

Dramatherapy: The Nature of Interruption



Dramatherapy: The Nature of Interruption by Richard Hougham

★★★★★ 5 out of 5

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Dramatherapy is a form of psychotherapy that uses drama and theatre techniques to explore and address emotional and psychological issues. It is based on the belief that the creative process can provide a safe and supportive environment for individuals to explore their thoughts, feelings, and experiences.

Interruption is a common technique used in dramatherapy to create moments of reflection and to disrupt the flow of the action. This can be done in a variety of ways, such as by asking a participant to stop speaking or by changing the scene or activity.

Interruption can be used to achieve a variety of therapeutic goals, such as:

- To help participants to become more aware of their thoughts and feelings

- To challenge negative thoughts or beliefs
- To promote self-expression and creativity
- To build relationships and trust
- To resolve conflicts and problems

Interruption can be a powerful tool in dramatherapy, but it is important to use it carefully and with sensitivity. The timing and manner of the interruption can have a significant impact on its effectiveness.

Here are some tips for using interruption effectively in dramatherapy:

- Use interruption sparingly. Too much interruption can be disruptive and counterproductive.
- Choose the right moment to interrupt. Interruption can be most effective when it is used to disrupt a pattern of behaviour or to highlight a particular issue.
- Be clear and concise in your interruption. Explain to the participant why you are interrupting and what you hope to achieve.
- Be respectful of the participant's experience. Interruption can be challenging, so it is important to be sensitive to the participant's feelings and reactions.

Interruption is a powerful tool that can be used to achieve a variety of therapeutic goals in dramatherapy. By using interruption carefully and with sensitivity, therapists can help participants to explore their thoughts and feelings, challenge negative beliefs, and build relationships and trust.

Case Study

The following case study illustrates how interruption can be used effectively in dramatherapy.

Sarah is a 16-year-old girl who is struggling with anxiety and depression. She is often withdrawn and avoidant, and she has difficulty expressing her feelings. In dramatherapy, Sarah is encouraged to create a scene that represents her anxiety. She creates a scene in which she is standing in a dark forest, surrounded by trees. She is feeling lost and alone, and she is afraid of what is going to happen to her.

The therapist interrupts the scene and asks Sarah to stop speaking. She then asks Sarah to describe the trees in the forest. Sarah describes the trees as being tall and dark, and she says that they are blocking her view of the sun. The therapist then asks Sarah to imagine that she is one of the trees. Sarah is initially hesitant, but she eventually agrees.

As Sarah begins to explore the role of the tree, she realizes that she is feeling trapped and suffocated. She also realizes that she is afraid of letting go of the trees, because she is afraid of what will happen if she does. The therapist helps Sarah to explore these feelings and to develop strategies for coping with her anxiety.

The interruption in this case study was used to help Sarah to become more aware of her feelings and to challenge her negative beliefs. The interruption also helped Sarah to develop a stronger sense of self and to build trust in the therapist.

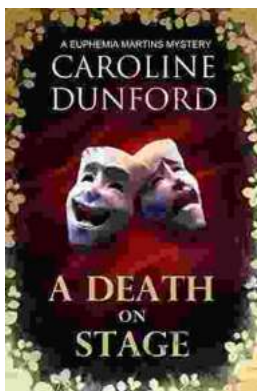
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