

TH353-15 Drama & Healing

26/27

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, confidentiality and key terms

Week 2 - Origins: A brief history of the evolution of drama in therapy. Creation of case studies.

Week 3 - Drama and Psychotherapy: An exploration of the key psychological theories underpinning practice

Week 4 - Psychodrama: Core methodologies and techniques for working on individual issues - Social Atoms

Week 5 - Dramatherapy 1: Core principals - Projection, Play, and Role. Processes of Assessment.

Week 6 - Reading Week

Week 7 - Dramatherapy 2: Core principals - Embodiment, Metaphor, and Ritual

Week 8 - Dramatherapy 3: Evaluation and Treatment Planning

Week 9 - Group portfolio presentation preparation

Week 10 - Portfolio Presentations and 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

[Reading lists can be found in Talis](#)

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 chosen 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	122 hours (81%)
Total	150 hours

Private study description

Preparation of final group presentation.

Research and writing of essay.

Costs

No further costs have been identified for this module.

Assessment

You must pass all assessment components to pass the module.

Assessment group A1

	Weighting	Study time	Eligible for self-certification
Assessment component			
Drama and Healing Essay	50%		Yes (extension)
A critical evaluation of the practice of two dramatherapists or psychodramatists of your choice. (2500 words)			
Reassessment component is the same			
Assessment component			
Drama and Healing Group Portfolio Presentation	50%		No

Weighting**Study time****Eligible for self-
certification**

Based on work done in small groups during seminars throughout the module, students will present a group proposal for a dramatherapy or psychodrama intervention for their own case study, supported by examples of practice drawn from relevant literature.

Reassessment component

Intervention Proposal

Yes (extension)

In the event of a group failing their portfolio presentation, they will be asked individually to prepare a written piece of work that sets out their ideas for their intervention, the context it would take place in and clearly articulating strategies they would use with support from the literature.

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
- Year 3 of UTHA-W421 Undergraduate Theatre and Performance Studies

This module is Option list A for:

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

This module is Option list B for:

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

This module is Option list C for:

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