

# CERTIFICATE COURSE IN DRAMATHERAPY - 2014

Samutthāna, the King's College London Resource Centre for  
Trauma, Displacement and Mental Health

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**Drama Therapy** is defined by the National Association for Drama Therapy as the systematic and intentional use of drama/ theatre processes to achieve the therapeutic goals of symptom relief, emotional and physical integration, and personal growth. It is an active, experiential approach to psychotherapy that involves the use of role play, improvisation, psychodrama, storytelling, mask work, puppetry and performance to facilitate personal exploration, change and healing.

## COURSE INSTRUCTORS:

**Dr. Janet LeValley:** Cross-cultural Psychologist, Psychotherapist, Hypnotherapist, Researcher, Manang (shaman, Iban tradition), Author, American Academic with 15 + years in Asia (India, Borneo, and Sri Lanka).

**Nivendra Uduman:** Consultant Psychologist for Samutthana King's College Centre, Colombo, and Researcher on Playback theatre.

**Ravindra Ranasinha:** Researcher, Practitioner & Author in Dramatherapy, Educationist, Counselor and Consultant in India and Sri Lanka.

## COURSE EXPECTATIONS & ASSIGNMENTS:

Course learning will come in two forms: theoretical (through readings and class lectures) and experiential (by participating in demonstration exercises in class). It is expected that students will, therefore, keep current with assigned readings, engage actively in class lecture and discussion, and participate fully in dramatherapy demonstrations. Because half of the learning is experiential, it is essential that students attend all classes, arrive on time and stay for the duration.

## REQUIRED TEXTS:

1. *Dramatherapy in Sri Lanka* – Ravindra Ranasinha
2. *How Schools Abuse and Fail Children: Dramatherapy to Heal Emotionally Traumatized School Children in Sri Lanka* – Ravindra Ranasinha.
3. *Cognitive Behaviour Therapy Manual* – Ina Watson

These books are available at Samutthana office.

## COURSE OUTLINE:

- Oct 28<sup>th</sup> :** **Class warm-up; course policies, an overview of the profession, dramatherapy and current trends in psychology, theories of self and other** (Dr. Janet LeValley)  
*Reading: Have read Foreword and Preface to the 1st textbook for this session*
- Nov 04<sup>th</sup> :** **What is dramatherapy?** (Ravindra Ranasinha)  
*Reading: Have read 1<sup>st</sup> and 2<sup>nd</sup> chapters of 1<sup>st</sup> textbook for this session*
- Nov 11<sup>th</sup> :** **Warm-up exercises and games (Practical)** (Prasanna Mahagamage)
- Nov 18<sup>th</sup> :** **Dramatherapy and abnormal psychology** (Dr. Janet LeValley)  
*Reading: Have read chapter 5 of the 1<sup>st</sup> textbook, and chapter 1 of the 2<sup>nd</sup> textbook for this session.*
- Nov 25<sup>th</sup> :** **Dramatherapy and Dramatic Body** (Ravindra Ranasinha)  
*Reading: Have read chapter 5 of the 1<sup>st</sup> textbook, and chapters 3, 4, 6, 9 of the 2<sup>nd</sup> textbook by this session*
- Dec 02<sup>nd</sup> :** **Improvising roles and situations (Practical)** (Prasanna Mahagamage)  
*Reading: Have read chapter 9 of the 2<sup>nd</sup> textbook by this session*
- Dec 09<sup>th</sup> :** **Cognitive Behaviour Therapy in relation to Dramatherapy**
- Dec 16<sup>th</sup> :** **Dramatic projection for trauma relief** (Nivendra Uduman)  
*Reading: Have read chapter 5 of the 1<sup>st</sup> textbook, and chapters 4 and 6 of the 2<sup>nd</sup> textbook by this session.*

<b>Dec 30<sup>th</sup>:</b>	<b>Test: Planning and implementing warm-up games and exercises</b>	
<b>Jan 06<sup>th</sup>:</b>	<b>Voice, Body and Movement in Therapy (Practical)</b>	(Prasanna Mahagama)
<b>Jan 13<sup>th</sup>:</b>	<b>Use of metaphor, story-telling, myth, sandplay, archetypes</b>	(Dr. Janet LeValley)
	<i>Reading: Have read chapter 7 of the 1<sup>st</sup> textbook and chapter 6 of the 2<sup>nd</sup> textbook .</i>	
<b>Jan 20<sup>th</sup>:</b>	<b>Conducting dramatherapy sessions</b>	(Ravindra Ranasinha)
	<i>Reading: Have read chapter 3 of both the 1<sup>st</sup> and 2<sup>nd</sup> textbooks by this session</i>	
<b>Jan 27<sup>th</sup>:</b>	<b>Sculpting and dramatherapy</b>	(Nivendra Uduman)
	<i>Reading: Have read chapter 8 of 1<sup>st</sup> textbook.</i>	
<b>Feb 03<sup>rd</sup>:</b>	<b>Shamanism and dramatherapy</b>	(Dr. Janet LeValley)
	<i>Reading: Have read chapter 4 of the 1<sup>st</sup> textbook by this session.</i>	
<b>Feb 10<sup>th</sup>:</b>	<b>Dramatherapy and the use of Mask</b>	(Ravindra Ranasinha)
<b>Feb 17<sup>th</sup>:</b>	<b>Dramatherapy and Playback theatre</b>	(Nivendra Uduman)
	<i>Reading: Have read the Appendix to the 1<sup>st</sup> textbook by this session.</i>	
<b>Feb 24<sup>th</sup>:</b>	<b>Dramatherapy and puppetry</b>	(Seema Omar)
<b>Mar 03<sup>rd</sup>:</b>	<b>Dramatherapy and puppetry</b>	(Seema Omar)
<b>Mar 10<sup>th</sup>:</b>	<b>Test: Conducting a session</b>	
<b>Mar 17<sup>th</sup>:</b>	<b>Transformational Development – analysis of case studies</b>	(Nivendra Uduman)
	<i>Reading: Have read Case studies of both text books.</i>	
<b>Mar 24<sup>th</sup>:</b>	<b>Dramatherapy assessment process</b>	(Dr. Janet LeValley)
	<i>Reading: Have read chapter 7 in the 2<sup>nd</sup> textbook by this session</i>	
<b>Mar 31<sup>st</sup>:</b>	<b>Written Test</b>	
<b>Apr 07<sup>th</sup>:</b>	Handing over of the <b>written assignment (2500 words: choose 1 of 3 options):</b>	
	<b>Option 1</b>	Research and write a theoretical paper on some aspect of dramatherapy. Use APA guidelines to format your paper and to reference your citations.
	<b>Option 2</b>	Research and write a case study in which you apply one or more intervention aspects of your learning to a family member, friend, client, or small group who has/have a situation or presenting issue that would be suitable for dramatherapy. Do dramatherapy, Report the results and decode the meanings. Use APA guidelines to format your paper and to reference your citations.
	<b>Option 3</b>	Research and write an historical case study of a famous or infamous person or group (alive or dead) whose situation presents an interesting case to imagine how the use of dramatherapy might have beneficially improved the historical outcome. Detail how you would imagine the intervention and outcome to be.
<b>Apr 21<sup>st</sup>:</b>	<b>Presentation of certificates</b> (The Certificate will be issued by Samutthana - Centre for Trauma, Displacement and Mental Health)	

#### **WARM-UP FACILITATION:**

Each student will be assigned a specific class for which they will contribute and facilitate a warm-up exercise to open an experiential session. Students are asked to submit a printed copy of the exercise on the day it is due. Included should be the name of the exercise, instructions for facilitation, and source of the material (book, conference, article). This assignment is part of the participation assessment. The exercises will be compiled and distributed to all students at the end of the term.

#### **JOURNAL WRITING:**

Students are strongly encouraged to keep an ongoing journal in which thoughts, feelings, reactions, ideas inspired by class experiential work can be reflected upon. Some class time will be allotted for this. The journal will not be turned in but will be of enormous personal benefit to the student, and will assist in writing assignments.

#### **GRADING:**

Two practical tests	20% (10% each)
Written Test	20%
Final Paper	40%
Attendance & participation	20%

VISIT: <http://srilankadramatherapy.wordpress.com/>