NAMI DeKalb
National Alliance on Mental Illness

Drama Therapy

Starting Thursday March 9th for 6 weeks

6:30 pm – 7:30 pm

No acting experience or talent required

Cost: Free: 6 week commitment, no drop-ins. (members get priority)

Sign- Up Required: Call Karimah Dillard 404-433-4206 or email at Karimah36@gmail.com

Location: First Baptist Church Decatur, 308 Clairemont Ave, Decatur, GA 30030
Drama Therapy is scheduled to be in the Large Game Room, which is in the Activities Building near the softball field. You will enter through the main door of the Christian Activities Building and go to your right.

What is Drama Therapy?
Drama therapy is the intentional use of drama and/or theater processes to achieve therapeutic goals. Drama therapy is active and experiential. This approach can provide the context for participants to tell their stories, set goals and solve problems, express feelings, or achieve catharsis. Through drama, the depth and breadth of inner experience can be actively explored and interpersonal relationship skills can be enhanced. Participants can expand their repertoire of dramatic roles to find that their own life roles have been strengthened.

"Under the guise of play and pretend, we can - for once - act in new ways. The bit of distance from real life afforded by drama enables us to gain perspective on our real-life roles and patterns and actions, and to experiment actively with alternatives."

-- Renee Emunah, PhD, RDT/BCT, Director, Drama Therapy Program, California Institute of Integral Studies

Space is limited call soon.