

# Dramatherapy



Information for service users  
Easy Read





**A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.**

## **What is dramatherapy?**



Dramatherapy can help you to understand your feelings. You will be working with a dramatherapist who will work with you on any difficulties that you are having.

You might be worried about:

- how you get on with other people
- managing with things at home
- why you might feel lonely and upset



In dramatherapy you can play games, act and make things.

Drama can be a good way to tell stories. It can also help you to express feelings that are hard to put into words.



Dramatherapy can help you think about:

- things that matter to you
- things that make you happy or sad
- things that you would like to change
- set goals for the future



Some people find that playing and using action helps them to express themselves.



You might find you learn new things about yourself and have some fun.

The therapist is there to help you. They will listen to you and respect your feelings and privacy.



Sometimes sharing your feelings with the dramatherapist can help you. It may help you feel less upset or lonely.

## Who will be there?

You will usually see the dramatherapist on your own.

Sometimes there will be dramatherapy groups.

## How long will the dramatherapy last?



The dramatherapist will talk to you about when and where you are going to meet. How long you see the dramatherapist for will depend on what you want to work on.

## Do I have to be good at drama?



You don't have to be good at drama. Dramatherapy uses playing and action to help your creativity and imagination.

The idea is that you can express yourself freely using drama and play.

## What will happen to the stuff I make?



Any props or things you make will be kept safe by the therapist. They will be kept private.

These things and the work you do are for you and the therapist to look at and talk about. You can look back at your old work in therapy to see how things might have changed for you over time.



Sometimes the dramatherapist might ask if they can take photos of your work. These will be kept private but you will be able to see them if you wish.

When your therapy ends you can choose to take any of your work away with you.

If you don't want to take it your therapist will keep it for a while and then dispose of it. This respects your privacy.

## Will other people know what is happening in dramatherapy?



The dramatherapist will keep a confidential record of the session; they will respect your privacy.

The dramatherapist might write a report but will talk to you about these. They will check you are happy with this first.

The dramatherapist will answer any questions you have.

## How do I get dramatherapy?



If you would like to come to dramatherapy you should talk to your ward staff and they can contact a dramatherapist for you.

The dramatherapist will then come to see you. They will assess if dramatherapy would be helpful to you and tell you more about it.

## Problems, complaints or suggestions



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy. We will give you a leaflet about how to make a complaint.

If you think that we could improve our service then please let a nurse know your idea.

Or you can call the Patient Advice and Liaison Service (PALS)



Sunderland, Gateshead and South Tyneside

0800 328 4397



North of Tyne

0800 032 0202



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

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