

# An introduction to Dramatherapy

The British  
Association of  
Dramatherapists

iacat  
Irish Association of  
Creative Arts Therapists

**ONLINE: 7th May (10.30am - 1pm), Zoom**

**IN-PERSON: 21st May (10.30am - 5pm),**

**Ulster University (Jordanstown Campus), Northern Ireland**

An introduction into the world of dramatherapy, one of the three creative arts therapies within the 13 Allied Health Professions in Northern Ireland, & one of the five accredited creative arts therapies in Ireland. Through a mixture of theory, information and low-pressure practical work, we will take you on a quick journey to having a basic knowledge and understanding of this creative form of psychotherapy. This workshop is hosted by BADth & IACAT and supported by Ulster University.

*"Dramatherapy has as its main focus the intentional use of healing aspects of drama and theatre as the therapeutic process" (www.badth.org.uk)*

*"Dramatherapy is the intentional and systematic use of drama and theatre processes to achieve healthy psychological growth and change." (www.iacat.ie)*

**Heather Turkington** is a dramatherapist based in County Armagh, having graduated from Maynooth University in Kildare in 2018. She worked as a dramatherapist in an adult male mental health residential and nursing facility until March 2022, when she took up a post as psychological trauma dramatherapist in the Belfast Trust. Heather is passionate about promoting dramatherapy within the NI NHS Trusts, as well as working towards creating a dramatherapy Masters' course in Northern Ireland. Heather is the NI rep for dramatherapy in AHPFNI (Allied Health Professionals Federation Northern Ireland), is a Council member of IACAT (Irish Association of Creative Arts Therapists), and is an Executive Committee member of BADth (British Association of Dramatherapists). She has a specific interest in mental health and trauma and specialises in one-to-one sessions.

**Nichola Mooney** gained a Masters in Dramatherapy from Maynooth University, Kildare in 2016. She now runs her own practice, which includes a consulting and working residency and after school project in a North Dublin inner-city preschool. Nichola works in one-to-one or group Dramatherapy settings, and has a particular interest in working with teenagers. She is an executive council member/Treasurer of IACAT, holds a degree in Applied Social Studies (2004), and an ALCM Diploma in Drama from the London College of Music. She worked for 15 years as a senior member of a Community Youth Project in Dublin, facilitating both small and large-scale projects within multidisciplinary teams. Nichola uses embodiment, projection, role (EPR) and play within the therapeutic process.

**BOOK NOW!**

Cost: £20 (online) , £60 (in person)

**BOOK HERE FOR ONLINE EVENT OR LIVE EVENT**

or contact [franfleeming@badth.org.uk](mailto:franfleeming@badth.org.uk) for more information