



DRAMA & MOVEMENT THERAPY

By DR PATRICIA SHERWOOD

28th & 29th July 2016

A module for the Certification in Artistic Therapies from Sophia College, Australia

**An expressive form of PSYCHOTHERAPY that is based on Jungian
Psychoanalytical Psychology & Human Development Theories**

WORKSHOP OBJECTIVES:

- ✓ Use drama, story, myth, improvisation, voice to explore feelings & issues in children, adolescent and adults
- ✓ Acquire skills to transform negative gestures into positive gestures
- ✓ Understand and apply different sounds from human speech to transform ANGER, GRIEF, LOSS
- ✓ Use rhythm & movement through dance as a process for engaging children
- ✓ Drama Therapy is systematic & intentional use of drama/theatre processes



RR is proud & excited to
bring this unique
programme for the first
time in Singapore!



AREAS COVERED:

- Three polarities: understanding the feelings behind client's gestures
- Drama Therapy Sequences
- Bamboo Sequence to deal with anxiety attacks
- Use of sound & gesture for
 - > becoming present through "grounding" sequence
 - > develop boundaries & protect personal space
 - > to heal betrayal, shock and criticism
 - > reduce pain
- Working with five dance and movement rhythms for expressing and healing emotions
- Exercises for expressing and transforming feelings
- Experiential examples

Psychologists/counsellors/
social workers and
special needs officers
from schools, social work
settings, hospitals and
other helping
professionals

***" Under the guise of play and pretend,
we can - for once - act in new ways.
The bit of distance from real life
afforded by drama enables us to gain
perspective on our real-life roles and
patterns and actions, and to
experiment actively with alternatives."***

-- Renee Emunah, PhD, RDT/BC
Director, Drama Therapy Program, California Institute of
Integral Studies



Dr. Patricia Sherwood is an Honorary Senior lecturer at Edith Cowan University in Australia, where she has lectured for 20 years in Social Work, Psychology, Social Science, and Special Education.

- Founded the Indo-Pacific Journal of Phenomenology and is the Director of Sophia College of Counseling
- She provides mental health and wellbeing trainings to teachers and parents in Australian schools.
- Has extensive international experience, having trained in Australia, Singapore, Malaysia, and South Africa within the fields of counseling, mental health recovery and community development.

| Training | Date & Time | Price |
|---------------|---|--|
| Drama Therapy | 28 th & 29 th July 2016 (9:00am - 5:00pm) | Normal Price: \$700 Early Bird Price: \$600 only ! |

Venue: To be confirmed

Morning Tea & Lunch will be provided

We are committed to keeping class sizes small to facilitate interaction, so please register early.
Trainings will be highly experiential and interactive.

Workshop can be considered for VCF funding as a non pre-approved course.

**Early Bird Ends
24th June 2016**



Find us on
Facebook

www.facebook.com/relational.resources



www.relationalresources.info