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**The use of dramatherapy for modework with difficult clients**

**Trainer: Elsa van den Broek**

**Inhalt:**

*Dramatherapy is the intentional use of Drama and/or Theater processes to achieve therapeutic goals. It is active and experiential. The dramatherapeutic approach can provide the context for participants to tell their stories, to 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 relationships can be enhanced. Participants can expand their repertoire of dramatic roles to find that their own life roles have been strengthened (NADTA,2018)*

Dramatherapists around the world have integrated the schematherapeutic work, since modes are very similar to the concept of roles in Dramatherapy. They all represent different sides of the participant/client.

Dramatherapy focuses on emotion/interaction and offers the client a playfull confrontation.

Difficult patients in schema/dramatherapy are patients who are sometimes hard to reach, or have low motivation for change. For example: alcohol/drug/game/sex- addicts, clients with severe personality disorders who haven’t responded well to multiple therapy interventions in the past, incarcerated clients, people with mental disabilities and so on.

The therapist is facing massive resistance in therapy, and can’t get past the Protector modes, to reach the Chils modes underneath. This can lead to repeating interactions and low productive sessions.

Dramatherapeutic play offers a broad range of emotion activating and experiential techniques to break through the wall of resistance.

Main goals: to access the Healthy Adult/Playfull Child modes as well as the other Child modes.

The training day is highly experiential.

* Introduction into Dramatherapy; exercises to warm up
* Sculpting statues of schemes/unmet needs (Boal)
* (Psycho)drama techniques; role reversal/doubling/historic roleplay/rescripting (Family Table/Family constellations)
* Working with modecards
* Multiple chair technique drama style
* Bypassing the detached Protector/waking up the Playfull Child through drama mode work (Case examples)

**Methoden und Ziele:**

* Demonstration
* Roleplay
* Working in small groups
* Case work
* Handouts

The particpant is introduced into schematherapeutic work in Dramatherapy.

The training will provide you with easy and more advanced exercises to play with the different modes/roles.

The participant experiences how play works, and trains skills in integrating dramatherapeutic techniques into their own schematherapeutic work.

The participant experiences how working with modes in Dramatherapy opens up possibilities to bypass tough Protector modes and to get easier access to Child/Healthy modes.

The particpants broaden their knowledge and skills in chairwork/role play as method for modework.

**Literature:**

Keulen-de Vos, M. E., Van den Broek, E. P. A., Bernstein, D. P., Vallentin, R., & Arntz, A. (2017). Evoking emotional states in personality disordered offenders: an experimental pilot study of drama therapy techniques. *The Arts in Psychotherapy, 53,* 80-88. <http://dx.doi.org/10.1016/j.aip.2017.01.003>

Van den Broek, E., & Keulen-de Vos, M., & Bernstein, D. P. (2011). Arts therapies and Schema Focused therapy: A pilot study. *The Arts in Psychotherapy, 38,* 325-332. <https://doi.org/10.1016/j.aip.2011.09.005>