

# Contents

<i>List of plates</i>	xi
<i>List of figures</i>	xii
<i>List of boxes</i>	xiii
<i>List of vignettes, research vignettes and research conversations</i>	xiv
<i>Preface to the second edition</i>	xvii
<i>Acknowledgements 1st edition</i>	xix
<i>Acknowledgement 2nd edition</i>	xx
<i>How to use this book</i>	xxi

## PART I

### 1 What is dramatherapy? 3

*Introduction* 3

*Drama as necessary to living* 6

*Basic tenets of dramatherapy* 7

*Dramatherapy and meaning* 13

*Building blocks: creativity, play, drama and healing* 15

*Therapeutic change and dramatherapy: how psychological disturbance is construed* 16

*The contexts of dramatherapy* 18

*Past and current models of dramatherapy* 20

## Part II

### 2 From amphitheatre to operating theatre? Drama, theatre and therapy – a history 23

*Introduction: three histories* 23

*Healing, drama, theatre* 24

*The meeting of drama and therapy: a twentieth-century context* 26

*Context: hospital theatre* 27

- Context: twentieth-century theatre and therapy* 29  
*Context: early pioneers – Evreinov, Iljine, Moreno* 32  
*Context: dramaturgy – doing is being is acting* 40  
*Context: play and drama in education* 42  
*Summary* 44

### 3 The emergence of dramatherapy 45

- Introduction* 45  
*The emergence of dramatherapy: an overview of documented practice from 1939* 46  
*From individuals to profession* 50  
*Interview with Peter Slade* 51  
*Interview with (Marian) Billy Lindkvist* 52  
*Interview with Sue Jennings* 54  
*Training and associations* 56  
*Orientation and the changing face of health care* 57  
*Summary* 58

### 4 Dramatherapy and philosophy: belief and proof 59

- Introduction* 59  
*What is philosophy?* 61  
*Useful perspectives* 62  
*Postmodernism and co-construction* 71  
*A third way? Phenomenology and after* 71  
*Identity: selves in relation?* 73  
*Conclusion* 78

## Part III

### 5 Dramatherapy: therapeutic core processes 81

- Introduction* 81  
*Dramatic projection* 83  
*Playing* 88  
*Role playing and personification* 94  
*Dramatherapeutic empathy and distancing* 95  
*Active witnessing* 101  
*Embodiment: the dramatic body* 112  
*Life-drama connection* 117  
*Transformation* 119  
*Summary* 134

## Part IV

### 6 Dramatic projection 137

- Introduction* 137  
*Projection: a psychological perspective* 139  
*Dramatherapy–projective techniques* 144  
*Summary* 154

### 7 Play and playing 155

- Play in dramatherapy* 161  
*Meaning and play* 162  
*Cultural factors in play* 163  
*Play and dramatherapy* 164  
*Overview: key concepts* 165  
*Dramatherapy practice and play* 167  
*The use of play space in dramatherapy* 168  
*A developmental approach and the play–drama continuum* 176  
*The play–drama continuum* 176  
*Sensorimotor play* 178  
*Imitative play* 180  
*Pretend play* 181  
*Dramatic play* 182  
*Drama* 183  
*Summary* 191

### 8 Role 192

- The enacted self* 192  
*Contexts for role in dramatherapy* 203  
*Dramatherapy practice and role* 212  
*Summary* 222

### 9 The dramatic body 223

- Introduction* 223  
*Background to the dramatic body* 226  
*The dramatic body in dramatherapy practice* 228  
*Summary* 239

### 10 Symbol and metaphor 241

- Introduction* 241  
*Symbols and metaphors in dramatherapy* 253

x *Contents*

*Dramatherapy practice and the connected world* 256

*Connection and assimilation* 266

*Summary* 269

**11 Dramatherapy and ritual** 272

*Introduction* 272

*Drama, theatre and ritual* 273

*Efficacy and ritual* 274

*Dramatherapy and ritual* 275

*Dramatherapy practice and ritual* 277

*Reframing rituals* 277

*The creation of dramas using ritual forms* 281

*Summary* 283

**12 Assessment, recording and evaluation in dramatherapy** 285

*Introduction* 285

*Approaches to assessment and evaluation in dramatherapy* 289

*Why assess? The problems with assessment and evaluation* 291

*Assessment methodologies* 291

*The media within dramatherapy* 295

*Jones's adaptation of scale of dramatic involvement* 295

*Projective techniques* 297

*Role-playing tests* 314

*Johnson's role-playing test* 314

*Play-influenced assessment* 315

*Adapting assessment methods* 316

*Recording sessions* 317

*Written dramatherapy recording sample* 317

*Summary* 321

*Appendix: Research vignettes and conversations* 323

*References* 331

*Name index* 349

*Subject index* 353