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# Introduction to Drama Therapy

*A Six-Week Training Course for Congregate Care Youth Workers*

## The Curriculum

### **Week 1 • Making Connections**

An introduction to the CANY model of group therapeutic theatre through presentation and practical exercises.

### **Week 2 • Creation of a Group**

Explore the therapeutic potential of group work and ways to facilitate meaningful connections between group members through therapeutic play.

### **Week 3 • Role of Creativity in Health**

Explore the role of creativity in mental well-being, reconnecting young people to their creative potential and capacity to imagine new possibilities for the future.

### **Week 4 • Therapeutic Use of Metaphor**

Explore the role of metaphor in the healing process and how the creation of dramatic fiction gives access to unexpressed feelings, hopes and fears.

### **Weeks 5 & 6 • Building Practice**

Use the training program as a rehearsal room for putting newly gained creative therapeutic tools into the practice. There will be an active supervision process throughout.

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**The Children's Center of Hamden** is dedicated to providing quality treatment and education in a safe, nurturing environment for children and families in the least restrictive environment. On a daily average over 170 children and families receive services through at least one of their programs. For more information, visit [www.childrenscenterhamden.org](http://www.childrenscenterhamden.org).

**Creative Alternatives of New York (CANY)** encourages the growth and health of the individual and the community through the use of creative expression. Since 1983 CANY has provided therapeutic theatre groups to traumatized and socially underserved individuals. As a leader in the field of therapeutic theatre, CANY provides over 1,400 groups each year. For more information, visit [www.cany.org](http://www.cany.org). To see CANY's work in action, visit [www.youtube.com/CANYvideos](http://www.youtube.com/CANYvideos).

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