

# A QUALITATIVE CASE STUDY

## DRAMA THERAPY (DT) IN MARRIAGE COUNSELLING



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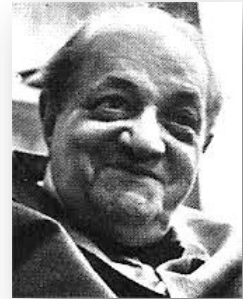
# INTRODUCTION

This case study is carried out as a research in application of drama therapy techniques as intervention for a couple who had marital problems. Drama therapy techniques were used after two sessions of counselling and followed by reporting the results and decoding the meanings to achieve a complete analysis of the case.

## What is Drama Therapy?

Drama therapy is the modern use of dramatic processes and theatre as a therapeutic intervention began with Dr. Jacob L. Moreno's development of Psychodrama. The field has expanded to allow many forms of theatrical interventions as therapy including role-play, theatre games, group-dynamic games, mime, puppetry, and other improvisational techniques. Often, "drama therapy" is utilized to help a client:

- Solve a problem
- Achieve a catharsis
- Delve into truths about self
- Understand the meaning of personally resonant images
- Explore and transcend unhealthy personal patterns of behavior and interpersonal interaction



**Dr. Jacob L. Moreno**  
18.05.1889 – 14.05.1974

## How DT helps?

Drama therapeutic techniques usually involve colours, body movements, music and other sounds (visual & auditory stimuli). Visual and auditory presentation of the situation helps clients to over-distance from the problem and look at it more holistically and rationally. Colours, movements, music and sounds largely support a person to maintain their focus and make subliminal (subconscious) suggestions to the client's mind in a symbolical manner. DT thus helps the therapist to approach the client from multiple perceptive sensors (auditory, visual, olfactory and kinesthetic). We know according to studies of 'memory' that the mind can be much effectively activated when accessed through multiple sensors: for example the development of 'study techniques'. That means when a person is going through a problem it is important for his/her mind to be fully activated which is exactly what DT does as explained above. This is why basically DT could be distinguished from many traditional psychological interventions such as Cognitive Behavioral Therapy (CBT), psychoanalysis, Rational Emotive Therapy (RET) etc.

## **Case Presentation: A Couple Having Marriage Issues**

Wife (39 years) is a medical doctor practicing at a government hospital and the husband (41 years) is an attorney-at-law and a senior lecturer with a PHD in a leading university in Sri Lanka. They share 9 years of marriage and have two children, a five years old daughter and a two years old son.

Problems have been there from the beginning due to lack of communication skills between the spouses but began to grow intensely after the birth of the second child. There had been physical harassment to the wife by the husband and lots of verbal abusing by both parties.

The situation when presented for counselling:

- Both were living separately for almost two years. Husband at a rented out apartment in Colombo city limits and the wife and children with the wife's parents. A divorce case was filed.
- Husband was refusing to visit the children because they were living at the in-laws'. He had developed deep grudge with his in-laws blaming that they were encouraging their daughter to stay at their home.
- The husband had completely stopped bearing any expenses of the wife and children. His theory was that he should spend only if they were living with him.
- Wife refused to come back because he was living in a rented out apartment and she was suggesting him to provide a proper home for the children (in the apartment the main door opens to the road, there is no garden or a place to dry clothes or the children to play other than the little space inside the house. No facility for a maid to look after the children when both are at work and to help the wife with the chores at home). The husband theoretically argues that building a house is not a lucrative investment due to the traveling costs from suburbs to Colombo city and it is advantageous in every way to live in the heart of Colombo even on rent because he couldn't afford to buy a property close to the place he has rented out the apartment.
- The daughter was missing the father and was dreaming about him and crying.
- The son was only three months when they separated. So the son did not recognize a father. He had only a grand-father and uncles as male figures in his life.

### **Goals identified by counselling**

1. Husband and wife move back together.
2. Husband must change his mind to provide better and permanent shelter for the children.

## DT Treatment Plan

In developing the treatment plan I considered the clients' ages and social statuses so that they wouldn't in anyway feel uncomfortable or reluctant to follow my instructions. Therapy includes DT techniques and a few CBT techniques with DT to achieve the best outcomes.

SESSION No.	Type of activity	Warm-up exercises	Main development phase activities	Warm-down exercises & closure
<b>DAY 1</b>	In a group of 5 couples	1) Walk and freeze with an emotion 2) Let out your sound like a bursting balloon	1) Play back theatre 2) discussion	1) Guided visual imagery & Discussion of feelings
Planned time		30 minutes	30 minutes	30 minutes
Props		None	None	Relaxing music
Home work		1) Instruct the clients to write at least 10 things they like about their partners 2) And at least 5 things that they do not like about their partners		
<b>DAY 2</b>	In a group of 5 couples	1) Imitate dancing 2) Recognizing game (act & recognize a movie/song etc.)	1) Thoughts and feelings expressing activity 2) Role reversal 3) Remedy for regrets	1) Rolling & unrolling 2) Positive feeling activity
Planned time		30 minutes	45 minutes	15 minutes
Props		Idea cards	Paper and pens	Relaxing music
Home work		1) Read the book <i>മേനോലാളിന്റെ අව്യക്തം</i> (translation of <i>Men are from Mars Women are from Venus</i> by Dr. John Grey) 2) Instruct the clients to make a list of things/needs/expectations that they are willing to compromise with their partners		
<b>DAY 3</b>	In a group of 5 couples	1) Couple balloon dance 2) Ferrari & the driver	1) Mirroring 2) Discussion of the list of things they are willing to compromise and both together make a combined list	1) Close eyes and feel each other and then find the partner 2) Express their feelings of joy according to the background music
Planned time		20 minutes	60 minutes	10 minutes
Props		Balloons	Paper and pens	Relaxing music

## Purposes of selecting activities for the above treatment plan

Category	#	Game	Expected out comes / purposes
Warm-up games	1.	Walk and freeze with an emotion	Energizing Improve orientation, focus and readiness Familiarizing the group Stimulating spontaneity and emotions
	2.	Let out your sound like a bursting balloon	Vocal warm-up Relieving pressure
	3.	Imitate dancing	Energizing Improve orientation, focus and readiness Improving group awareness Self-expression
	4.	Recognizing game (act & recognize a movie/song etc.)	Visualization Improving eye contact Concentration on non-verbal communication
	5.	Couple balloon dance	Energizing Improve orientation, focus and readiness Improve understanding and concentration on each other Improving flexibility
	6.	Ferrari & the driver	Improve understanding and concentration on each other Kinesthetic empathy
Main Development Phase activities	7.	Play back theatre	Over distance from the situation Visualization of the problems Make insights into the situation Explore alternatives
	8.	Thoughts and feelings expressing activity	Catharsis Improve empathic understanding
	9.	Role reversal	Improve empathic understanding Under-distancing
	10.	Remedy for regrets	Free from regrets Develop new visions & goals for life Help self-satisfaction / self-fulfillment Facilitate forgiveness and acceptance Improve self-esteem
	11.	Mirroring	Concentration Eye contact Mutual empowerment Improve empathy
	12.	Discussion of the list of things they are willing to compromise and both	Compromising Accepting

		together make a combined list	Developing new goals Active listening Effective communication
Warm-down exercises	13.	Guided visual imagery	Physical & emotional relaxation Visualization Concentration
	14.	Rolling & unrolling	Physical & emotional relaxation Self-esteem Self-confidence
	15.	Positive feeling activity	Physical & emotional relaxation Imagination Self-esteem Self-confidence Appreciation Improve the bond of the relationship
	16.	Close eyes and feel each other and then find the partner	Physical & emotional relaxation Improve the bond of the relationship
	17.	Express their feelings of joy according to the background music	Physical & emotional relaxation

## Conducting sessions

*Participation:* in a group with four other couples unknown to the clients (altogether 10 individuals in the group). Other couples were randomly requested to participate. They were not people who had particular issues. Two couples were real-life husband and wife while the other two couples were randomly picked individuals presented as couples. The client couple did not personally know the other individuals in the group.

### DAY 1

#### 1.1 Warm-up exercises and observation chart

Activity	Observable criteria of the client couple during the activities		
(1) Walk and freeze with an emotion	<b>Observation</b>	<b>Husband</b>	<b>Wife</b>
	1) Behavioral		
	Restlessness	Average	Absent/Calm
	Maintaining physical distance with partner	High	Average
	Eye contact with partner	Rare	Occasional
	Eye contact with therapist and others	Good	Good
	Maintaining a conversation with therapist and others	Low	Good
	Conversation with partner	Not at all	Occasional
	Crying / tearfulness	Absent	Absent
	Physical movements (flexibility)	Low	Average
	2) Psychological		
	Shame	Absent	Absent
	Sorrow	Average	Average
	Confused state of mind	Absent	Absent
	Contempt towards the partner	High	High
	Euphoric	No	No
Orientation & willingness to cooperate	Average	Good	
(2) Let out your sound like a bursting balloon	<b>Observation</b>	<b>Husband</b>	<b>Wife</b>
	1) Behavioral		
	Restlessness	Average	Absent/Calm
	Maintaining physical distance with partner	High	Average
	Crying / tearfulness	Absent	Absent
	Physical movements (flexibility)	Low	Average
	2) Psychological		
	Shame	Absent	Absent
	Sorrow	Average	Average
	Confused state of mind	Absent	Absent
	Contempt towards the partner	High	High
	Euphoric	No	No
	Orientation & willingness to cooperate	Average	Good

## 1.2 Main Development Phase - Activities and observation chart

Activity	Observable criteria of the client couple during the activities		
<p>(1) Play back theatre</p> <p>Developed a short script and got the 6 from the group to act out the roles of Husband, Wife, two children, Husband's mother and Wife's father</p> <p>Client couple and another couple remained as spectators</p>	<b>Observation</b>	<b>Husband</b>	<b>Wife</b>
	1) Behavioral		
	Restlessness	High	Average
	Maintaining physical distance with partner	High	Average
	Crying / tearfulness	Absent	Occasional
	2) Psychological		
	Sorrow	Average	Average
	Confused state of mind	Average	Average
	Contempt towards the partner	High	High
	Euphoric / laughing	No	No
	Orientation & willingness to cooperate	Average	Good
	Rationality and empathy towards the partner	No	Average
	Comprehension	Good	Good
	<p>(2)</p> <p>Discussion about the feelings experienced while watching the play and things which could have played differently in the above play back theatre activity.</p>	<b>Observation</b>	<b>Husband</b>
1) Behavioral			
Restlessness (calm or not)		Restless	Average
Maintaining physical distance with partner		High	Average
Eye contact with partner		Rare	Occasional
Eye contact with therapist and others		Good	Good
Maintaining a conversation with therapist and others		Low	Good
Conversation with partner		Not at all	Occasional
Crying / tearfulness		Absent	Absent
2) Psychological			
Shame		Absent	Average
Fear / insecure / uncertainty		Average	High
Guilt / self-blame		Low	Low
Anger / blaming		High	High
Sorrow		High	High
Confused state of mind		Average	Average
Relaxed state of mind		Absent	Absent
Contempt towards the partner		High	High
Happiness		Absent	Absent
Euphoric / laughing		No	No
Orientation & willingness to cooperate	Average	High	
Rationality and empathy towards the partner	Low	Average	
Comprehension	Good	Good	

### 1.3 Warm-down - Closure and observation chart

Activity	Observable criteria of the client couple during the activities		
<p style="text-align: center;">(1) Guided visual imagery</p> <p>While playing relaxation music in the background in a reduced volume, get the group to take deep breaths – close eyes – and concentrate on the therapist’s voice to visualize walking along a calm beach in the sunset.</p> <p>Discuss the feelings.</p>	<b>Observation</b>	<b>Husband</b>	<b>Wife</b>
	1) Behavioral		
	Restlessness (calm or not)	Reduced	Reduced
	2) Psychological		
	Shame	Absent	Absent
	Fear / insecure / uncertainty	Absent	Absent
	Guilt / self-blame	Low	Low
	Anger / blaming	Low	Low
	Sorrow	Reduced	Reduced
	Confused state of mind	Absent	Absent
	Relaxed state of mind	Good	Good
	Contempt towards the partner	Reduced	Reduced
	Happiness	Average	Average
	Euphoric / laughing	No	No
	Orientation & willingness to cooperate	Good	High
	Rationality and empathy towards the partner	Improved	Improved
Comprehension	Good	Good	
Ability to visualize (mental imagery)	Average	Good	

## DAY 2

### 2.1 Warm-up exercises and observation chart

Activity	Observable criteria of the client couple during the activities		
<p>(1) Imitate dancing</p> <p>Group forms a circle. Each participant comes to the middle of the circle and does some rhythmic action. All others must imitate it. All participants will do this in turns. One has to perform about one minute.</p> <p>Any participant can volunteer to sing during this activity.</p>	<b>Observation</b>		
	1) Behavioral		
	Restlessness	Low	Absent/Calm
	Maintaining physical distance with partner	Reduced	Reduced
	Eye contact with partner	Improved	Improved
	Eye contact with therapist and others	Good	Good
	Maintaining a conversation with therapist and others	Improved	Good
	Conversation with partner	Improved	Improved
	Crying / tearfulness	Absent	Absent
	Physical movements (flexibility)	Improved	Improved
	2) Psychological		
	Shame	Absent	Absent
	Sorrow	Low	Low
	Confused state of mind	Absent	Absent
	Contempt towards the partner	Reduced	Reduced
	Happiness	Improved	Improved
	Orientation & willingness to cooperate	Improved	Good
	3) IQ & EQ		
Creativity	Low	Average	
Other talents (singing, dancing etc.)	None exhibited	None exhibited	
<p>(2) Recognizing game (acts &amp; recognizes a movie/song etc.)</p> <p>Group works in pairs (couple game). Therapist gives idea cards that state a name of a place or a sentence describing something. Once participant will act it out without use words for the other partner to recognize it.</p>	<b>Observation</b>		
	1) Behavioral		
	Restlessness	Low	Absent/Calm
	Maintaining physical distance with partner	Reduced	Reduced
	Crying / tearfulness	Absent	Absent
	Physical movements (flexibility)	Average	Average
	2) Psychological		
	Sorrow	Reduced	Reduced
	Confused state of mind	Absent	Absent
	Contempt towards the partner	Reduced	Reduced
	Happiness	Improved	Improved
	Orientation & willingness to cooperate	Improved	Good
	3) IQ & EQ		
	Creativity	Low	Average
	Other talents (singing, dancing etc.)	None exhibited	None exhibited

## 2.2 Main Development Phase Activities and observation chart

Activity	Observable criteria of the client couple during the activities		
<p>(1) Thoughts and feelings expressing activity</p> <p>Referred to the lists the participants wrote at home. Asked to read out loud the good things they wrote about their partners.</p> <p>Instructed each participant to give the lists of negatives they wrote about their partners. Didn't let them read it loud. Then instructed each participant to act out how they felt about those negatives things they wrote about their partners.</p>	<b>Observation</b>	<b>Husband</b>	<b>Wife</b>
	1) Behavioral		
	Restlessness (calm or not)	Low	Calm
	Maintaining physical distance with partner	Reduced	Reduced
	Eye contact with partner	Improved	Improved
	Eye contact with therapist and others	Good	Good
	Maintaining a conversation with therapist and others	Good	Good
	Conversation with partner	Improved	Improved
	Crying / tearfulness	Absent	Absent
	2) Psychological		
	Shame	Absent	Absent
	Fear / insecure / uncertainty	Absent	Low
	Guilt / self-blame	Low	Low
	Anger / blaming	Average	Low
	Sorrow	Average	Average
	Confused state of mind	Absent	Absent
	Relaxed state of mind	Improved	Improved
	Contempt towards the partner	Reduced	Reduced
	Happiness	Improved	Improved
	Euphoric / laughing	No	No
	Orientation & willingness to cooperate	Good	Good
	Rationality and empathy towards the partner	Average	Average
	Comprehension	Good	Good
<p>(2) Role reversal</p> <p>Directed clients to sit on two chairs facing each other and then change to symbolize their reversed roles and instructed the group to ask appropriate questions. The clients answered in their reversed roles.</p>	<b>Observation</b>	<b>Husband</b>	<b>Wife</b>
	1) Behavioral		
	Restlessness (calm or not)	Low	Calm
	Eye contact with partner	Improved	Improved
	Eye contact with therapist and others	Good	Good
	Maintaining a conversation with therapist and others	Good	Good
	Conversation with partner	Improved	Improved
	Crying / tearfulness	Absent	Absent
	2) Psychological		
	Fear / insecure / uncertainty	Absent	Low
	Anger / blaming	Low	Low
	Sorrow	Low	Low
	Empathy	Good	Good
Orientation & willingness to cooperate	Good	Good	
Comprehension	Good	Good	

<p>(3) Remedy for regrets</p> <p>Instructed all participants to write 3 things they think they should have done differently in the past: discussed when they were willing to.</p> <p>Instructed all participants to write 3 things that they thought they could never achieve in life. Then instructed them to burn it in tin kept in the middle of the circle they were sitting in. They were allowed to watch the paper burn and then let go of those impossible dreams.</p>	<table border="1"> <thead> <tr> <th>Observation</th> <th>Husband</th> <th>Wife</th> </tr> </thead> <tbody> <tr> <td colspan="3">1) Behavioral</td> </tr> <tr> <td>Restlessness (calm or not)</td> <td>Low</td> <td>Low</td> </tr> <tr> <td>Crying / tearfulness</td> <td>Occasionally tearful</td> <td>Occasionally tearful</td> </tr> <tr> <td colspan="3">2) Psychological</td> </tr> <tr> <td>Shame</td> <td>Absent</td> <td>Absent</td> </tr> <tr> <td>Fear / insecure / uncertainty</td> <td>Low</td> <td>Low</td> </tr> <tr> <td>Anger / blaming</td> <td>Low</td> <td>Low</td> </tr> <tr> <td>Sorrow</td> <td>Average</td> <td>Average</td> </tr> <tr> <td>Confused state of mind</td> <td>Reduced</td> <td>Reduced</td> </tr> <tr> <td>Contempt towards the partner</td> <td>High</td> <td>High</td> </tr> <tr> <td>Happiness</td> <td>Improved</td> <td>Improved</td> </tr> <tr> <td>Orientation &amp; willingness to cooperate</td> <td>Good</td> <td>Good</td> </tr> <tr> <td>Rationality and empathy towards the partner</td> <td>Improved</td> <td>Improved</td> </tr> <tr> <td>Comprehension</td> <td>Good</td> <td>Good</td> </tr> </tbody> </table>			Observation	Husband	Wife	1) Behavioral			Restlessness (calm or not)	Low	Low	Crying / tearfulness	Occasionally tearful	Occasionally tearful	2) Psychological			Shame	Absent	Absent	Fear / insecure / uncertainty	Low	Low	Anger / blaming	Low	Low	Sorrow	Average	Average	Confused state of mind	Reduced	Reduced	Contempt towards the partner	High	High	Happiness	Improved	Improved	Orientation & willingness to cooperate	Good	Good	Rationality and empathy towards the partner	Improved	Improved	Comprehension	Good	Good
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## 2.3 Warm-down / Closure and observation chart

Activity	Observable criteria of the client couple during the activities			
<p style="text-align: center;">(1) Rolling &amp; unrolling</p> <p>Let the group relax the body and fall forward from the hip and swing a little to further relax. Then guided them to raise their bodies very slowly concentrating on how each vertebra straightens up. Once they stand straight they were asked to visualize themselves as much taller and a bigger personality.</p>	<b>Observation</b>	<b>Husband</b>	<b>Wife</b>	
	1) Behavioral			
	Restlessness (calm or not)	Calm	Calm	
	Physical movements (flexibility)	Improved	Improved	
	2) Psychological			
	Relaxed state of mind	Improved	Improved	
	Contempt towards the partner	High	High	
	Happiness	Improved	Improved	
	Orientation & willingness to cooperate	Good	Good	
	Comprehension	Good	Good	
	Ability to visualize (mental imagery)	Improved	Good	
	<p style="text-align: center;">(2) Positive feeling activity</p> <p>Got each participant to thank the group for listening to them. Then to thank their partners for making them who they are presently and also trying to work out things now. Thank themselves for all the positive things they possess – in this activity they have to speak out loud.</p>	<b>Observation</b>	<b>Husband</b>	<b>Wife</b>
		1) Behavioral		
Restlessness (calm or not)		Calm	Calm	
Maintaining physical distance with partner		Reduced	Reduced	
Eye contact with partner		Rare	Occasional	
Eye contact with therapist and others		Good	Good	
Maintaining a conversation with therapist and others		Low	Good	
Conversation with partner		Not at all	Occasional	
Crying / tearfulness		Absent	Absent	
2) Psychological				
Confused state of mind		Absent	Absent	
Contempt towards the partner		High	High	
Happiness		Improved	Improved	
Orientation & willingness to cooperate		Average	Good	
3) IQ & EQ				
Language skills		High	High	
Other talents (singing, dancing etc.)		None exhibited	None exhibited	

## DAY 3

### 3.1 Warm-up exercises and observation chart

Activity	Observable criteria of the client couple during the activities		
<p>(1) Couple balloon dance</p> <p>Each couple was given an inflated balloon. They had to keep between their chests and dance to the provided music. Any couple who dropped the balloon was out from the game.</p> <p>In this game the client couple was the runner-ups (the 4<sup>th</sup> to drop the balloon)</p>			
	Observation	Husband	Wife
	1) Behavioral		
	Restlessness	Absent	Absent
	Maintaining physical distance with partner	Absent	Absent
	Eye contact with partner	Good	Good
	Eye contact with therapist and others	Good	Good
	Maintaining a conversation with therapist and others	Good	Good
	Conversation with partner	Good	Good
	Crying / tearfulness	Absent	Absent
	Physical movements (flexibility)	Improved	Improved
	2) Psychological		
	Shame	Absent	Absent
	Sorrow	Low	Low
	Confused state of mind	Absent	Absent
	Contempt towards the partner	Almost absent	Almost absent
Happiness	Good	Good	
Orientation & willingness to cooperate	Good	Good	
<p>(2) Ferrari and the driver</p> <p>In each couple one was made the Ferrari car who had close his/her eyes. The other was made the driver. The driver had to lead the car to a given destination following instructions given to turn and stop the car.</p> <p>Then the couples had to change their roles and play again.</p>			
	Observation	Husband	Wife
	1) Behavioral		
	Restlessness	Absent	Absent
	Maintaining physical distance with partner	Absent	Absent
	Crying / tearfulness	Absent	Absent
	Physical movements (flexibility)	Average	Average
	2) Psychological		
	Sorrow	Absent	Absent
	Confused state of mind	Absent	Absent
	Contempt towards the partner	Absent	Absent
	Happiness	Improved	Improved
	Orientation & willingness to cooperate	Improved	Good
	3) IQ & EQ		
Mathematical ability / sense of space	High	Average	
Problem solving skills	High	Average	

### 3.2 Main Development Phase - Activities and observation chart

Activity	Observable criteria of the client couple during the activities		
<p>(1) Mirroring</p> <p>In this couple activity one had to be the mirror and the other had to be the leader. And then change their roles and play again.</p>	<b>Observation</b>	<b>Husband</b>	<b>Wife</b>
	1) Behavioral		
	Restlessness	Absent	Absent
	Maintaining physical distance with partner	Absent	Absent
	Eye contact with partner	Good	Good
	Eye contact with therapist and others	Good	Good
	Maintaining a conversation with therapist and others	Good	Good
	Conversation with partner	Improved	Improved
	Crying / tearfulness	Absent	Absent
	2) Psychological		
	Confused state of mind	Absent	Absent
	Mood	Good	Good
	Orientation & willingness to cooperate	Good	Good
	Rationality and empathy towards the partner	Good	Good
	Comprehension	Good	Good
<p>(2)</p> <p>Discussed the lists they wrote at home including things they were willing to compromise.</p> <p>Then instructed both to develop a combined and agreed final list together.</p>	<b>Observation</b>	<b>Husband</b>	<b>Wife</b>
	1) Behavioral		
	Restlessness	Absent	Absent
	Eye contact with partner	Good	Good
	Conversation with partner	Good	Good
	Crying / tearfulness	Absent	Absent
	2) Psychological		
	Fear / insecure / uncertainty	Absent	Absent
	Anger / blaming	Absent	Absent
	Sorrow	Absent	Absent
	Empathy	Good	Good
	Orientation & willingness to cooperate	Good	Good
	Comprehension	Good	Good
	3) IQ & EQ		
	Problem solving skills	Good	Good
Creativity in compromising	Good	Good	

### 3.3 Warm-down - Closure and observation chart

Activity	Observable criteria of the client couple during the activities		
<p>(1)</p> <p>Got all couples to close their eyes and feel each other's hands. Then the therapist mixes them around and when a signal is given they are asked still closing eyes move around -- feel and find their partners. When they are sure that they found their partners they could stop moving.</p>	<b>Observation</b>	<b>Husband</b>	<b>Wife</b>
	1) Behavioral		
	Restlessness (calm or not)	Calm	Calm
	Toleration of touch of the partner	Good	Good
	Physical movements (flexibility)	Good	Good
	2) Psychological		
	Relaxed state of mind	Good	Good
	Contempt towards the partner	Absent	Absent
	Happiness	Good	Good
	Orientation & willingness to cooperate	Good	Good
	Comprehension	Good	Good
	The client in this activity found their partners correctly.		
	<p>(2)</p> <p>Instructed all participants to express their feelings of joy according to the background music.</p>	<b>Observation</b>	<b>Husband</b>
1) Behavioral			
Restlessness (calm or not)		Calm	Calm
Maintaining physical distance with partner		Absent	Absent
Eye contact with partner		Good	Good
Eye contact with therapist and others		Good	Good
Maintaining a conversation with therapist and others		Good	Good
Conversation with partner		Good	Good
Crying / tearfulness		Absent	Absent
2) Psychological			
Confused state of mind		Absent	Absent
Contempt towards the partner		Absent	Absent
Happiness		Good	Good
Orientation & willingness to cooperate	Good	Good	

## Discussion & Conclusion

Drama therapy has been an efficient and effective method in intervening with marital problems according to this case study. In this case where I used drama therapy techniques as intervention, the husband and wife finally achieved their goals in seeking help which were to move back together and the husband to change his mind to provide better and permanent shelter for the children.

Play back theater was most effective in over-distancing the clients from the problematic situation and making them visualize what was going on. It helped them make insights into the problems and think of alternative approaches by changing the play in different aspects. A good initial script, strong direction and the commitment of the participants who played the roles are very important elements in achieving the expected outcomes.

Other drama techniques such as role reversal and mirroring used for this case helped the clients to ventilate their emotions (catharsis), overcome their regrets, build self-esteem and self-confidence, develop new goals for life, develop effective communication skills and to improve empathy. These are some of the most important aspects to maintain a successful relationship.

Warm-up games used in DT helped to improve orientation, focus and readiness for therapy. It energized the clients to effectively engage in the planned main development phase activities. Warm-down exercises were also similarly important because those helped the clients to relax mentally and physically while encouraging progressive discussions.

In conclusion I would once again direct your attention towards the special feature of drama therapy. According to my understanding it is ‘the use of techniques that approach multiple perceptive sensors’ that brings human minds into a fully functioning state and elevates it to a collective conscious level due to the fact that it is mostly performed in a group. This should be why the Sri Lankan traditional healing systems like බලි, තොවිල්, කෝලම්, ගම්මඩු were known to be effective healing methods. As a practitioner in counselling since 2011 and having handled over 250 cases I see that my practice in mental healthcare could be much more advanced with the use of drama therapy as a collection of effective therapeutic techniques.

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