TH353-15 Drama & Healing

24/25

Department
> SCAPVC - Theatre and Performance Studies

Level
> Undergraduate Level 3

Module leader
> Saul Hewish

Credit value
> 15

Module duration
> 10 weeks

Assessment
> 100% coursework

Study location
> University of Warwick main campus, Coventry

Description

Introductory description

This module will provide students with an introduction to the array of drama-based methodologies whose explicit intention is to aid psychological healing. Specifically it will examine the history and practice of dramatherapy, psychodrama, and associated disciplines, in a range of community, forensic and health contexts. The evolution of contemporary applications of drama in therapy will be explored with reference to key practitioners in the field, and the module will conclude with discussion of current opportunities for students to pursue this area of study further. Please note, this module is very much an overview of the ways drama can be used in clinical settings - it is not a training to become a dramatherapist or psychodramatist. Furthermore, students opting for this module should be aware that this is neither a course of personal therapy. However, seminars will involve demonstration of and/or participation in specific drama methodologies that are designed to initiate emotional responses and personal reflection.

Module aims

The aims of this module are:
To provide a theoretical overview of current approaches to using drama in therapy.
Offer an introduction to the work of a number of key influential dramatherapists and psychodramatists
To consolidate and deepen learning about dramatherapy, psychodrama, sociodrama, and

playback theatre, and the application of such approaches in practice.
To encourage a critical evaluation of dramatherapy and/or psychodrama through independent research
To inspire further interest in the professional practice of a being dramatherapist or psychodramatist.

Outline syllabus

This is an indicative module outline only to give an indication of the sort of topics that may be covered. Actual sessions held may differ.

Week 1 - Rules of Engagement: Introduction to the course, expectations, boundaries and confidentiality
Week 2 - Origins: A brief history of the evolution of drama in therapy
Week 3 - Drama and Psychotherapy: An exploration of the key psychological theories underpinning practice
Week 4 - Psychodrama 1: Core methodologies and techniques for working on individual issues
Week 5 - Psychodrama 2: Sociodrama and working with group issues
Week 6 - Reading Week
Week 7 - Dramatherapy 1: Core principals - Projection, Play, and Role
Week 8 - Dramatherapy 2: Core principals - Embodiment, Metaphor, and Ritual
Week 9 - Dramatherapy 3: Assessment, Treatment, and Evaluation
Week 10 - Next Steps: Training as a dramatherapist or psychodramatist.

Learning outcomes

By the end of the module, students should be able to:

- Understand the role of the dramatherapist or psychodramatist and the legal/ethical frameworks governing practice
- Explain how drama methodologies can be used in psychotherapy and related contexts to bring about personal development and healing.
- Show knowledge of the range of drama approaches associated with dramatherapy and psychodrama, and make an informed judgment about how such approaches might be used in a clinical setting.
- Critically evaluate the work of two dramatherapists or psychodramatists, and understand the psychological theories and dramatic forms that influence their practice

Indicative reading list

Ameln, Falko v., and Jochen Becker-Ebel. Fundamentals of Psychodrama. Springer, Singapore, 2020.

Giacomucci, Scott. Social Work, Sociometry, and Psychodrama: Experiential Approaches for Group Therapists, Community Leaders, and Social Workers. Vol. 1. Springer, Singapore, 2021.

Holmes, Paul., and Karp, Marcia (eds) Psychodrama: Inspiration and Technique. Routledge, London, 1991.

Jennings, Sue. Dramatherapy with Families, Groups and Individuals: Waiting in the Wings. Jessica Kingsley, London, 1990.

Jennings, Sue. Dramatherapy with Children and Adolescents. Routledge, London, 1995.
Jennings, Sue. Introduction to Dramatherapy: Theatre and Healing : Ariadne's Ball of Thread. Jessica Kingsley, London, 1998.

Jones, Phil. Drama as Therapy: Theory, Practice, and Research. Routledge, London;New York;, 2007.

Jones, Phil. Drama as Therapy: Clinical Work and Research into Practice. Routledge, London;New York;, 2010.

Landy, Robert J., and David T. Montgomery. Theatre for Change: Education, Social Action and Therapy. Palgrave Macmillan, New York, 2012.

Langley, Dorothy M. An Introduction to Dramatherapy. SAGE, London, 2006.

Leigh, Lauraine. Dramatherapy with Children, Young People and Schools: Enabling Creativity, Sociability, Communication and Learning. Routledge, Hove, East Sussex, 2012
Leveton, Eva. Healing Collective Trauma with Sociodrama and Drama Therapy. Springer Pub. Co, New York, 2010.

Mitchell, Steve. Dramatherapy: Clinical Studies. Jessica Kingsley, London, 1996.

Pitruzzella, Salvo. Drama, Creativity, and Intersubjectivity: The Roots of Change in Dramatherapy. Routledge, Abingdon, Oxon. 2017

Research element

Students will be required to conduct independent research into the practice of two dramatherapists or psychodramatists

Subject specific skills

By the end of this module, students should be able to demonstrate a critical understanding of:

The underlying values, theories and concepts relevant to dramatherapy and psychodrama

The diversity of terms, definitions and methodologies relating to dramatherapy and psychodrama practice

The relationship between dramatherapy and psychodrama to psychotherapy, and the extent to which the process can affect personal and/or group change

Furthermore, they should be able to:

Constructively critique theories and practice in the area of dramatherapy and psychodrama

Demonstrate awareness of training pathways for professional licensure in dramatherapy or psychodrama

Transferable skills

- Active listening
- Analysis and decision making
- Cognitive flexibility
- Communication skills
- Confidence
- Coordinating with others
- Creativity
- Critical thinking
- Emotional intelligence
  Independent research
- Intellectual ability
- Interpersonal and communication skills
  Intrapersonal skills
- Knowledge of ochosen job/career (teaching / literacy)
  Personal development skills
- Planning and organisational skills
- Problem solving
- Reasoning
  Reflective practice
- Self-management/resilience

Study

Study time

Type	Required
Seminars	9 sessions of 3 hours (18%)
Tutorials	1 session of 1 hour (1%)
Private study	62 hours (41%)
Assessment	60 hours (40%)
Total	150 hours

Private study description

Readings
Research

Costs

No further costs have been identified for this module.

Assessment

You must pass all assessment components to pass the module.

Assessment group A

	Weighting	Study time
Drama and Healing Portfolio	100%	60 hours

A portfolio to consisting of:

1. A critical evaluation of the practice of two dramatherapists or psychodramatists of your choice. (2500 words)

2. You will be given background details of a number of individuals and groups. With reference to the dramatherapy and psychodrama literature, you will make a proposal for an intervention for one of these individuals or groups. Your proposal should clearly articulate the rationale, potential content, and expected outcomes of your intervention.

Feedback on assessment

Written feedback via Tabula

Availability

Courses

This module is Optional for:

- Year 4 of UENA-QW35 Undergraduate English and Theatre Studies with Intercalated Year
- UTHA-W421 Undergraduate Theatre and Performance Studies
  - Year 3 of W421 Theatre and Performance Studies
  - Year 3 of W421 Theatre and Performance Studies

This module is Option list B for:

- Year 3 of UTHA-QW34 Undergraduate English and Theatre Studies

This module is Option list C for:

- UTHA-W421 Undergraduate Theatre and Performance Studies
  - Year 3 of W421 Theatre and Performance Studies
  - Year 3 of W421 Theatre and Performance Studies
- Year 4 of UTHA-W422 Undergraduate Theatre and Performance Studies (with Intercalated Year)