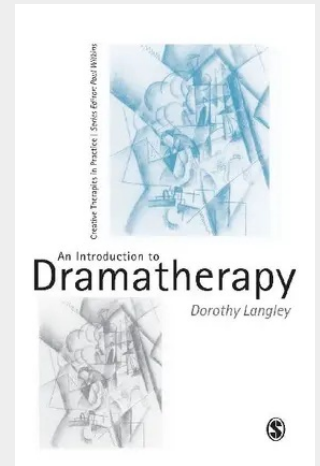


An Introduction to Dramatherapy

'The book is well researched and provides a solid overview' - Therapy Today 'Dorothy Langley's book offers a valuable overview of dramatherapy in all its applications. It provides evidence of many years' work as a teacher and practitioner. It is both clear and readable, and will serve as a useful introduction to this unique therapeutic approach for people in other healing professions, particularly psychiatry, as well as for the general reader' - Roger Grainger, Senior Practitioner on the Register of Psychologists Specialising in Psychotherapy, and State Registered Arts Therapist, Drama An Introduction to Dramatherapy is a concise introduction to the background, theory and practice of a method of therapy which uses the dramatic process to help people during times of stress, emotional upheaval, illness or disability. Illustrated throughout with vivid examples from dramatherapy sessions, the book shows how drama can be used in an intentional and directional way to achieve constructive change with individuals or groups. In particular, the book highlights the power of drama as a therapeutic medium because of its foundations in metaphor, power which can be harnessed through the use of techniques such as role play, enactment, story-telling and the use of puppets and masks. An Introduction to Dramatherapy provides a welcome overview for readers who are new to the field and an excellent starting point for further study.

'Dorothy Langley's book offers a valuable overview of dramatherapy in all its applications. It provides evidence of many years' work as a teacher and practitioner. It is both clear and readable, and will serve as a useful introduction to this unique therapeutic approach' - Roger Grainger, Senior Practitioner on the Register of Psychologists Specialising in Psychotherapy



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