



What is Dramatherapy?

Dramatherapy is a form of psychological therapy which uses drama, storytelling and play within regular, confidential sessions. It supports people to come to a better understanding of themselves and make positive changes in their lives. Sessions are designed to offer a safe space for participants to explore and express their feelings, thoughts and behaviours. Working with the therapist, it can be possible for the individual to look more clearly at themselves and their relationships with others.

There are different creative materials on offer in the therapy room for students to use. For example, within sessions students might talk or use images or art materials to express themselves. Sessions are confidential and it is up to each individual to decide what they want to share with others about their therapy.

At Trinity students are referred for dramatherapy sessions to support their emotional wellbeing. Sessions are offered either 1:1 or in small groups. Referrals may be made for a variety of reasons, for example: supporting transition, managing difficult feelings, dealing with bereavement, low self-esteem etc.

Dramatherapy sessions are delivered by Emily Mundy, a qualified dramatherapist with over ten years experience working within mainstream and special education settings. Emily has HCPC (Health and Care Professions Council) registration and is a member of the British Association of Dramatherpists (BADth).