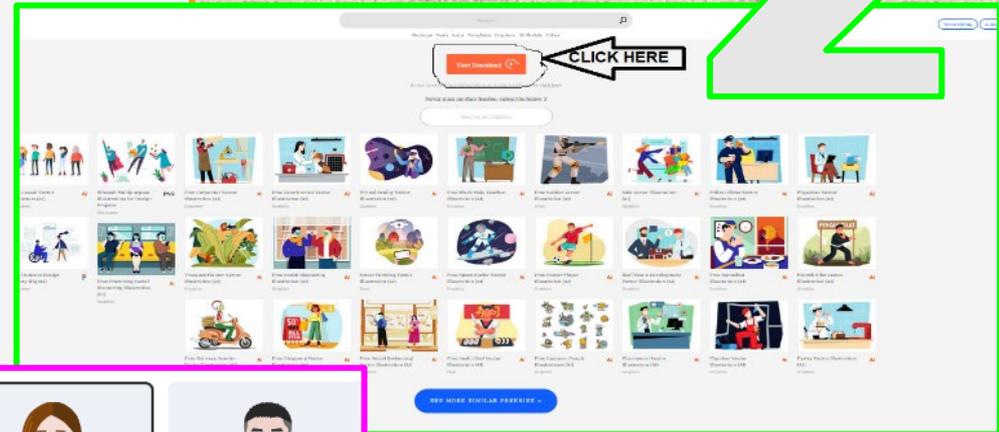
Guidelines for trainers: Pictures of the characters:

<https://unblast.com/100-free-cartoon-characters-sketch-figma/>

1



2



Guidelines for trainers: Pictures of the characters with speech bubbles:

There are plenty of pictures with speech bubbles, you can have a look here:
<https://all-free-download.com/free-vector/cartoon-character-speech-bubble.html>



Guidelines for trainers: Card(s) of an already made character:

Using this App can be a good activity not only to create different characters but also to exercise perception and recognition of both shapes and physical characteristics of people.



These characters
are made by
Dollyfy App

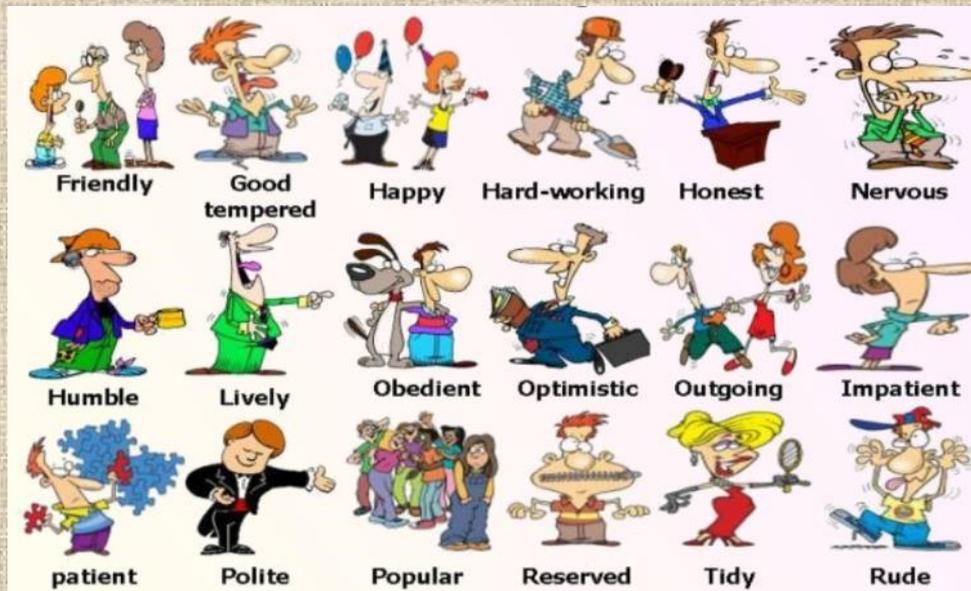
[Slide 81: Digital tools to enhance Drama Therapy:](#)



Guidelines for trainers: List of adjectives of personality:

Character, personality, nature:

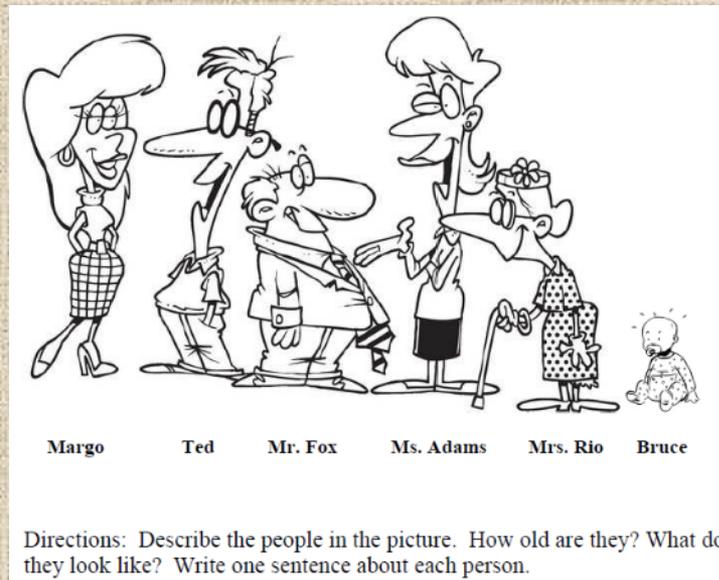
- good (excellent, fine, strong, firm, weak, bad, terrible, evil) character;
- traits of character; qualities; he has a terrible character; his character is very good;
- a woman of great character; a man of character; he has no character at all;



Guidelines for trainers: List of adjectives of personality:

Strong, honest, reliable, hardworking, active, etc.

- strong, tough, hardy, mature, independent; weak, immature;
- honest, sincere, truthful, decent, scrupulous; dishonest, insincere;
- disciplined, organized, accurate, methodical, careful; thorough;



Guidelines for trainers: List of adjectives of personality:

Friendly, kind, polite, patient, humorous, selfish, etc.

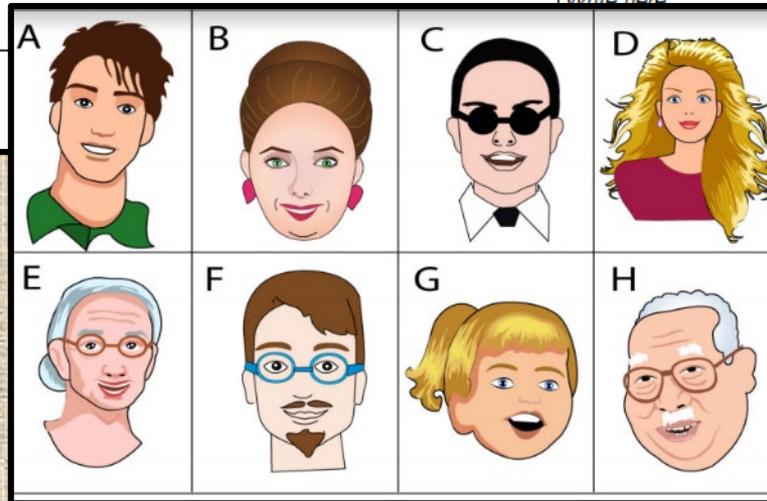
- good-natured, good-tempered, easygoing; **bad-tempered**; ill-natured;
- friendly, amiable, amicable, sociable, outgoing; unfriendly, hostile, unsociable;
- generous, noble; kind, kind-hearted, soft-hearted, unselfish; helpful; gentle;
- confident, self-confident; **shy**, diffident, timid, modest, humble; unassuming;
- serious, calm, quiet, placid; patient; self-possessed; impatient; impulsive;



Template for Defining the Characters:

CHARACTER

Name	Sections	Adjectives	Notes
CHARACTER	Gender		Write here...
	Age		Write here...
	Appearance		Write here...
	Personality		Write here...
	Interest		



An example of a story created with the App *Draw* *Cartoons 2:*

This kind of example could be useful to use it to start the session like a warm up and it can help participants to practice different techniques of drama therapy such as improvisation or storytelling to stimulate creativity and spontaneity in a relaxed way.

Not only they could tell a story they could also talk about the jungle, the different kinds of plants and animals living there...



Waka lives in the jungle and he usually goes for a walk in the mornings. One day Waka heard a strange noise behind the bushes and He saw a shadow so He started to run because He thought it could be dangerous. Just as well because a lion appeared.....

Application in Domiciliary environments.

- Drama therapy can be performed also at home using the different kinds of techniques.
- It is performed better at least with two people (caregiver and person with dementia).
- It needs to be done in a comfortable and quiet room. Avoid the TV or radio in order to maintain attention better.
- Try to start the experience with characters and situations that the person used to be familiar with. For example: Perform a play that occurs in a supermarket queue.
- Use objects that can help the performance to be more real.
- Try to engage in the activity for a while (around 30 minutes) and do not interrupt for other tasks such as housework, calls, networks...



Application in institutional environments.

- Drama therapy is suitable for institutional environments.
- Groups can be created with people having mild/moderate cognitive impairment.
- Choose one or two of the techniques that suit the participants better.
- Make sure that there is enough space and that everyone can see and hear properly.
- Adapt the techniques, needs and preferences of the group.
- Support activities with examples and images to help participants understand.



Guidelines for trainers: Some ideas on how to prepare the action(s):

Using different techniques of drama therapy could be an enjoyable activity to enhance communication skills.

It is recommended to try to find activities that the participants like and can easily manage. It is also important to vary tasks to stimulate in different ways and keep participant's attention.

It can help to keep communication short, simple and clear. For example: ask them one question at a time and find a different way to say/ask the same thing in order to be sure that participants have understood the activity.

Using techniques, such as smile or use gestures, can help to encourage participants to remain active.



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Comments and questions



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