

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 for more information